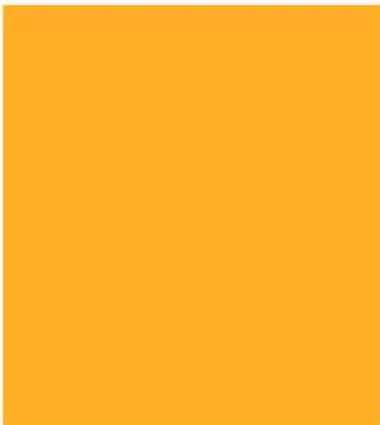


sunshine lane

Wholesale catalogue



stationery & gifts inspired by
self-care & positivity

welcome

Hello

Welcome to Sunshine Lane, your go-to destination for all things self-care and positivity.

I, Emma, founded Sunshine Lane in 2019. It all started with my personal journey through chronic illness and being diagnosed as Autistic at age 30, all of which opened my eyes to the true importance of self-care. I realised that self-care isn't a luxury as it is often presented; it's an absolute necessity for a happy and healthy life. And I was inspired to bring this message to people's everyday lives.



At Sunshine Lane you'll find stationery and gifts that have been thoughtfully designed with care and intention from my home studio in England. I strive to combine fun designs with practical functionality to create items that serve as gentle reminders to prioritise self-care and embrace the little moments of joy in each day.

I'm inviting you to explore our wholesale catalogue, where you'll uncover the inspiring appeal of our products. