

**Donna Y. Ferris**



bounce  
back  
stronger

Coloring  
Book

**FINDING PEACE AND  
PURPOSE NO MATTER  
WHAT HAPPENS**



# Welcome to the Bounce Back Stronger Coloring Book

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About six months before completing *Bounce Back Stronger—Finding Peace and Purpose No Matter What Happens*, I led a writing retreat in Duck, NC. On a whim, I covered one of our tables with a coloring tablecloth and a bowl of crayons and markers.

Feeling a bit self-conscious, I hoped the attendees wouldn't perceive the table covering as too childish. However, the outcome was the opposite. Retreat participants gathered around the tablecloth during almost every free moment, reveling in the relaxing creative practice.

Inspired by this response, I decided to include the enclosed affirmation coloring pages in the book. Each page showcases one of the empowering affirmations of resilience, peace, and purpose found within *Bounce Back Stronger*. Alongside these coloring pages, you'll find inspirational quotes from the book.

So, gather your favorite coloring tools, pick a page that speaks to you, and let your creativity flow.

Happy coloring,



Donna Y. Ferris

P.S. For those eager to delve deeper into the insights from *Bounce Back Stronger* and discover additional tools for resilience, peace, and purpose, you can purchase the book through [this link](#) or listen to interviews with the authors cited in the book (including Sharon Salzberg, Stephen Cope, Maria Sirois, and Erin Byron) by listening to the *Bounce Back Stronger* podcast [here](#).

P.P.S. If you would like access to the free guided meditations included within *Bounce Back Stronger* please visit [donnayferris.com/meditations](https://donnayferris.com/meditations)



JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

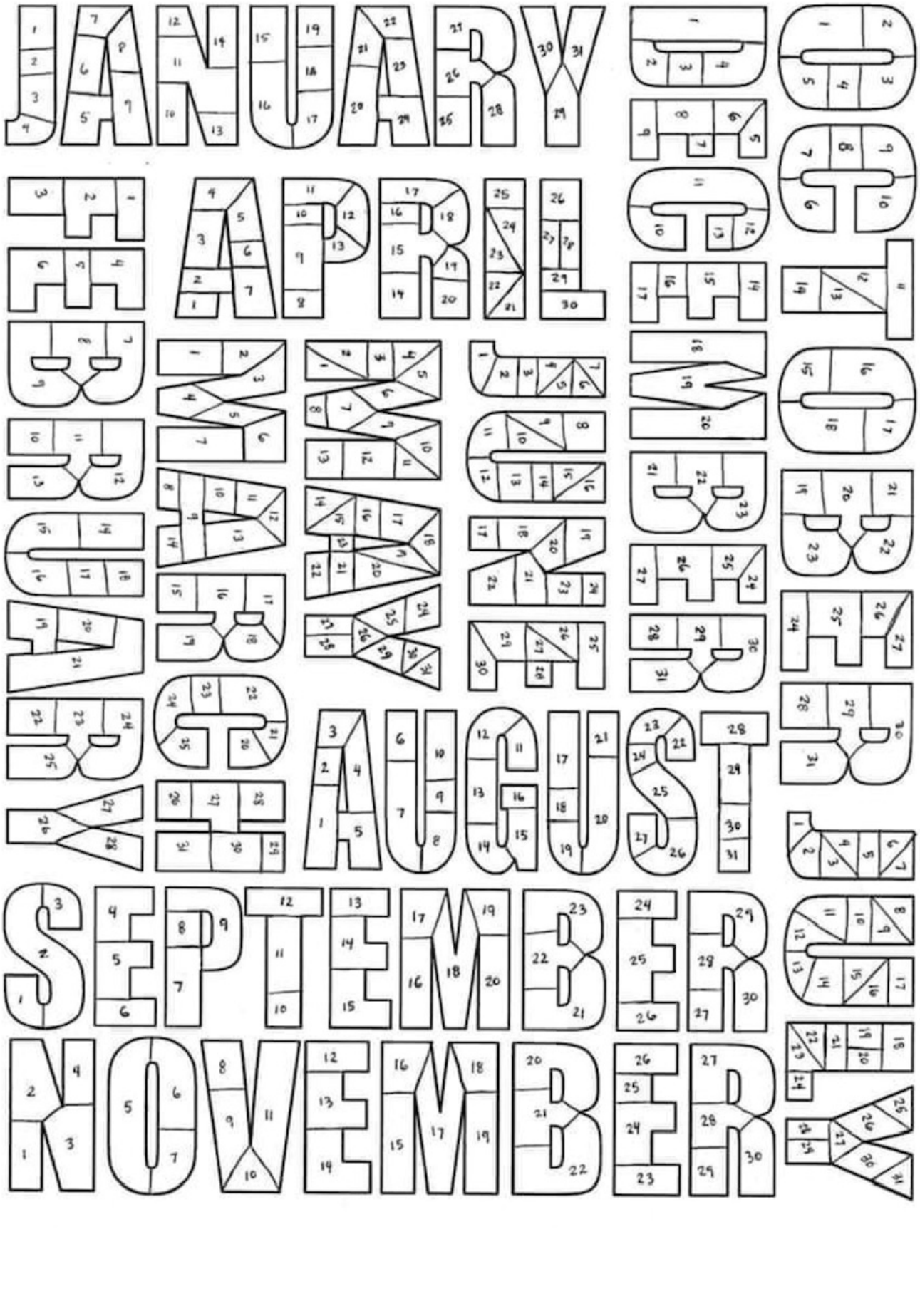
AUGUST

SEPTEMBER

OCTOBER

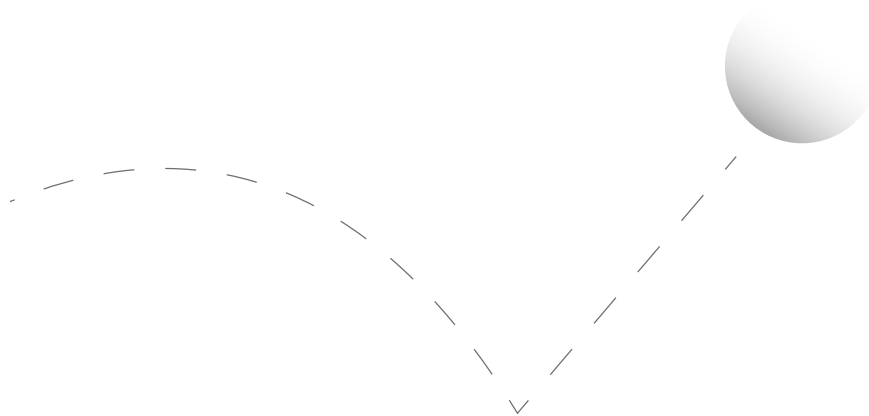
NOVEMBER

DECEMBER



Fearlessness is not  
the absence of fear.  
It's the mastery of fear.  
It's about getting up  
one more time  
than we fall down.

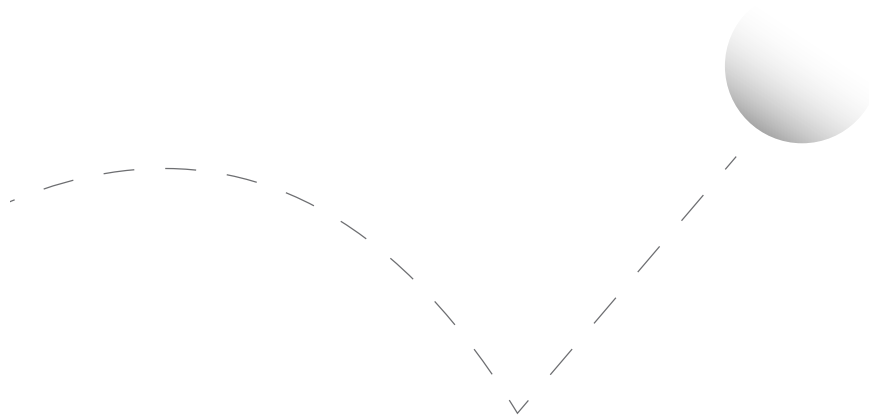
**Arianna Huffington**





We don't meditate  
to get better at meditating;  
we meditate to  
get better at life.

