

# WELCOME!

I created this art journal just for YOU  
so that you can:

- jumpstart your creativity
- find peace
- experience more joy
- connect spiritually
- choose life



I have purposely made this book by hand  
to help you embrace the imperfections in  
life and to celebrate your own uniqueness.

It's all about the **PROCESS**

not the **PRODUCT**

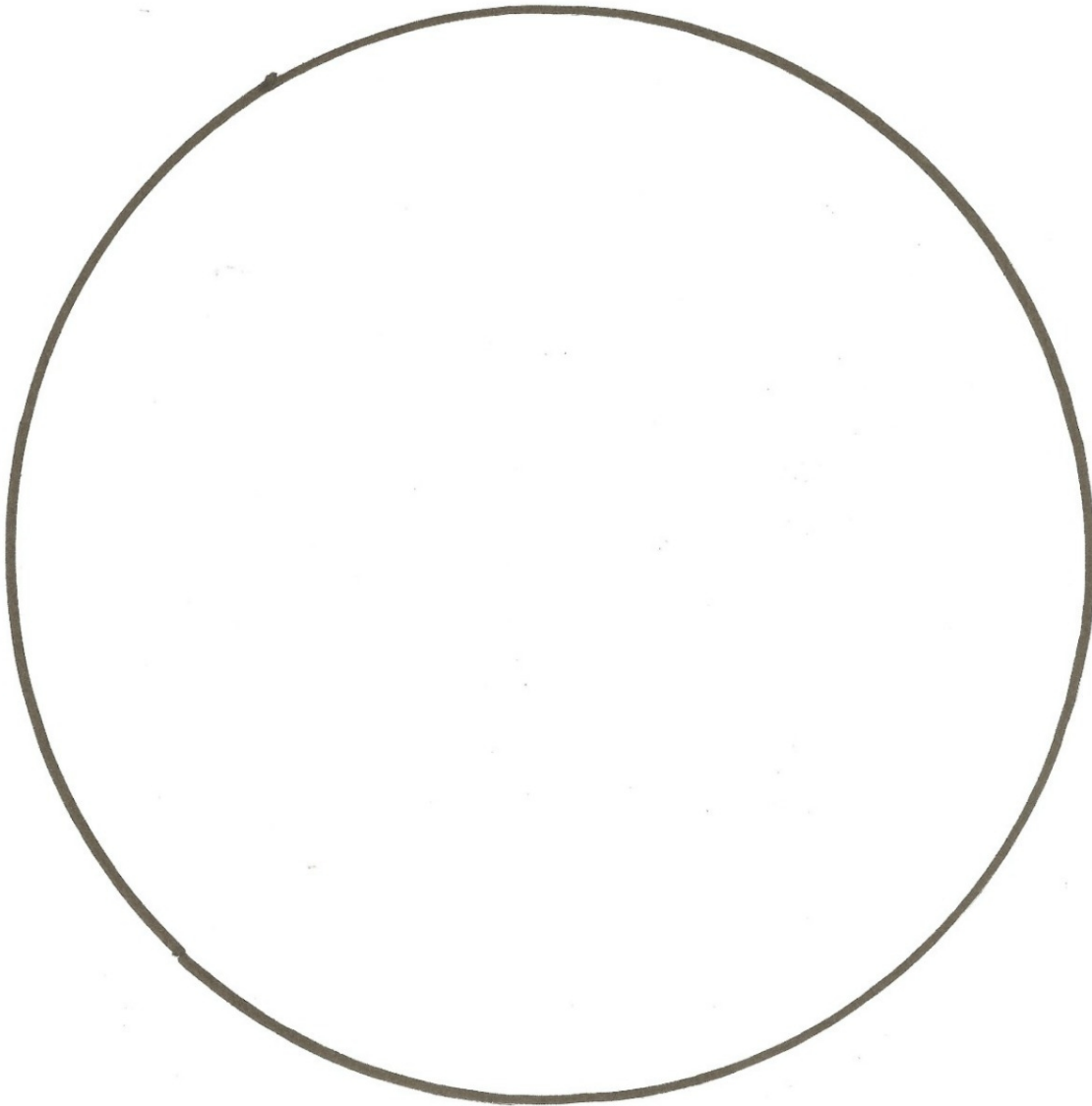
← actual accidental  
mess-up



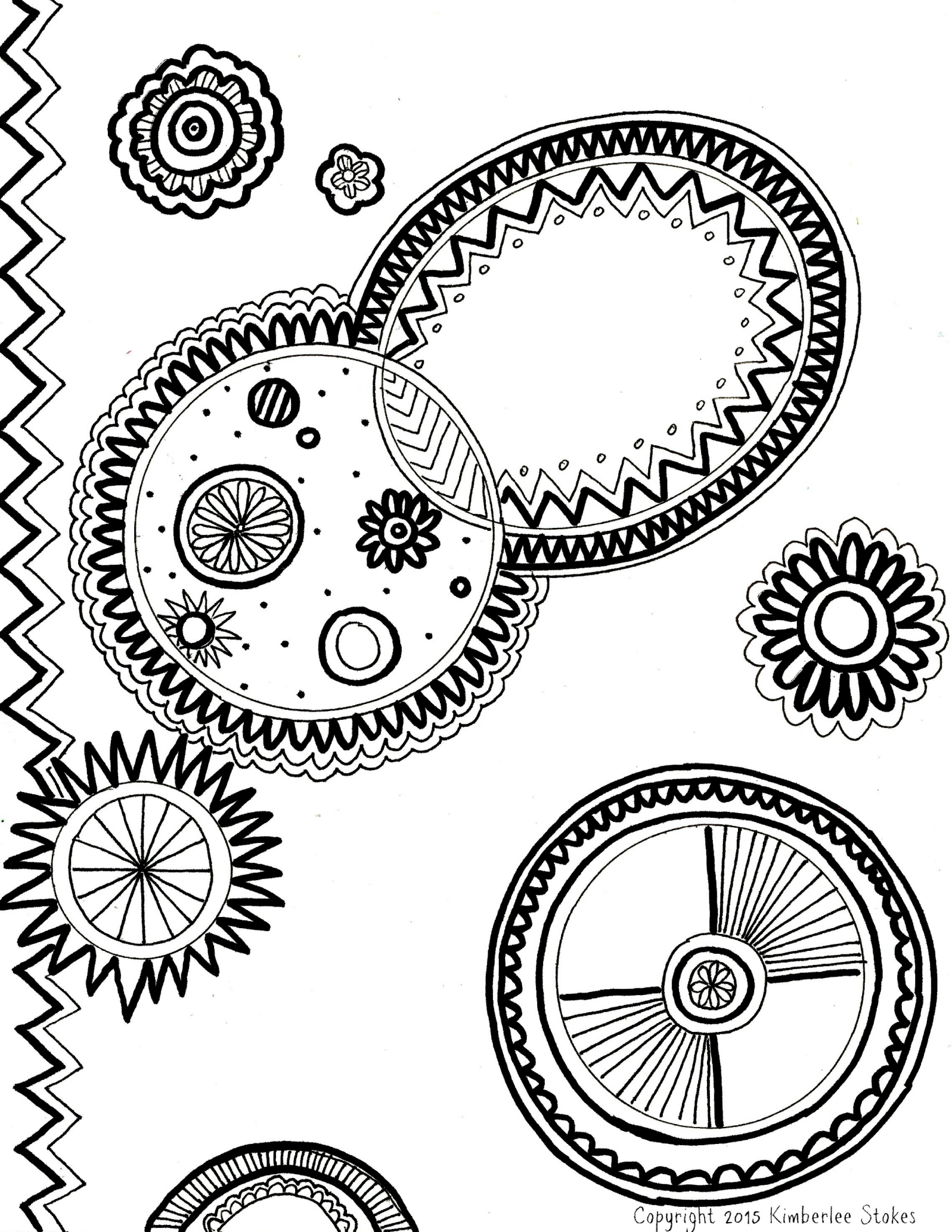
**P.S.** - This book is a labor of love. I spent  
many hours creating it. Please honor my  
efforts by not COPYING or SHARING my  
work without my permission. Thank you!  
(You can reach me by clicking the CONTACT  
tab on ThePeacefulMom.com.)

