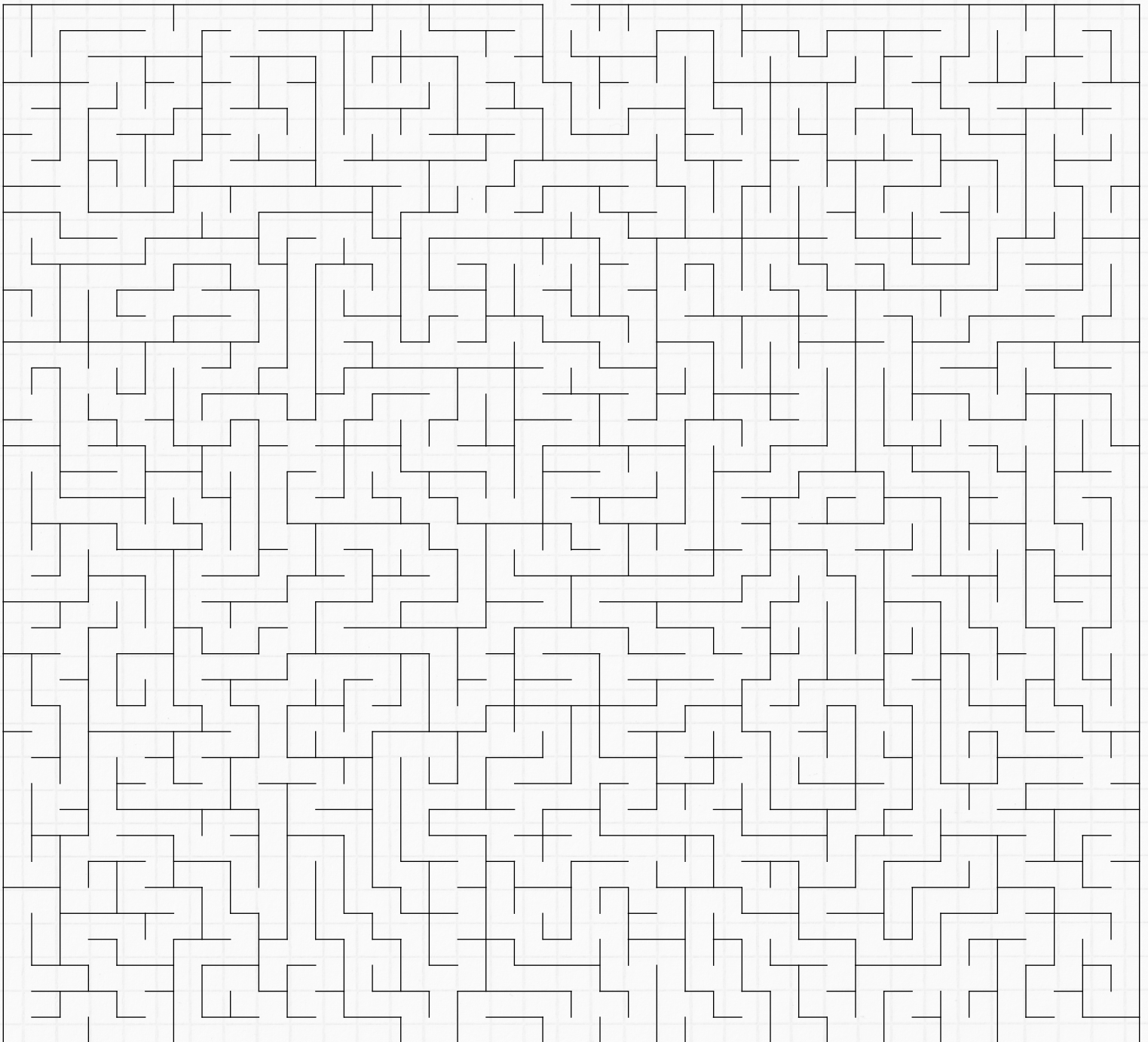


Ophelia

**Our book of printable mazes**

A mindful distraction tool designed for  
the moments when cravings hit hard.