**Sharon Salzberg**

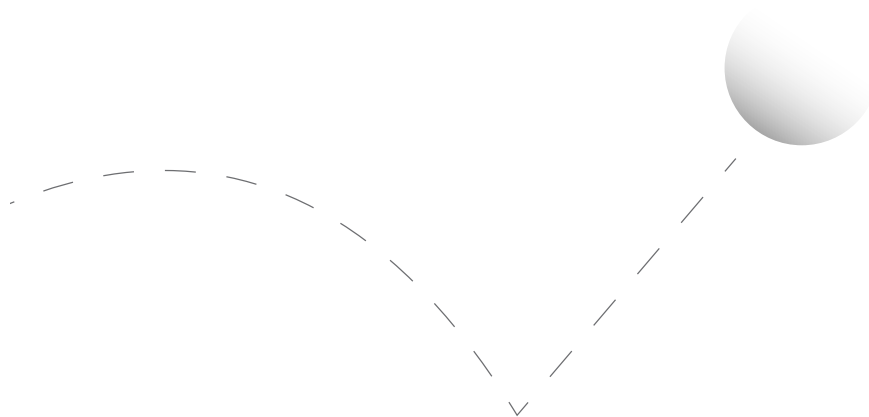


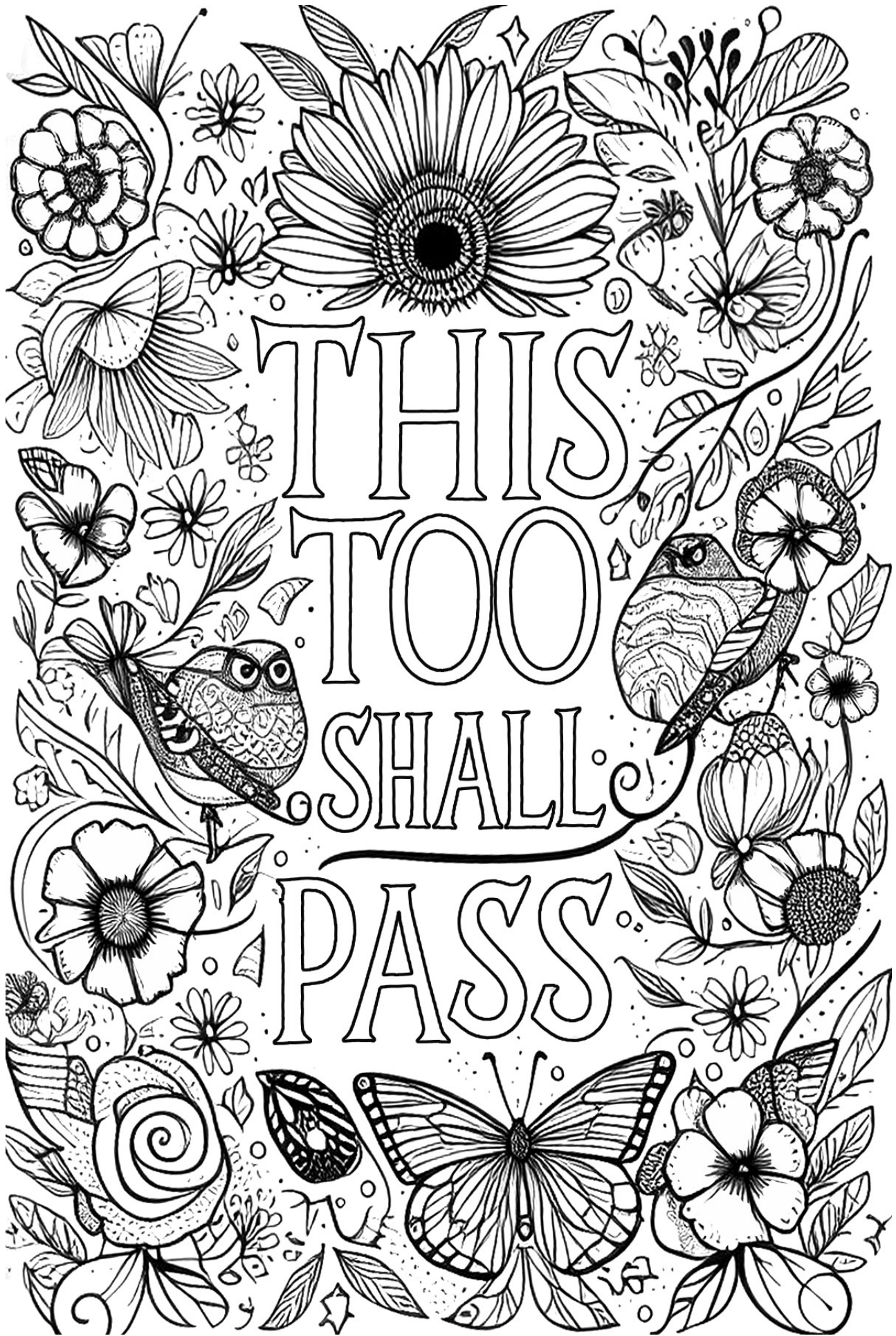




We must become  
more than what  
happens to us.

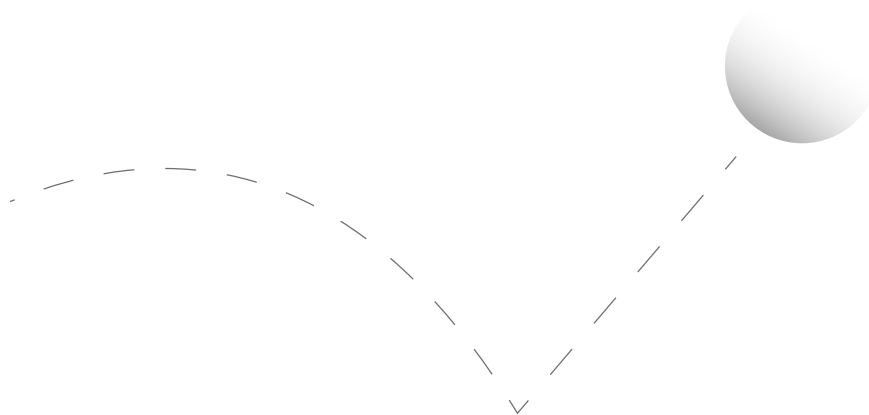
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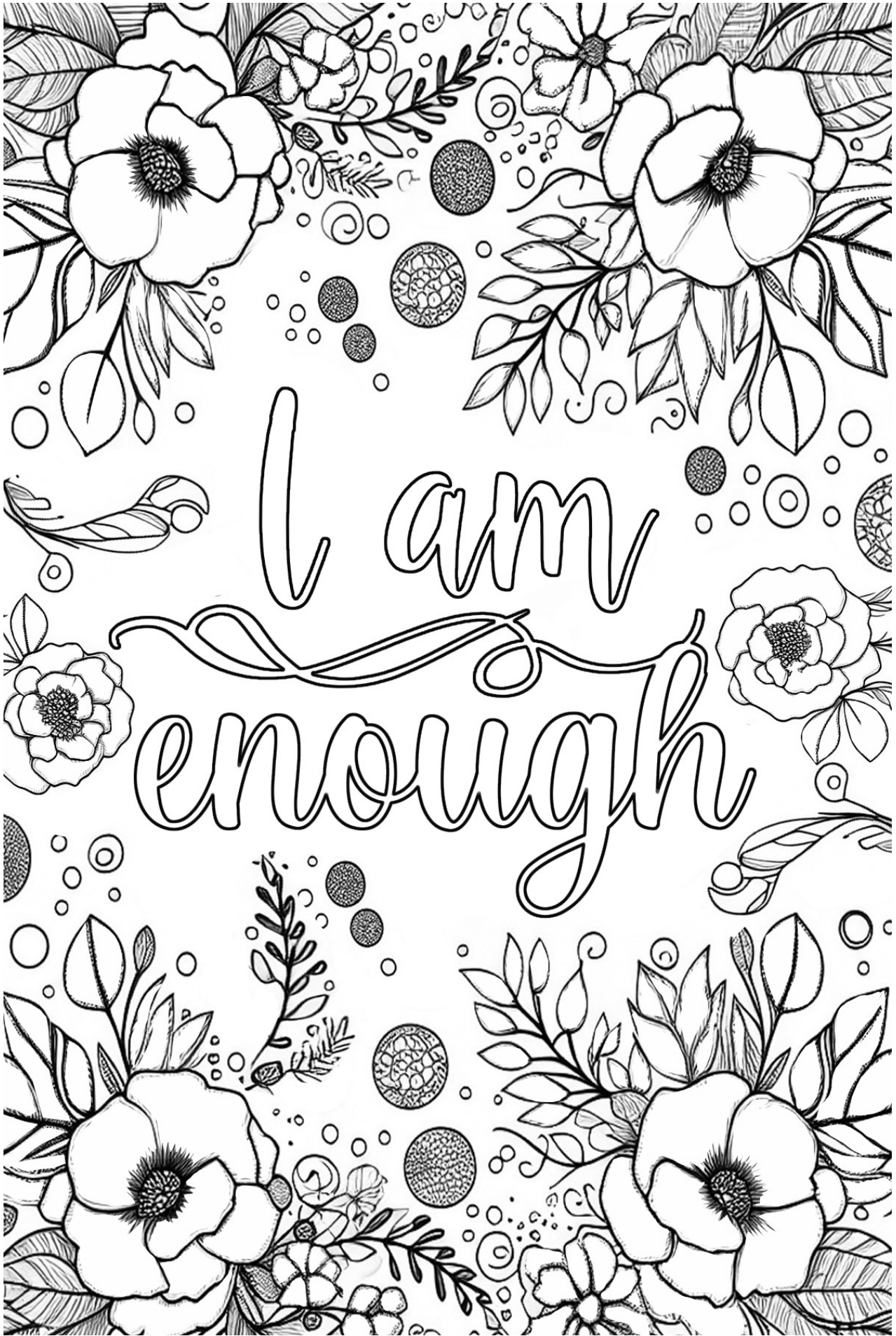




Taking care of yourself  
first thing in the morning  
is crucial. If you wait,  
something else – kids,  
jobs, chores, etc. –  
will always get in the way.