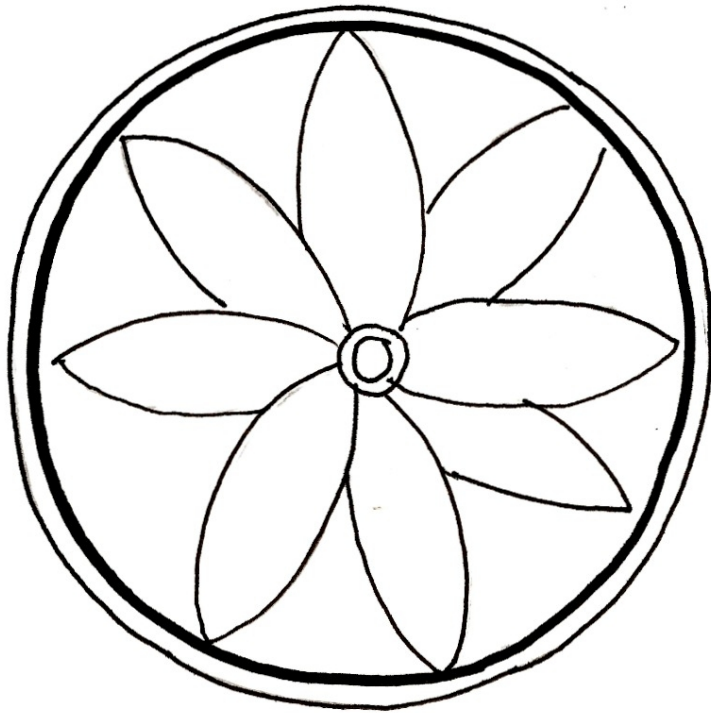
# COLLAGE WHEEL

Cut out images you like from magazines (or print them) and paste them here. You can paste outside the circle, inside the circle or on the line.

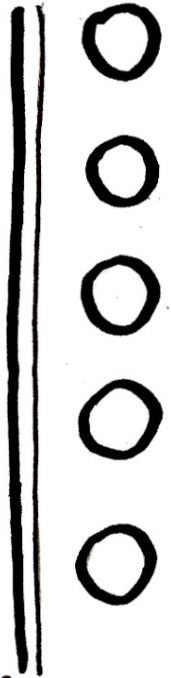








The  
**JOY**  
of the  
**LORD**  
IS MY  
*strength.*



# Choose Gratitude

1. Write down an issue in your life that you are unhappy about:

2. Write down anything about the situation for which you can be grateful:



A thankful heart is a warm and fuzzy heart!

3. Commit to pray about this issue every day this week and write down anything God shows you.



## About the Author



Kimberlee Stokes is a professional blogger, author and speaker as well as the happily married, hormone-wrangling mom to four teens ages 14 to 19. She is the creator and owner of the popular website [ThePeacefulMom.com](http://ThePeacefulMom.com) where she inspires tens of thousands of women each month with practical tools and encouragement to save money, get organized and enjoy life.

She has written several e-books including [Save More – Clip Less: Cut Your Grocery Bill in Half Without Extreme Couponing](#) which has helped thousands of women slash their grocery budgets. She has been featured in both print and online media including Huffington Post, Charisma, iBlog, Sacramento Parent, Mint.com and Today.com as well as being mentioned in Woman's Day Magazine.

In her spare time you will find her laughing at her teens' latest social media posts.

You can contact her by [clicking here](#).

You May Also Like:



[Beautiful Life DIY Art Journal volume 1](#)



[2016 Joyful Life Planner](#)