# Pathways



# Ophelia

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## Pathways to pause

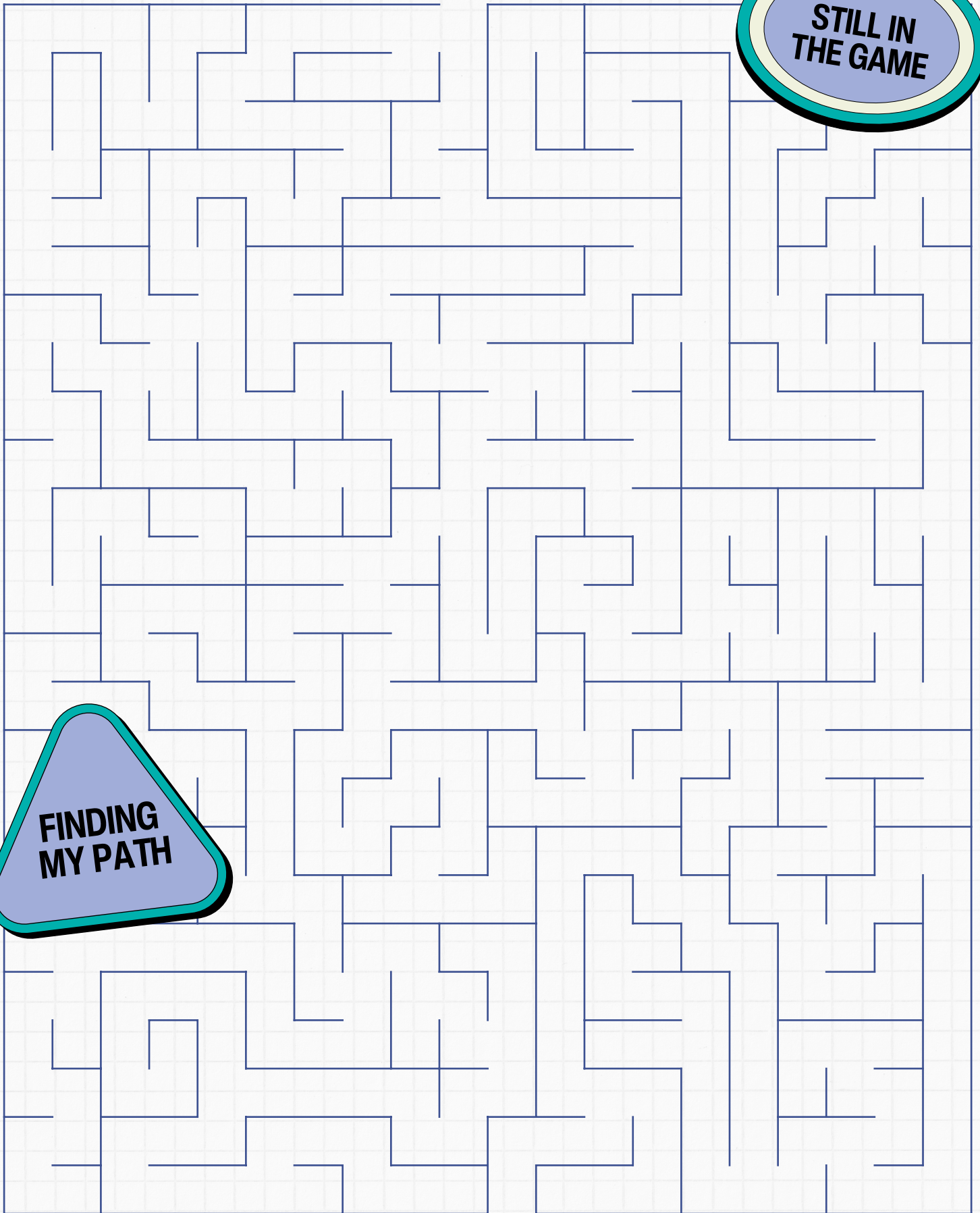
These hand-drawn mazes give your mind something to focus on; something visual, tactile, and absorbing, so you can shift your attention from the urge to the path. Cravings often ask for speed; this asks for slowness. No pressure. Just paper, a pen, and a path.

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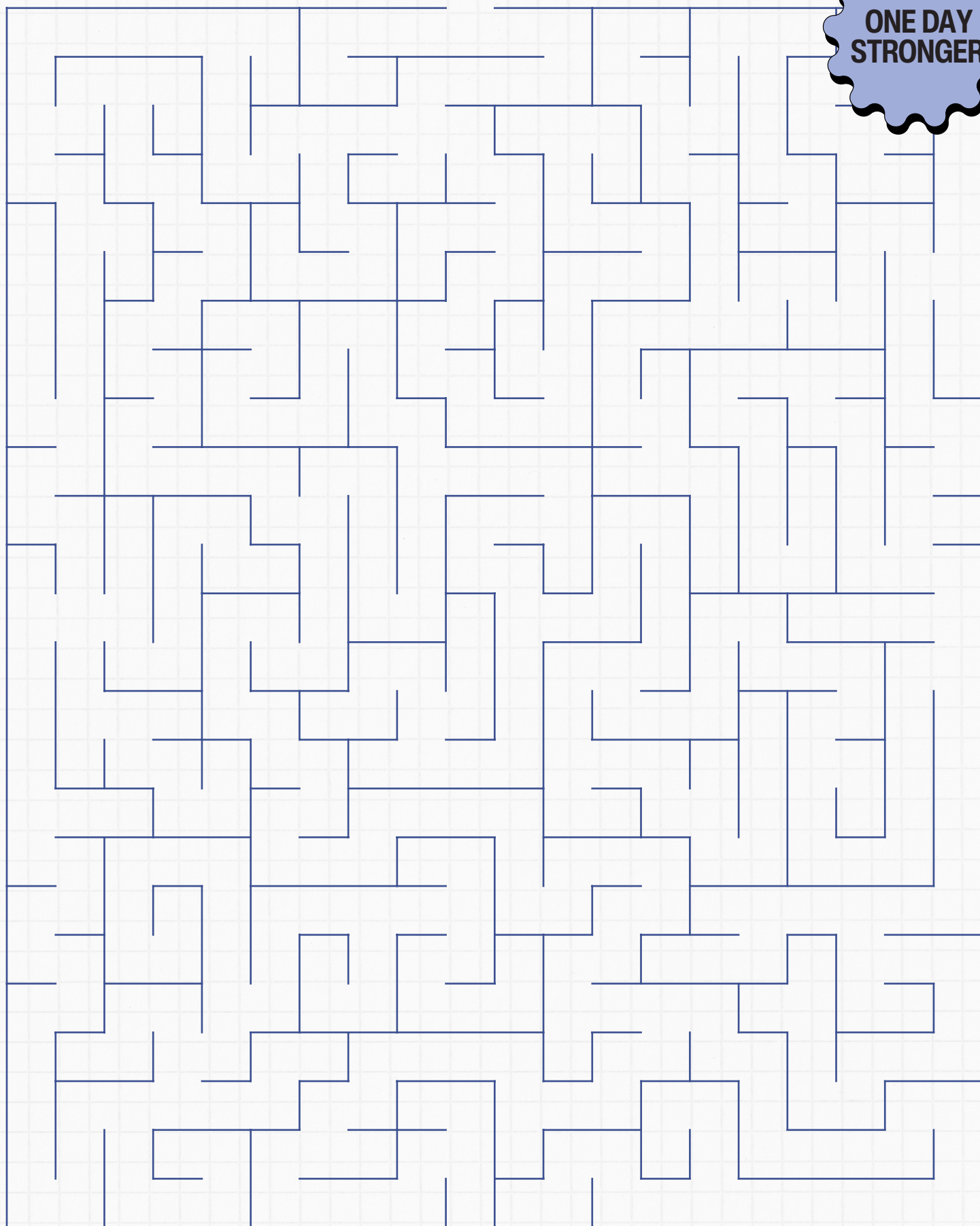
**PROGRESS,  
NOT  
PERFECTION**