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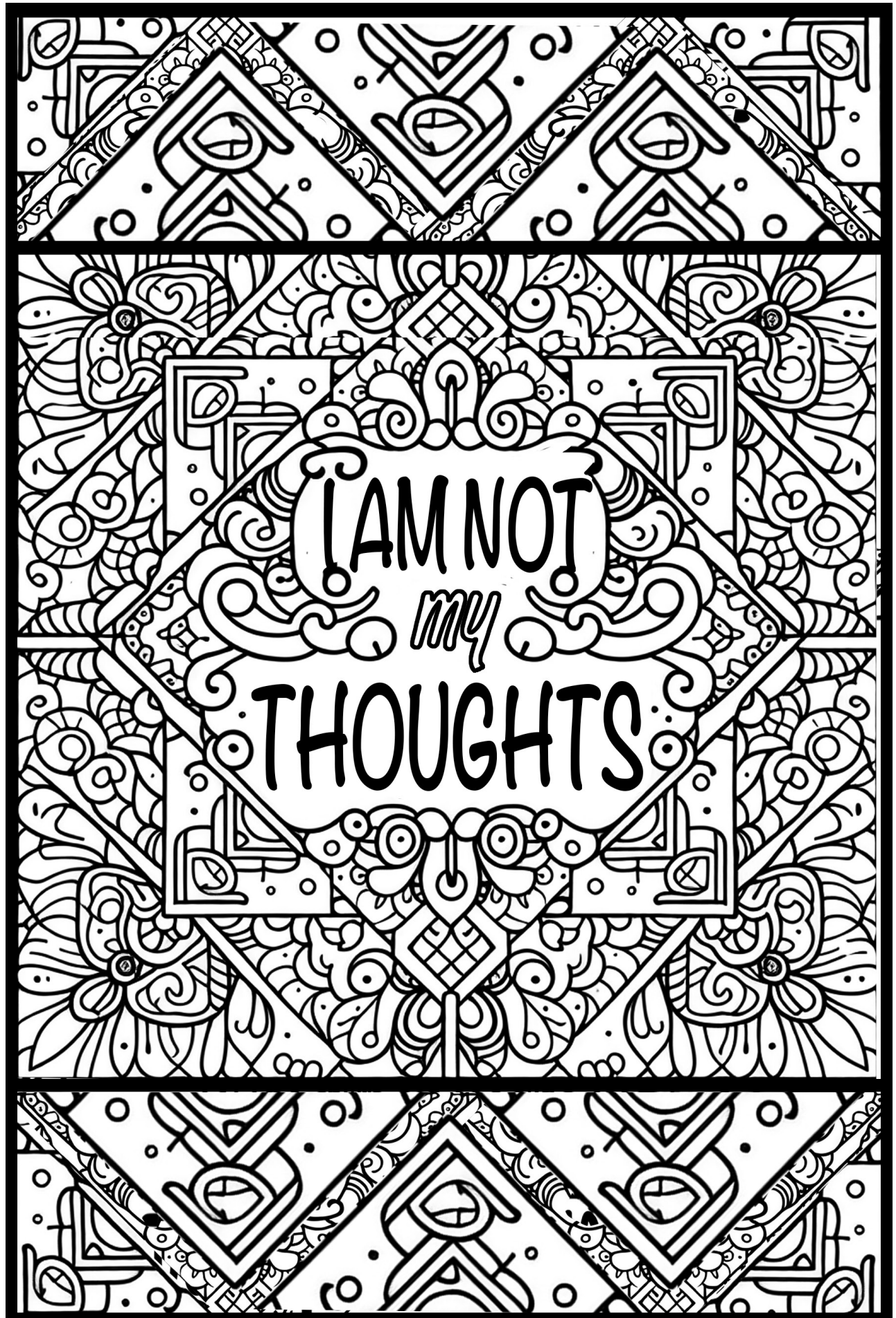


I am  
enough

Sometimes, we try to fit what is happening within our minds into a neat little puzzle. But life isn't like that – and growth occurs when we accept that the pieces may not fit, or some may be missing, and maybe the puzzle was never the point.

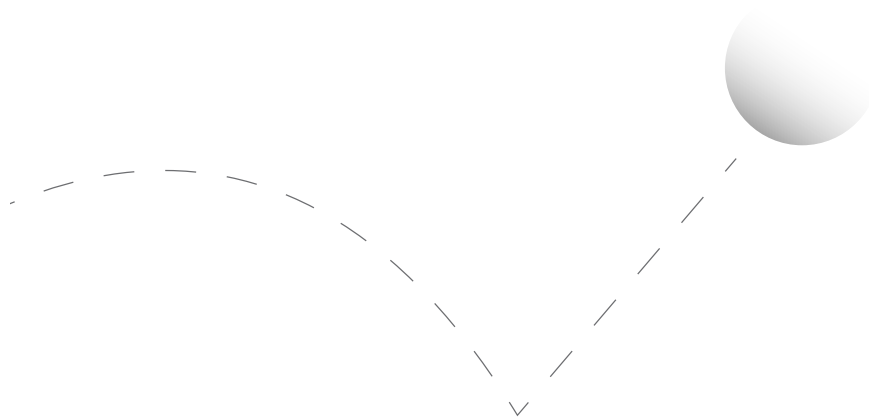
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Every storm  
runs out of rain.