**SHOW  
UP FOR  
YOURSELF**

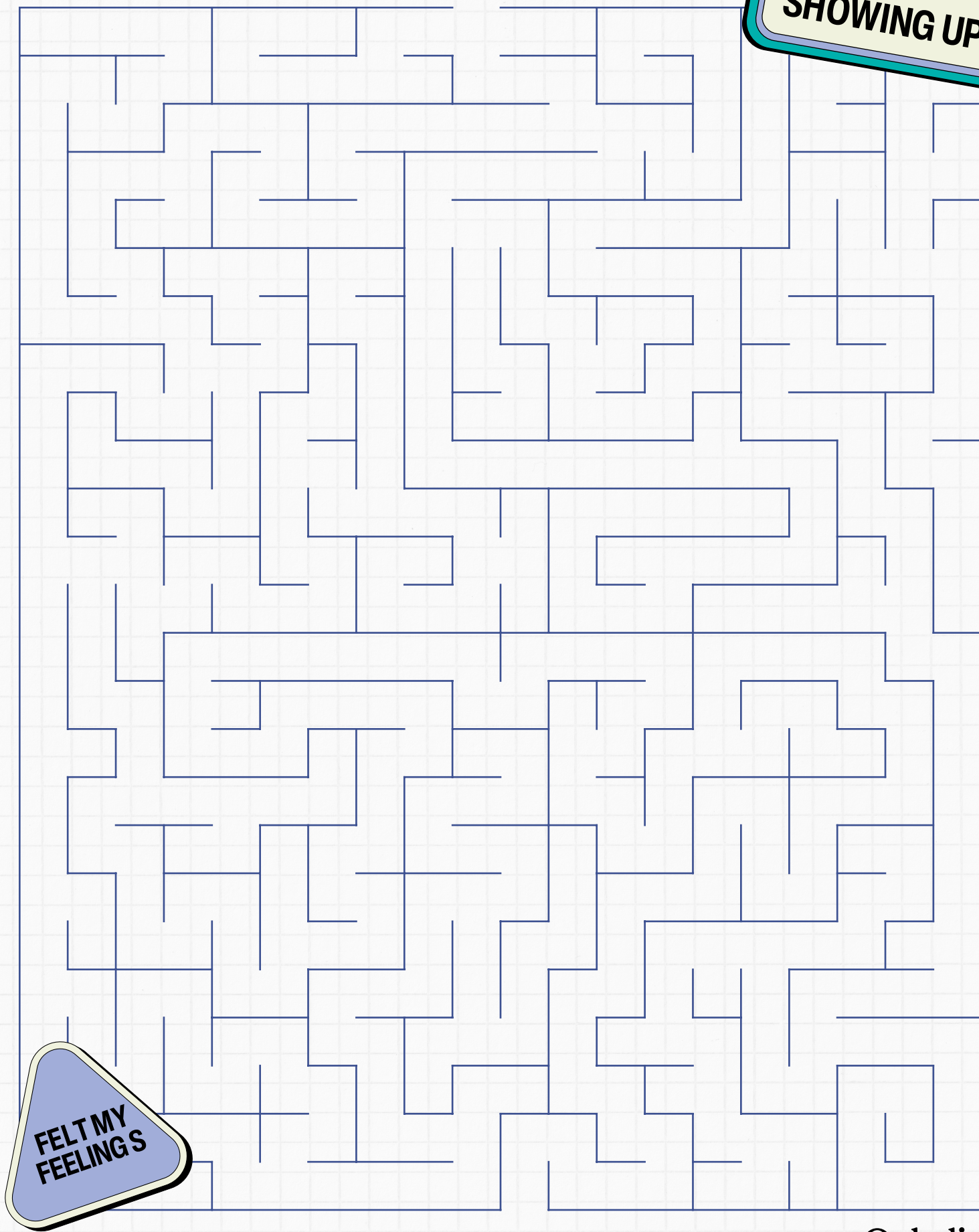




**ONE DAY  
STRONGER**

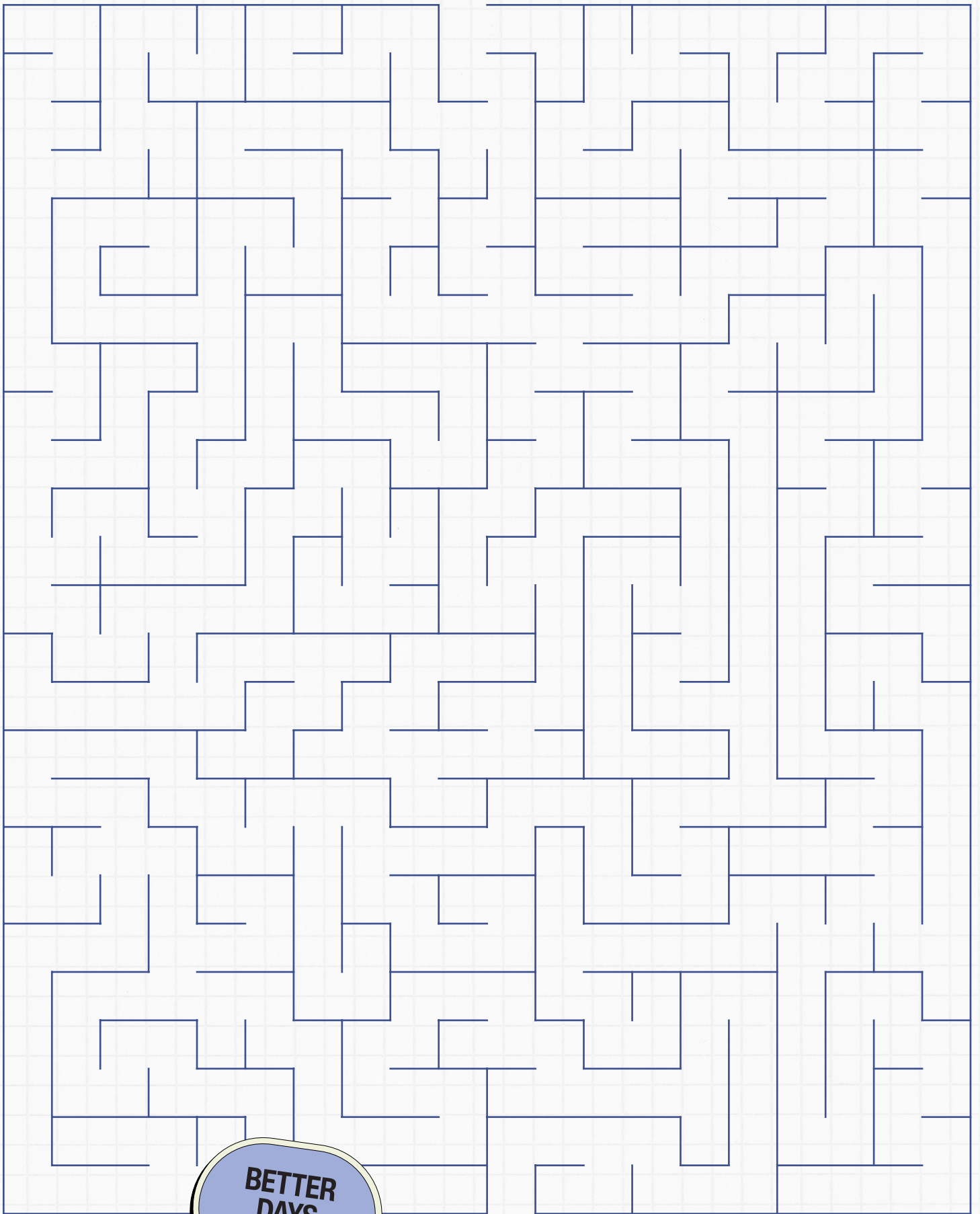


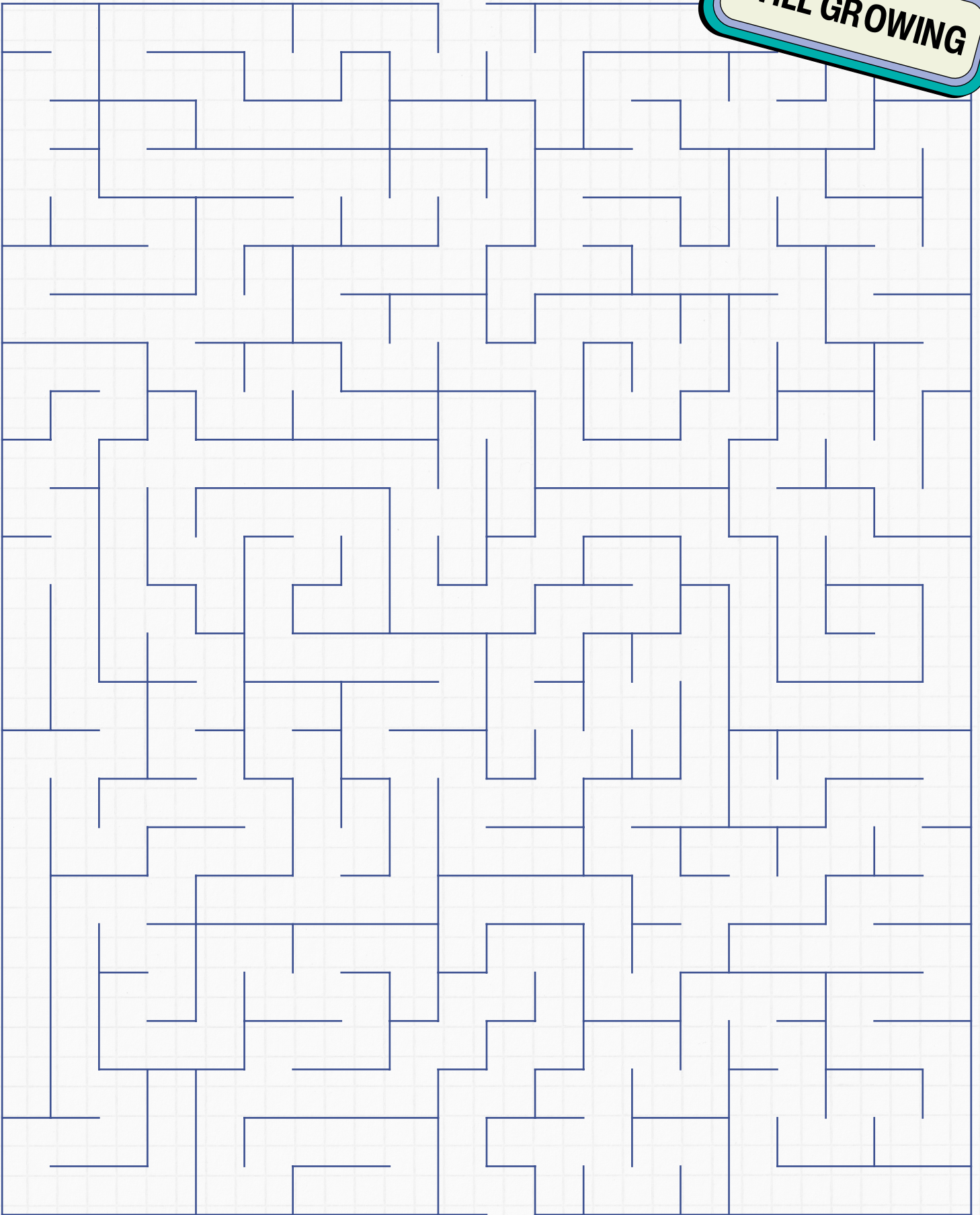
**SHOWING UP**