Maya Angelou

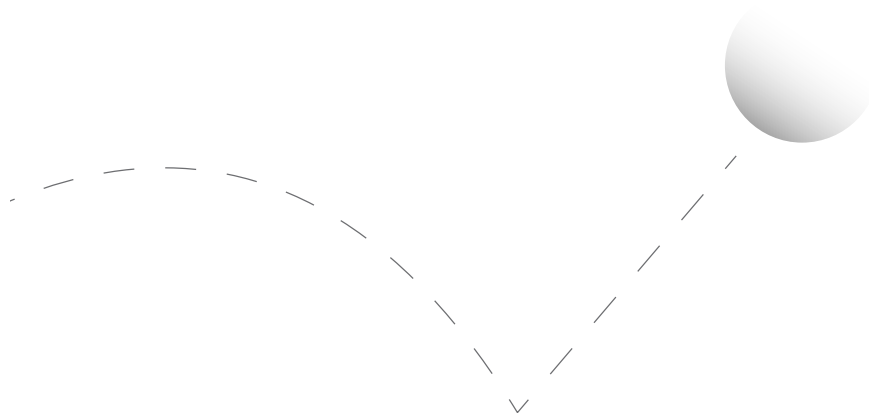


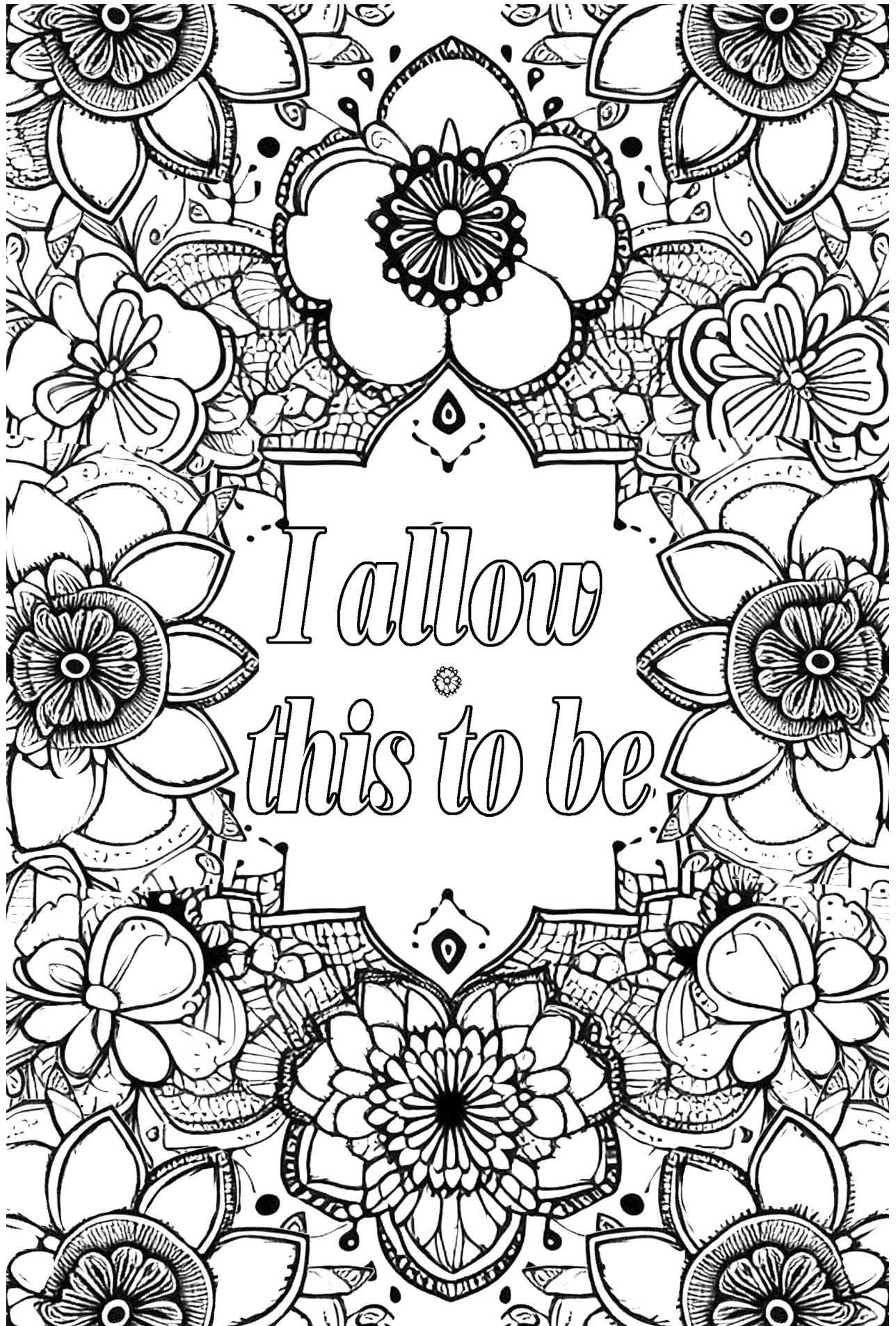




If there's pain,  
there's a lesson.  
Something is working  
through us. And once  
the energy dissipates,  
calm, wisdom, and  
purpose follow.

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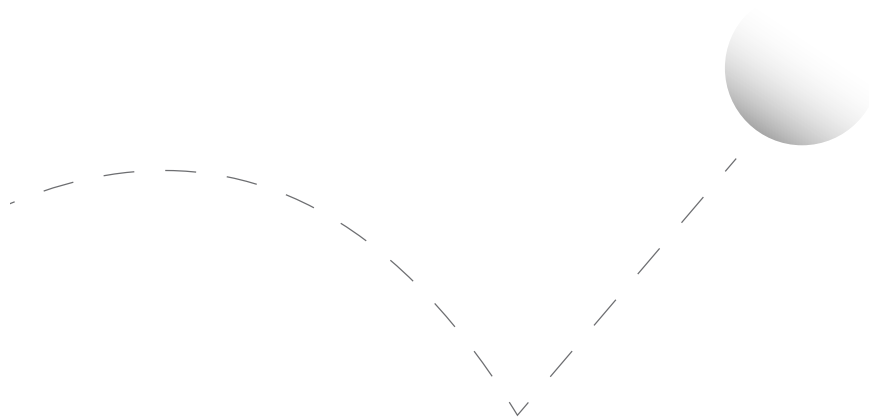


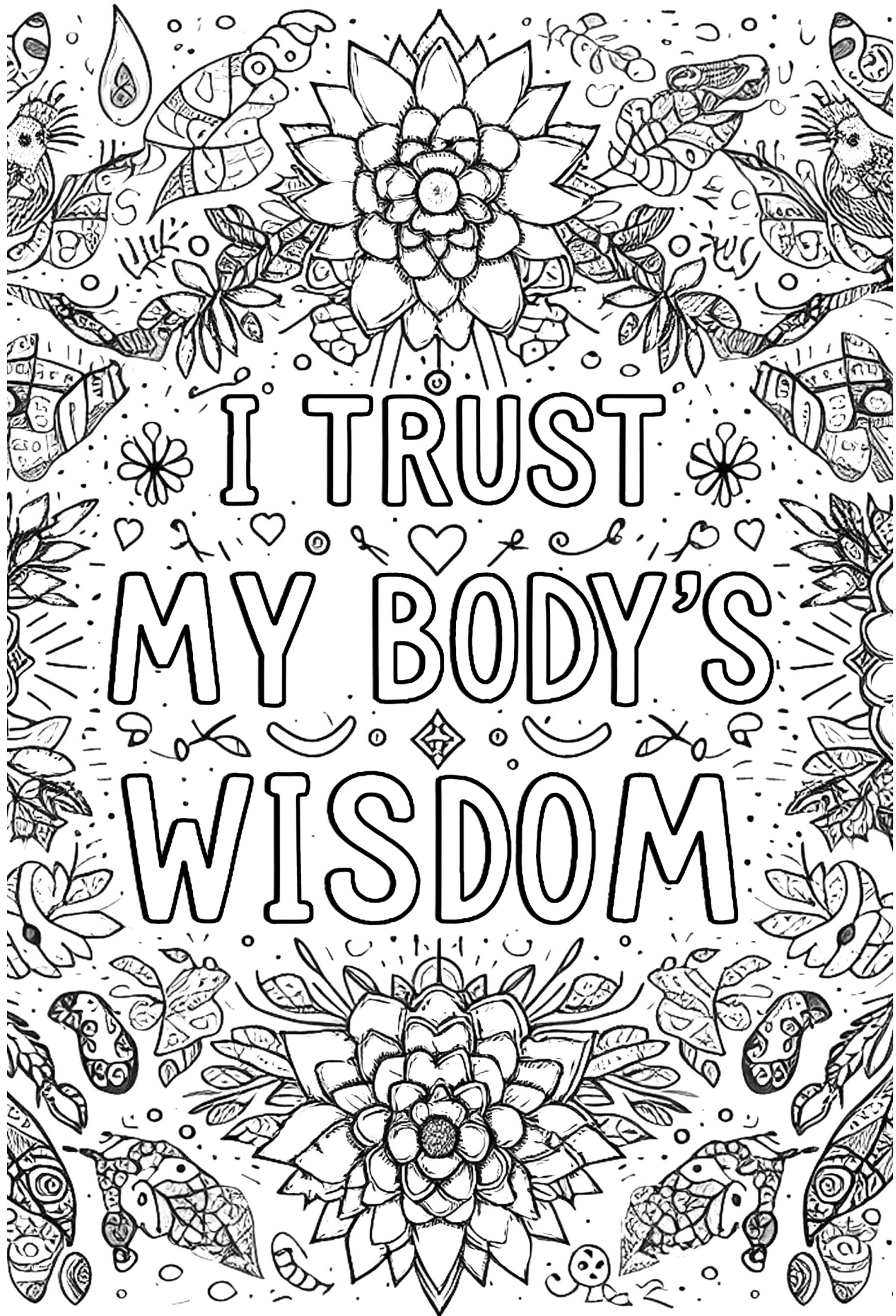


*I allow*  
*this to be*

And I said  
to my body softly,  
'I want to be your friend.'  
It took a long breath and  
replied, 'I've been waiting  
my whole life for this.'