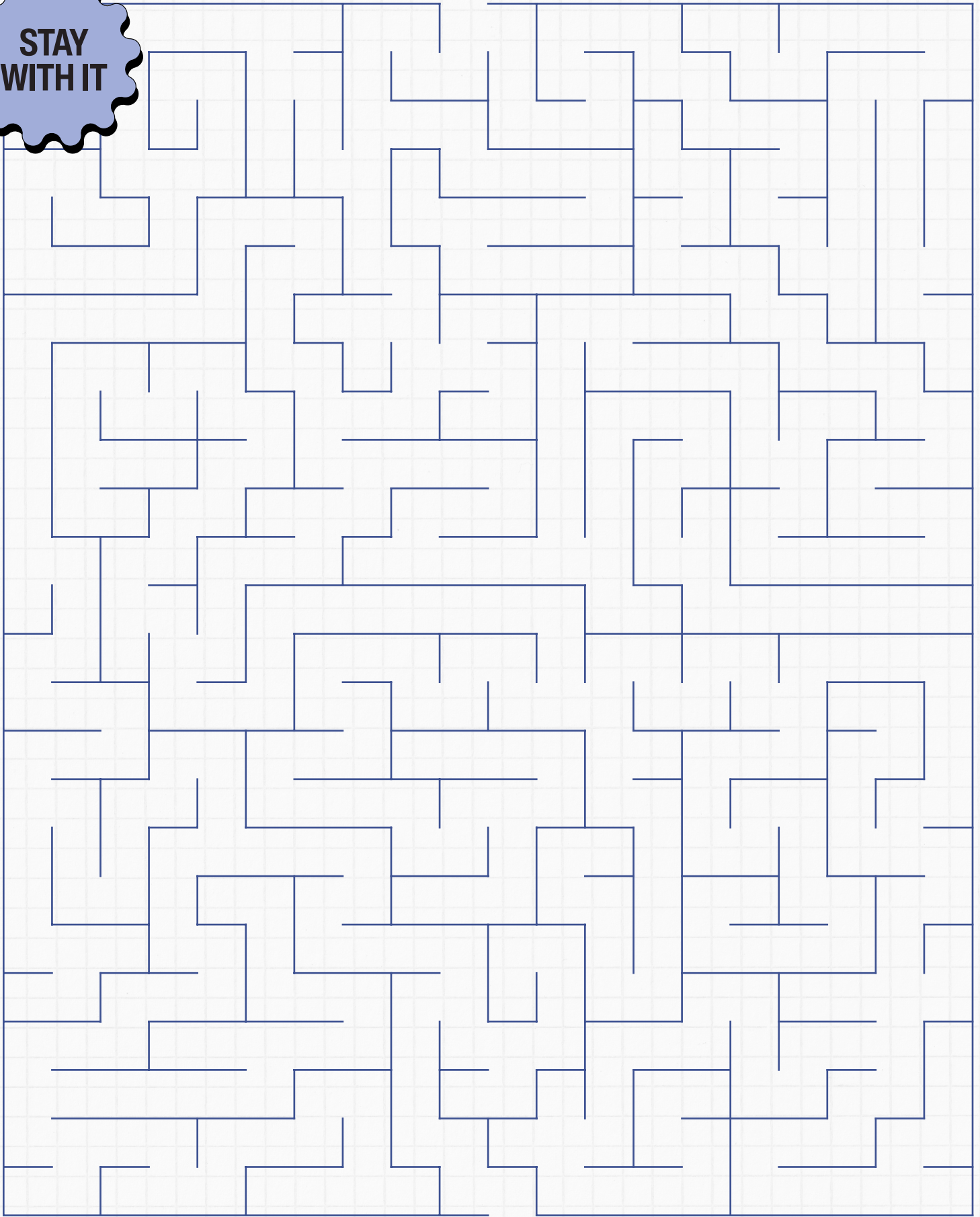
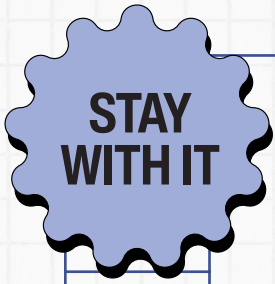
**FELT MY  
FEELINGS**