**Nayyirah Waheed**





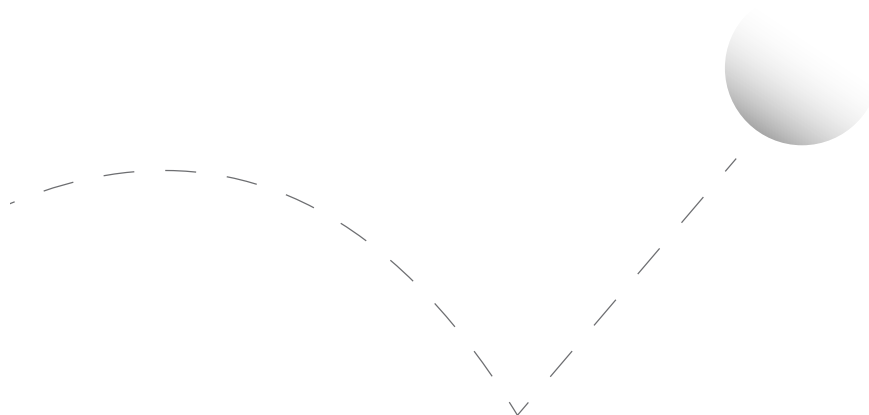
I TRUST

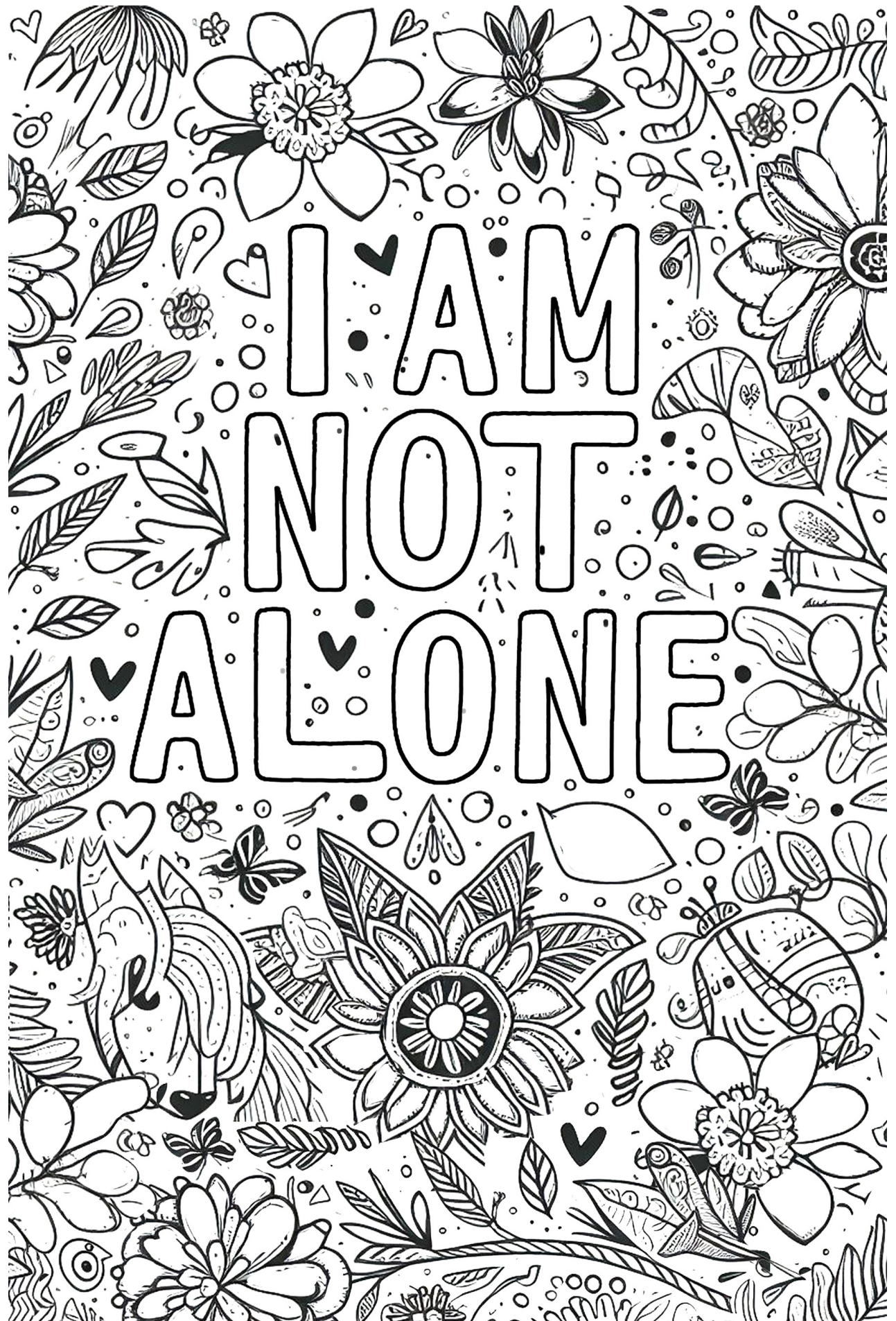
MY BODY'S

WISDOM

There's a saying that we are the average of the five people we spend the most time with. If that's true, we should intentionally choose who we allow into our daily lives.

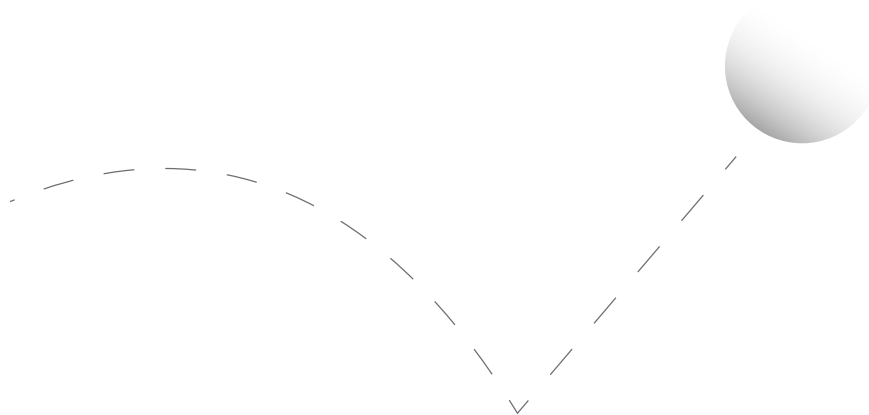
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When integrating the loss of difficult people or situations, it's helpful to add an ***and*** to remember their positive aspects – because we can hold two feelings at once.

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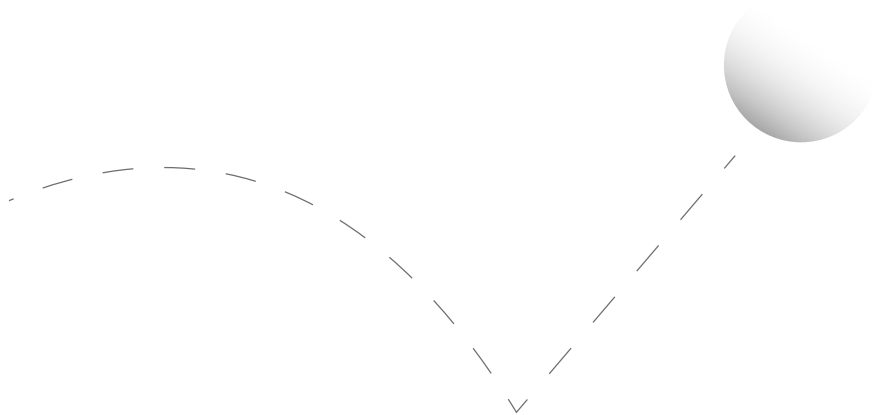


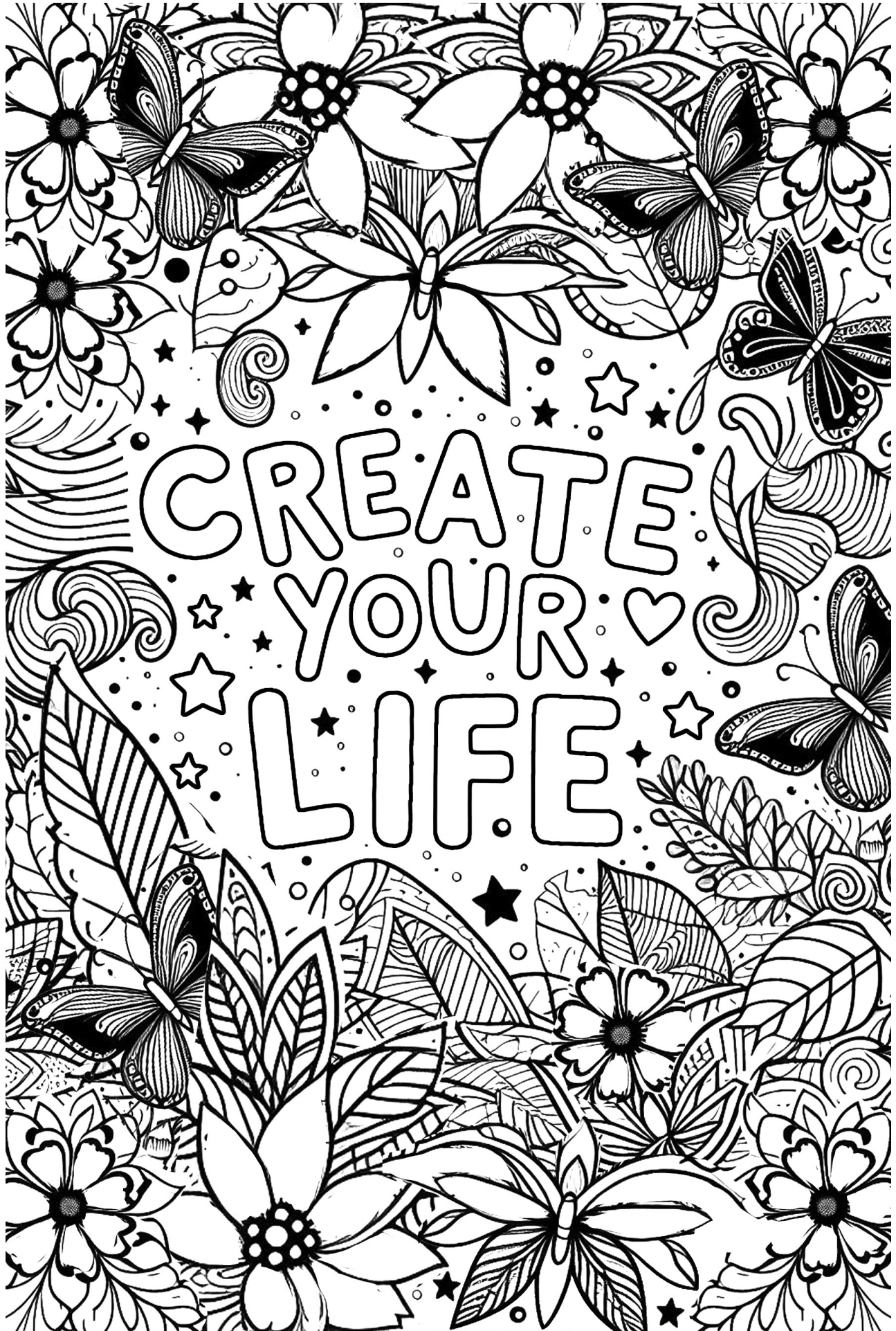




You are what  
you pay attention to.

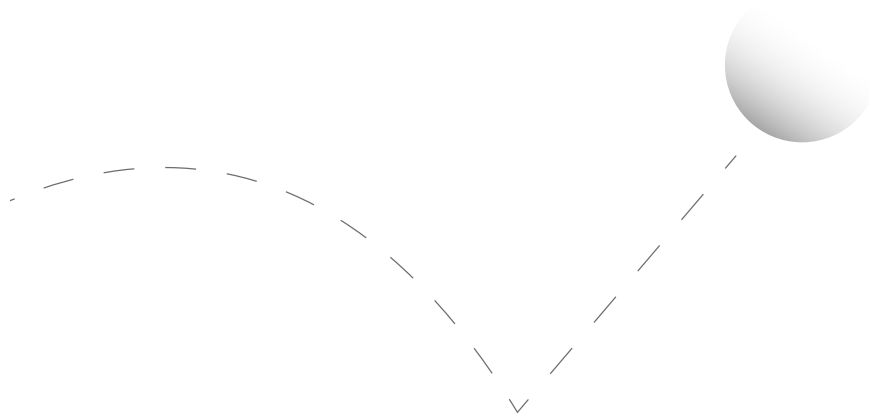
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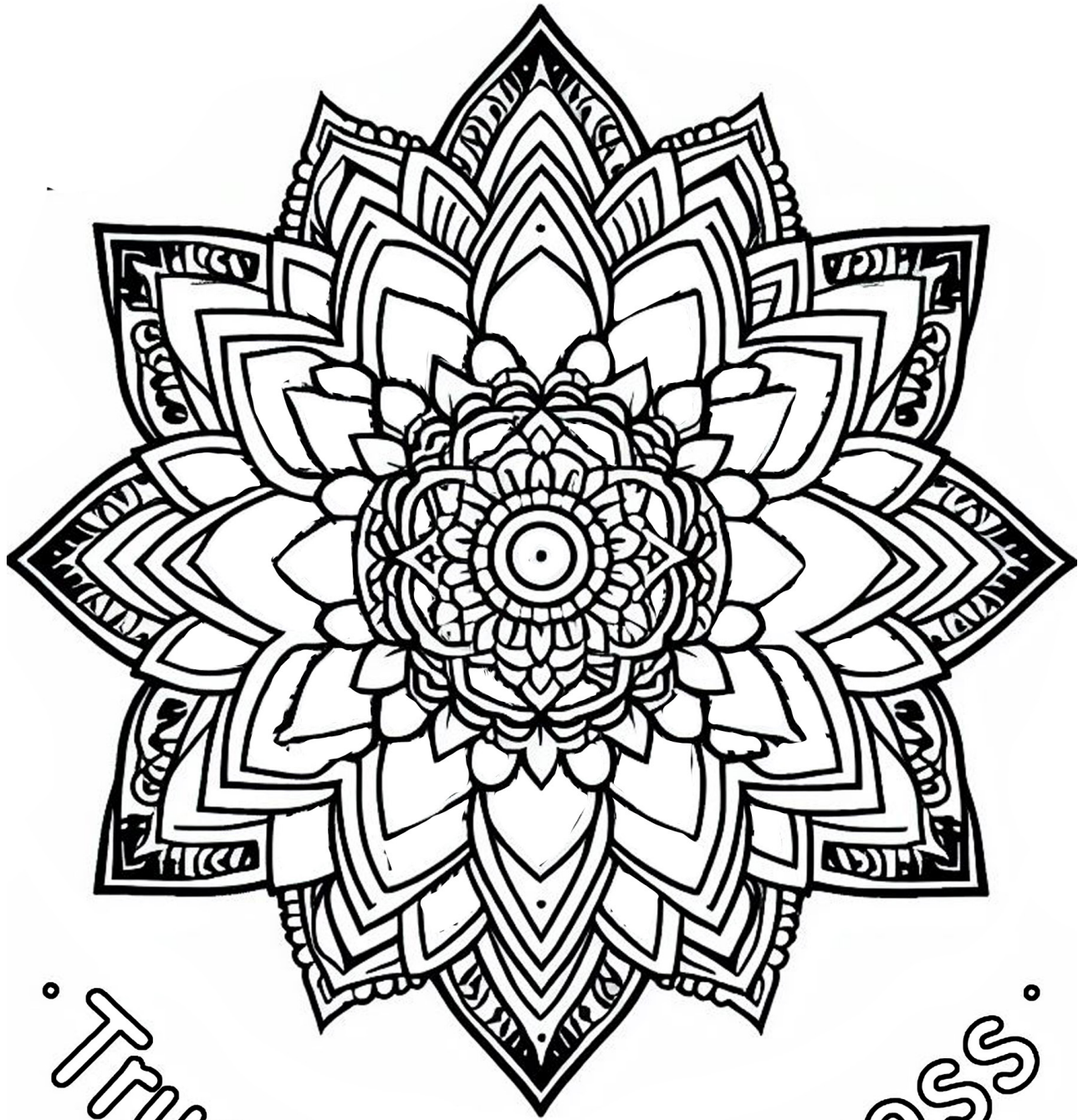




Our interactions with others  
and how we make them  
feel are our most significant  
contributions to the world.  
That's why it's so important  
to be our best selves – and  
to lead with love  
instead of fear.