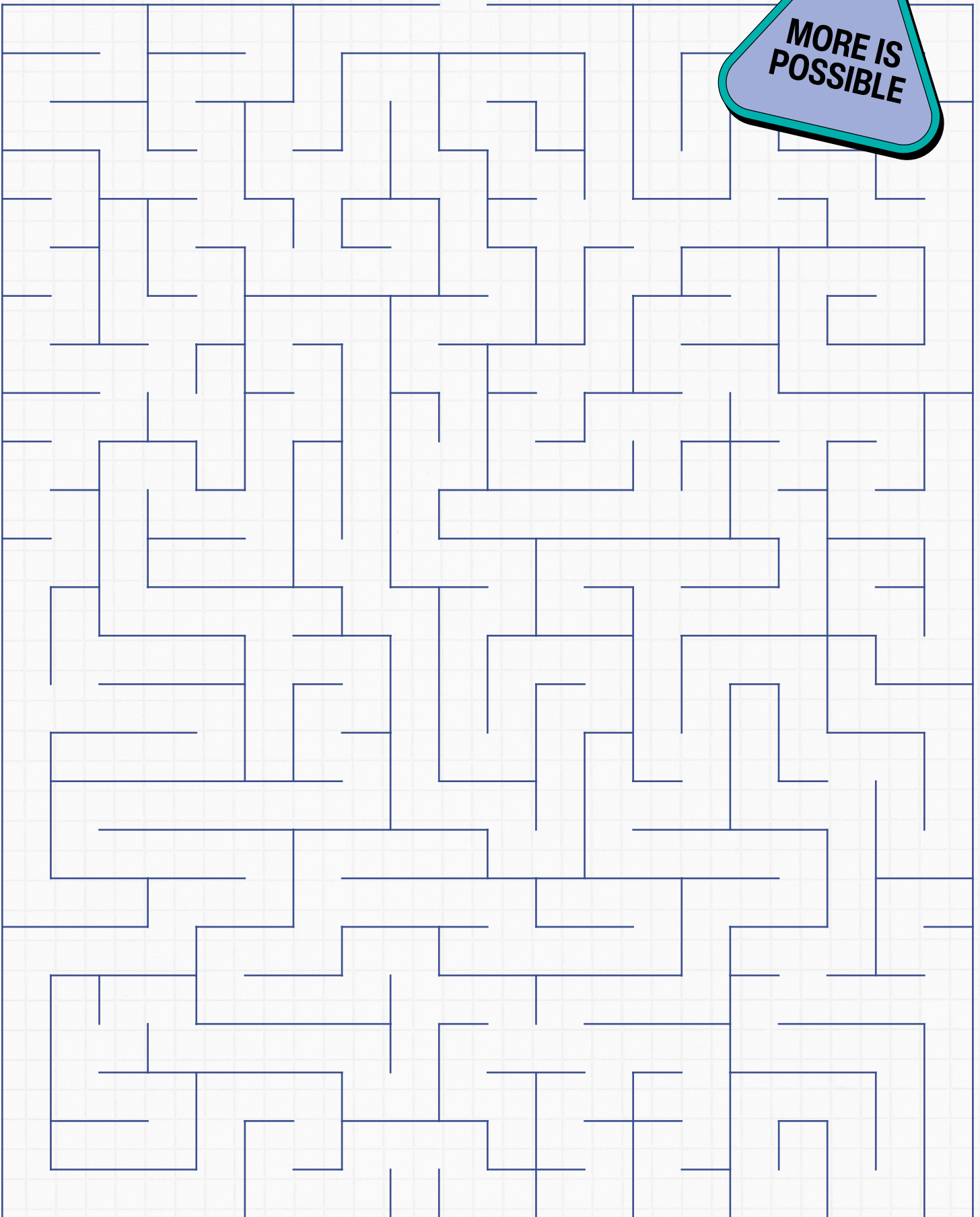




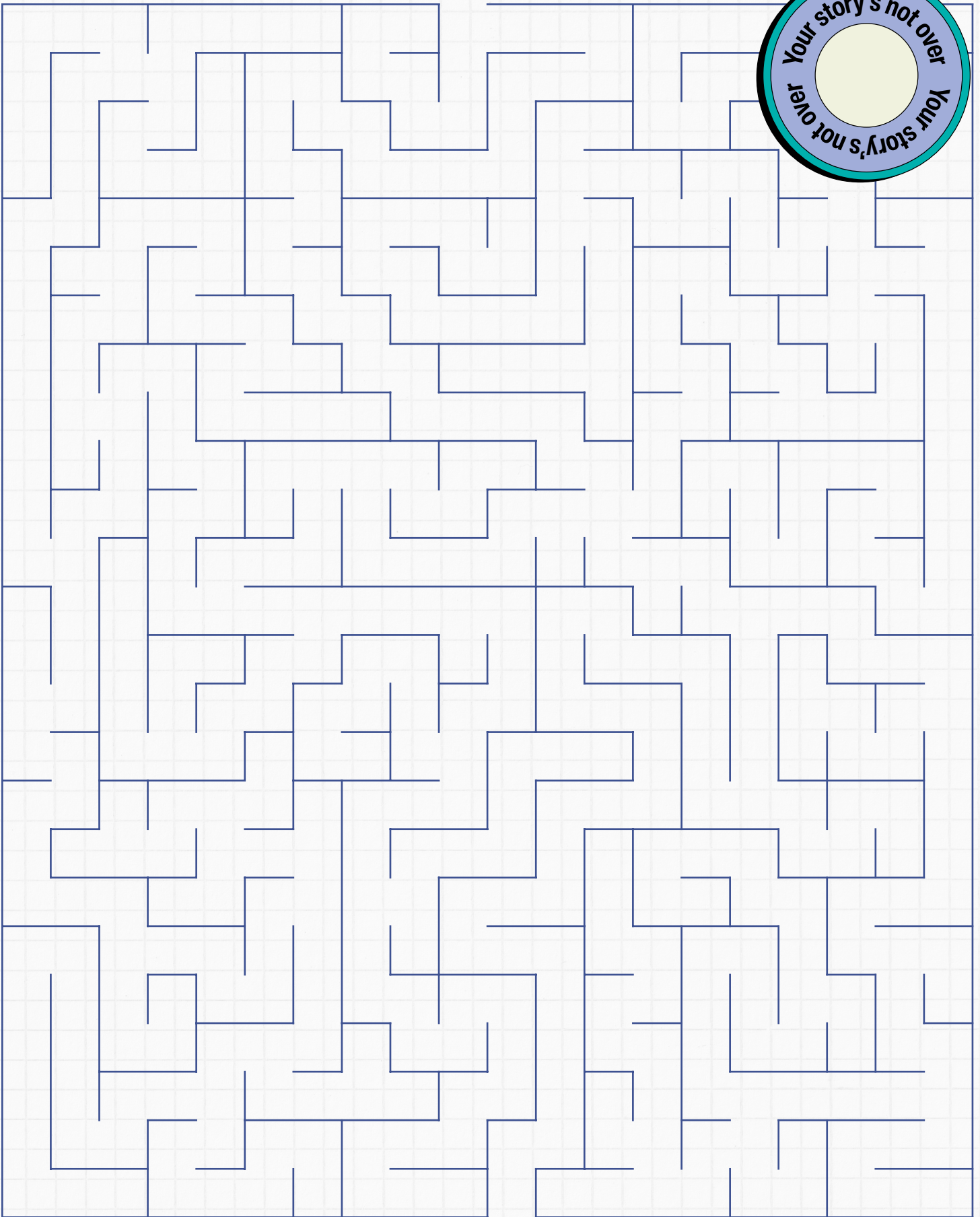
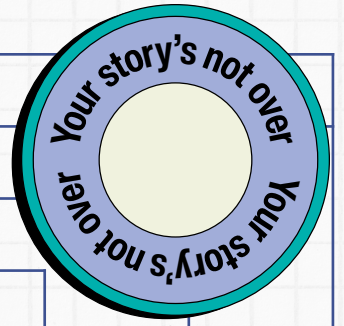