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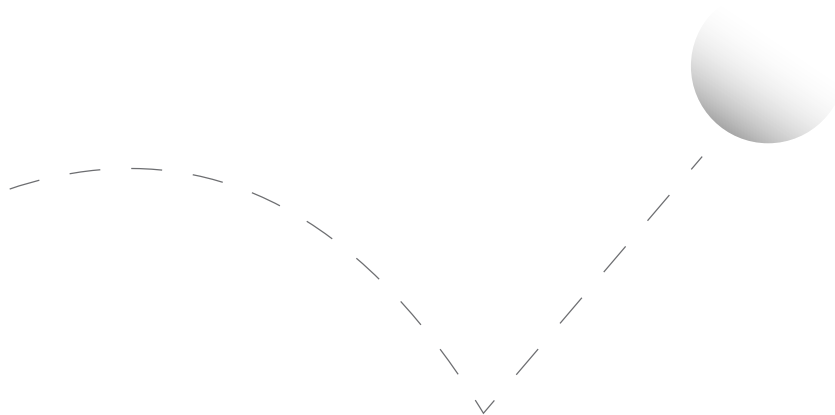


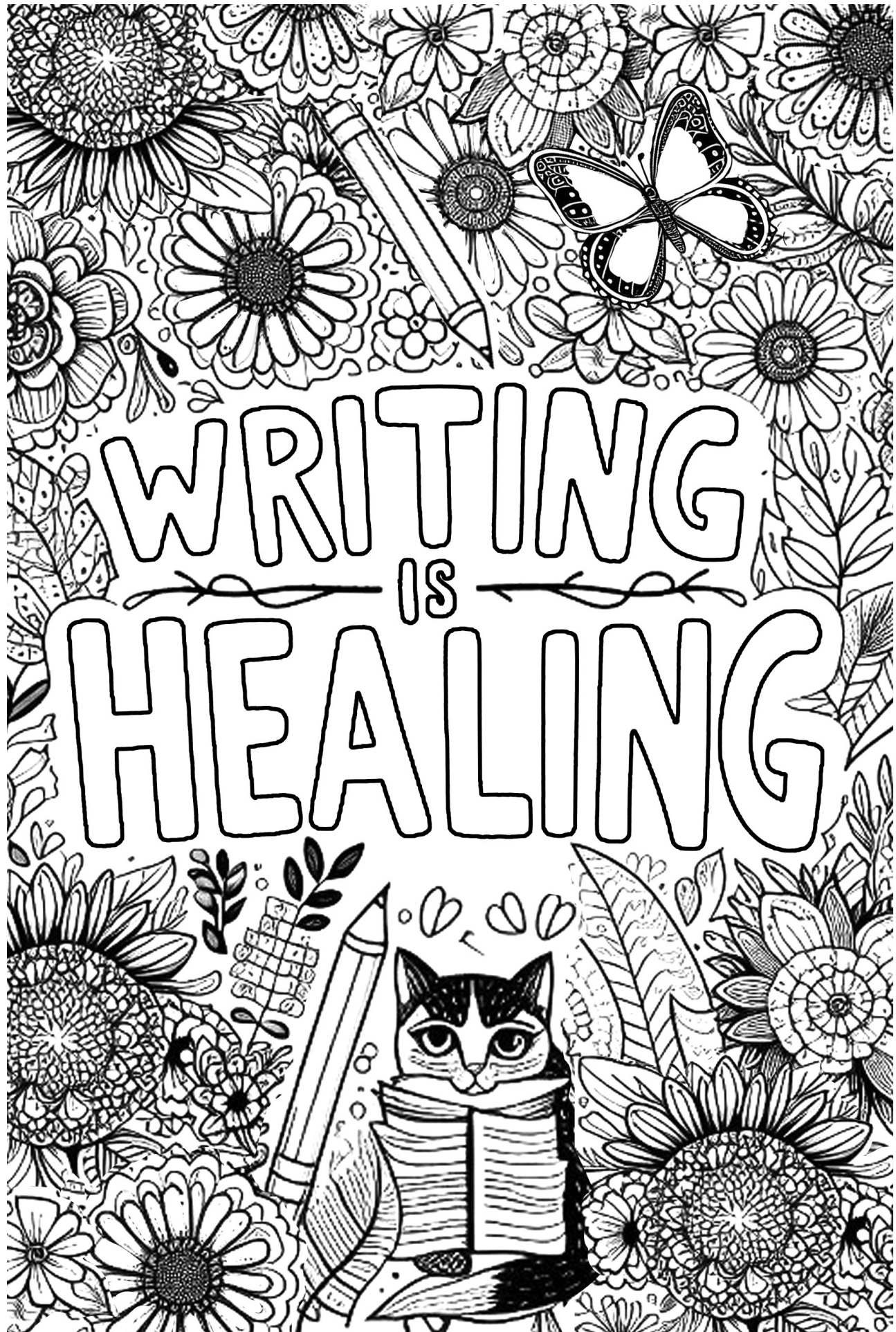


Trust the process.

If there's anything  
in your life you want  
to change, then it's time  
to adjust the story  
you tell about yourself.

**Colette Baron-Reid**





WRITING

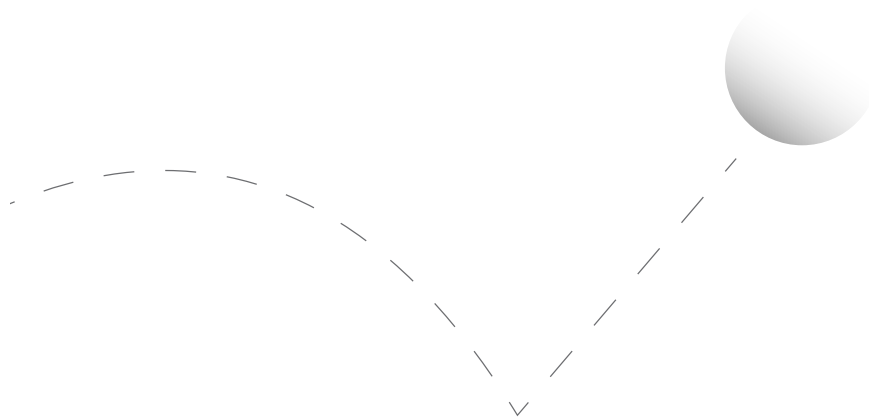
IS

HEALING

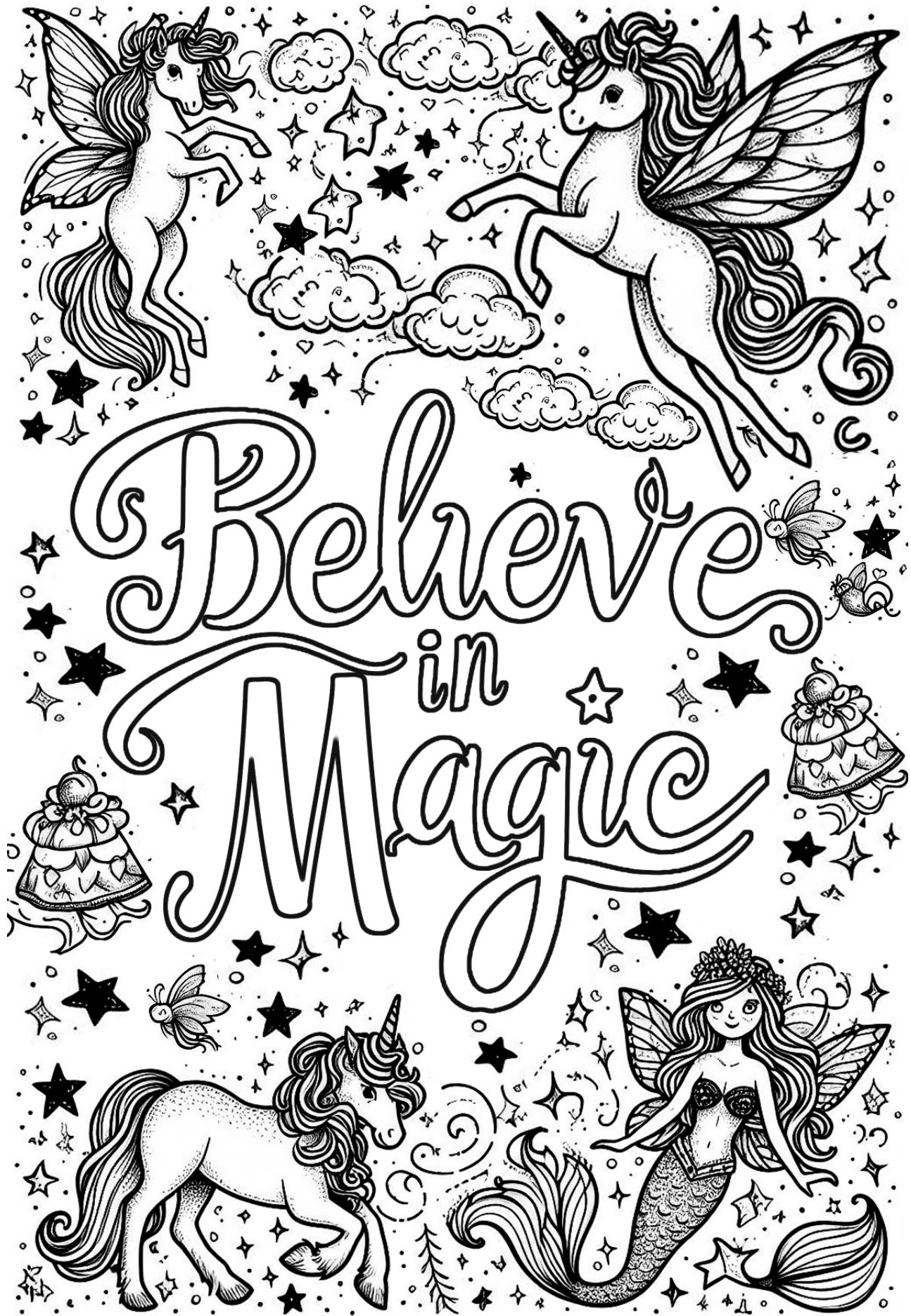
The love we have for those we've lost outlives the physical form. It is stronger and tougher than anything.

It never dies. We just need to believe in it and them.

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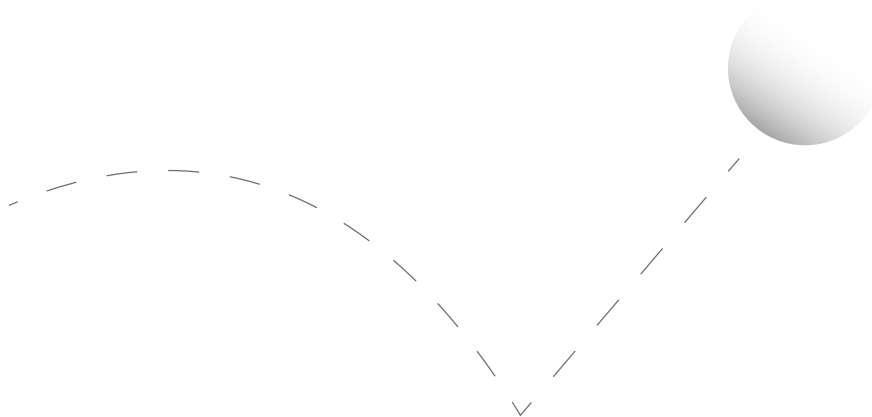


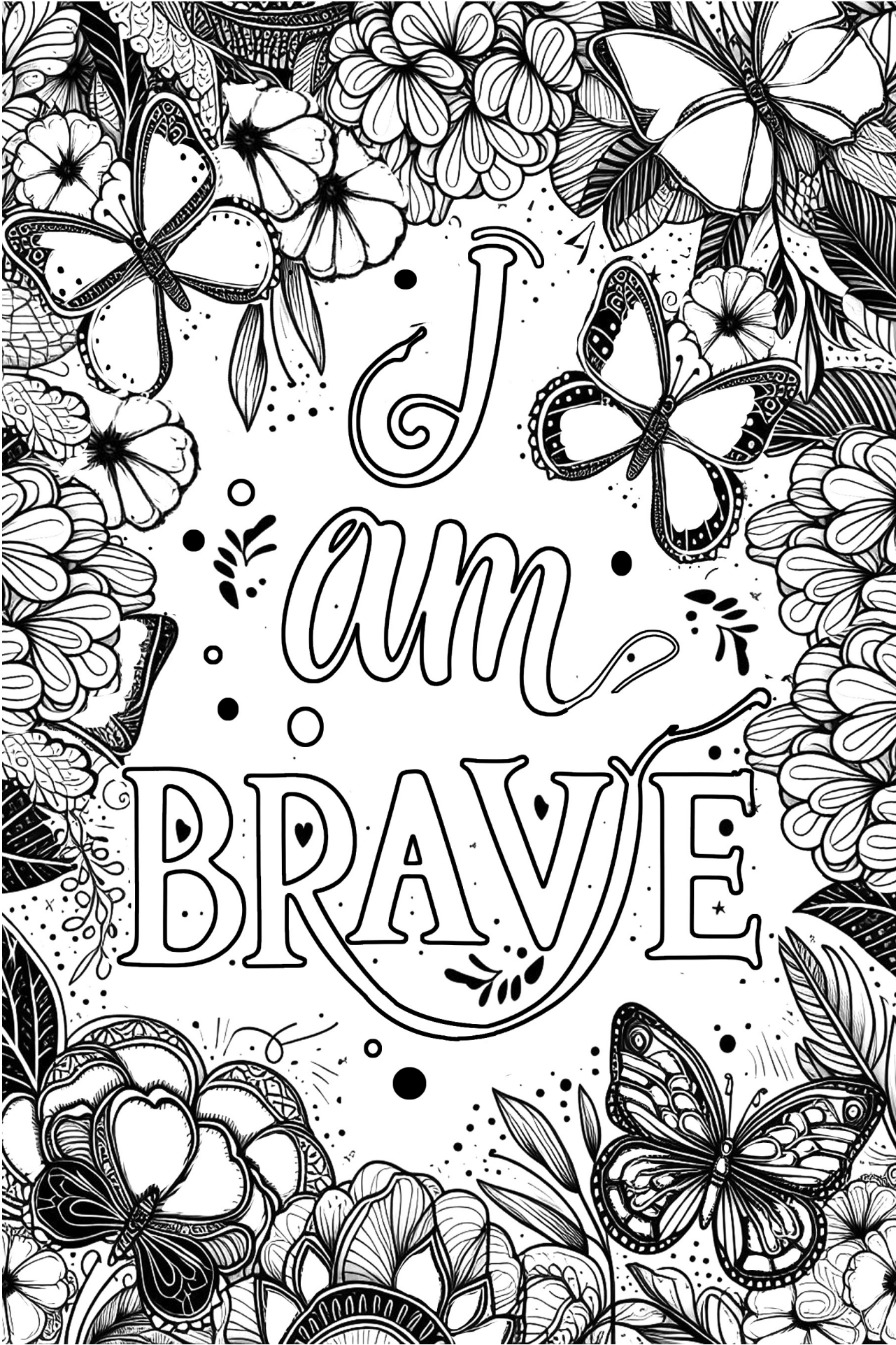




Everything will work out.  
It already has.

Erin Byron





# WHAT IF EVERY **SETBACK WAS A STEPPING STONE** TO THE LIFE YOU REALLY WANT?

In this refreshingly honest and engaging guide, resilience expert Donna Y. Ferris shares valuable lessons learned from decades of successfully navigating life's unexpected twists while balancing a thriving career and home life. Each bite-sized chapter is filled with humor, wisdom, and science, empowering you to:

- **REWIRE** your brain so you can overcome life's challenges
- **ACT** in the way you want rather than react to what comes your way
- **EXPAND** your bubble to find a community of lasting support and connection
- **CONVERT** the energy of loss into healthy activities that bring you joy
- **CREATE** a purposeful life you love

Full of achievable baby steps, creative inspiration, and vulnerable personal stories, *Bounce Back Stronger* is not just a book; it's a roadmap for anyone ready to move forward and build the life they truly want. Are you ready to take the first step?

"Through Donna Y. Ferris' insightful guide, *Bounce Back Stronger*, readers are not only invited but empowered to navigate life's setbacks with grace, wisdom, and resilience. Ferris' blend of personal anecdotes, scientific research, and practical exercises provides a roadmap for transforming challenges into opportunities for growth and fulfillment. A must-read for anyone seeking to cultivate resilience and create the life they truly desire."

— **Stephen Cope, Scholar Emeritus Kripalu Center for Yoga and Health, best-selling author of *Yoga and the Quest for the True Self***

"*Bounce Back Stronger* is a compelling, humorous, and educational essential for any bookshelf. This book is like sharing tea with your closest friend, taking months of therapy, and visiting a sage on the mount all at once. Her practical, high-impact suggestions give you the tools to navigate your personalized journey with resilience, clarity, and confidence."

— **Erin Byron, author of *Safety in the Body***

"Bouncing back from life's challenges is how we build up our capacity for resilience, and Ferris' book offers readers a kind helping hand in doing so. This book is an ode to small moments every day— knowing and trusting what will unfold when we commit to ourselves for the sake of our healing."

— **Sharon Salzberg, author of *Lovingkindness* and *Real Life***



**DONNA Y. FERRIS** is a mother, rescue momma, and fintech executive with an MBA and CFA who mentors individuals to shape meaningful careers and lives. She holds an Inner MBA and career/life coaching, yoga therapy, and Reiki Master designations, hosts the "Bounce Back Stronger" podcast, and authored the memoir *We've Got to Stop Meeting Like This*. *Bounce Back Stronger* is a follow-up to that book.