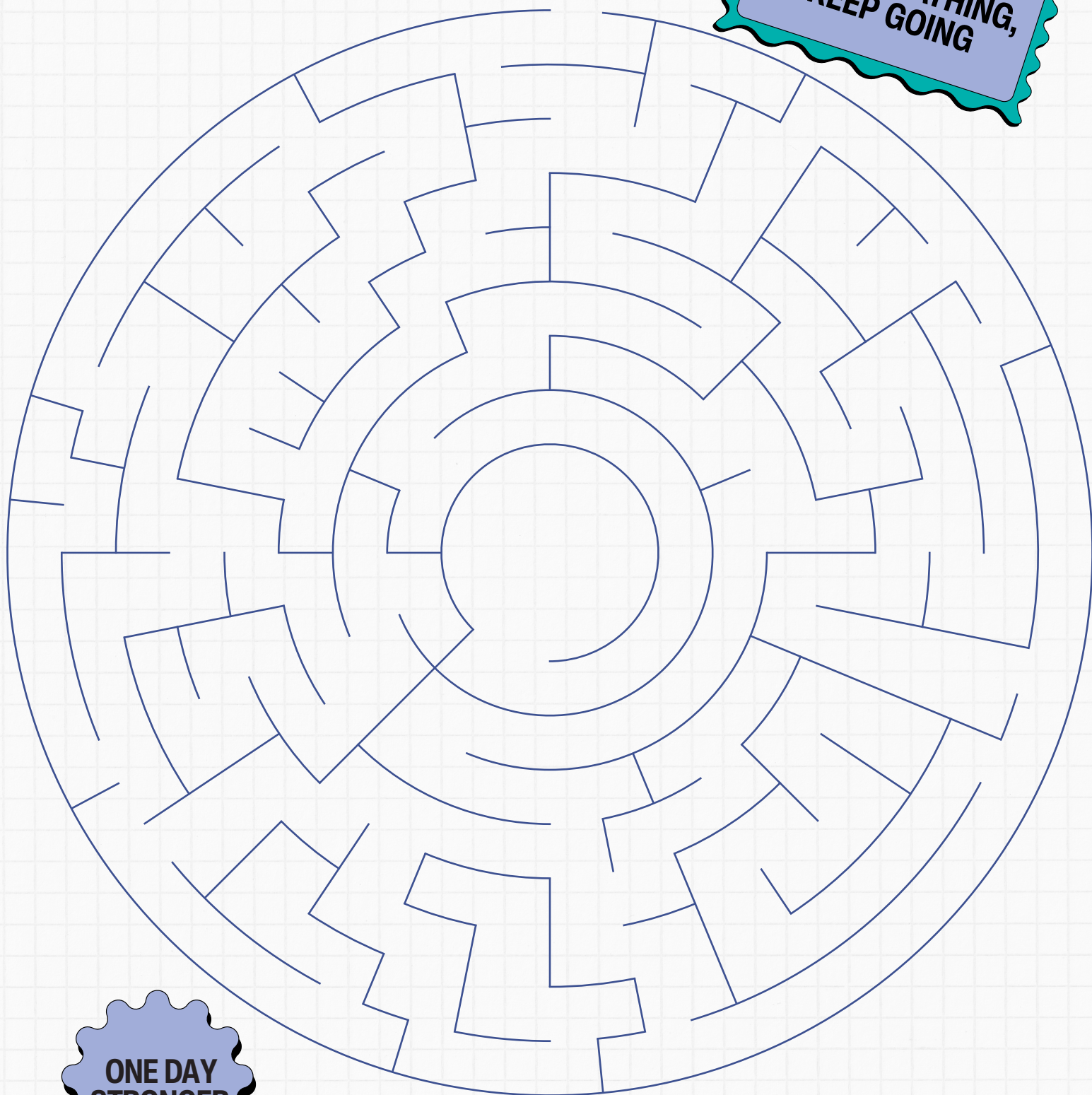






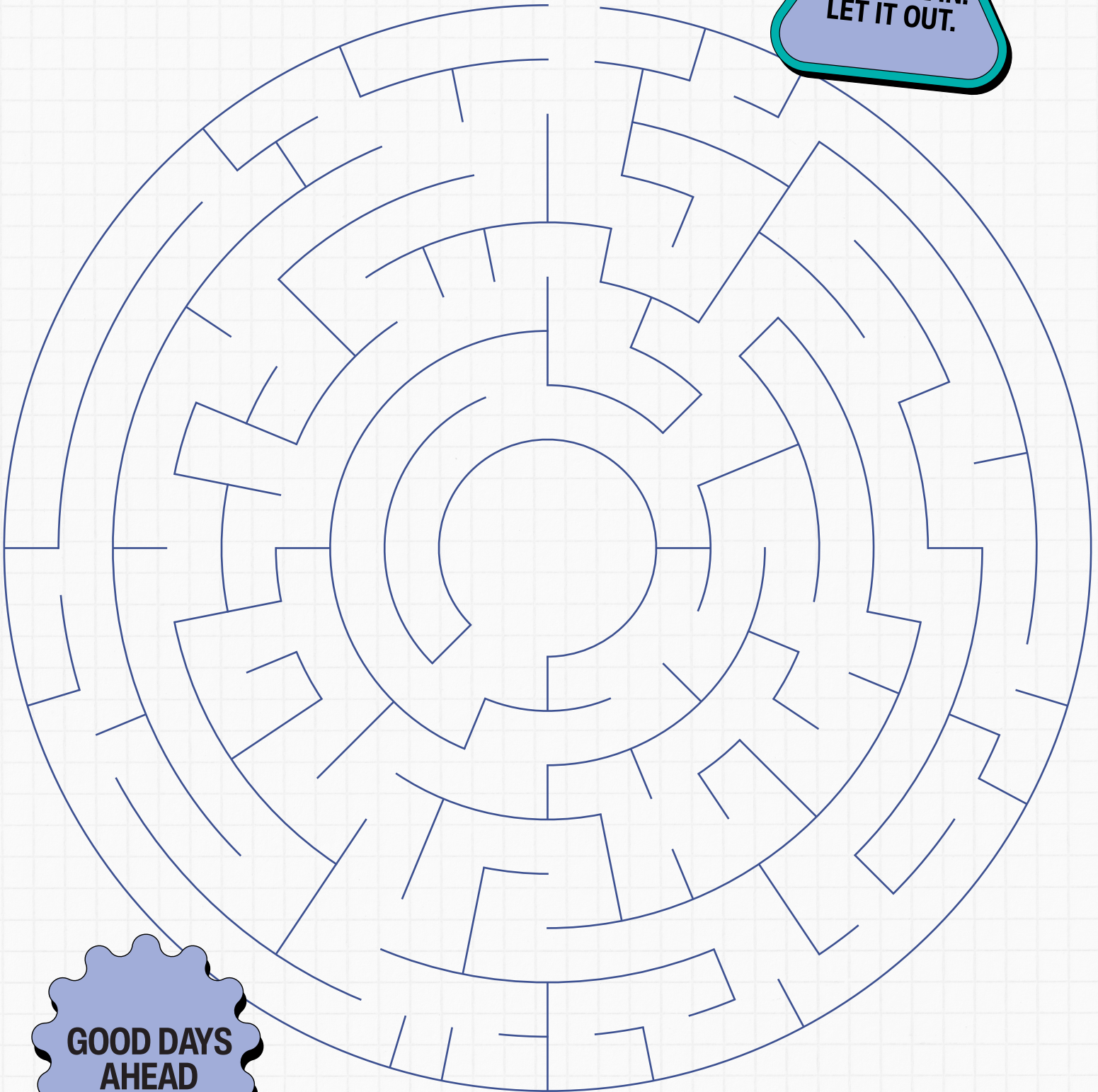


**KEEP BREATHING,  
KEEP GOING**

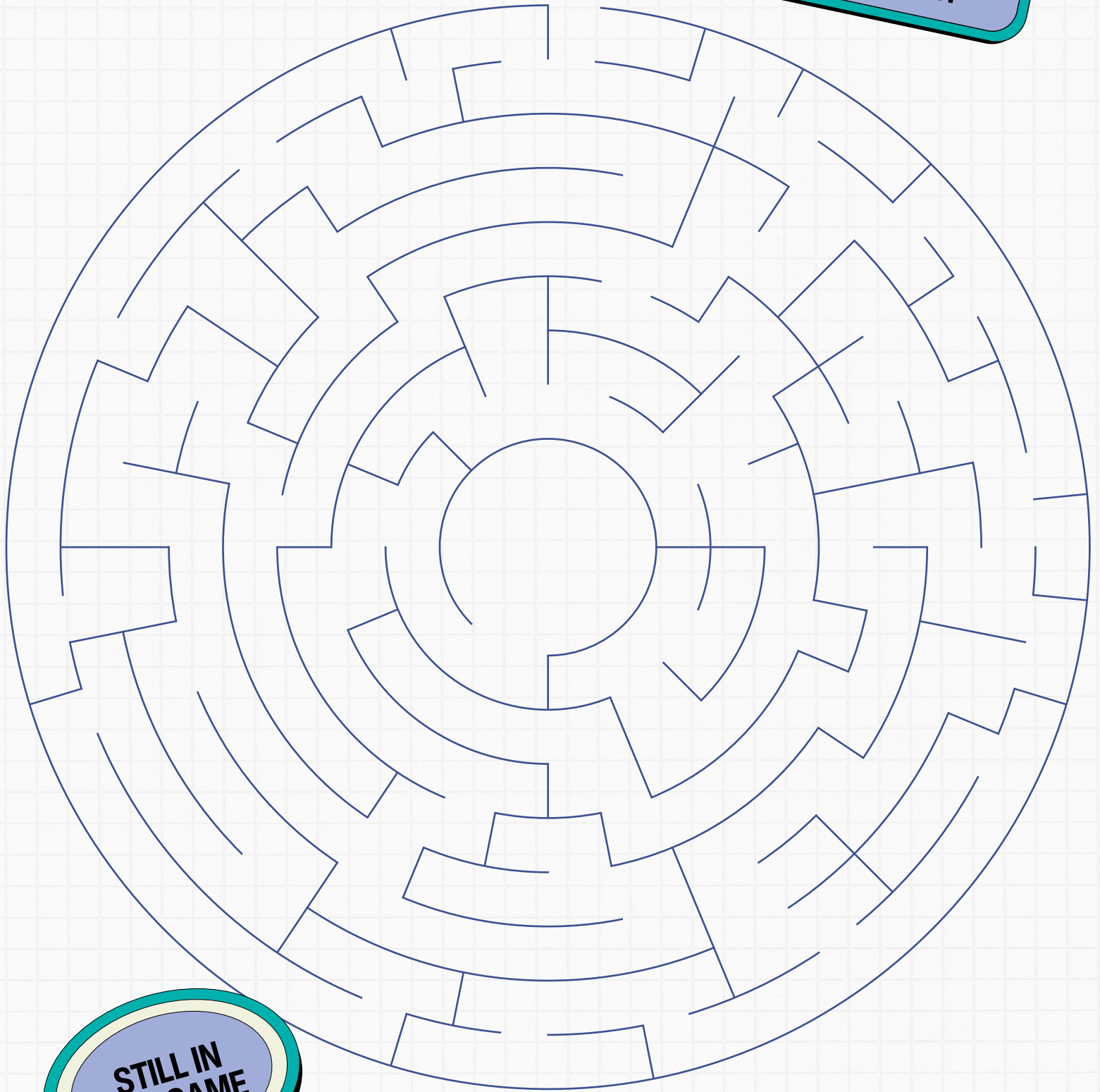


**ONE DAY  
STRONGER**





**CRAVINGS?  
CONQUERED.**



**STILL IN  
THE GAME**



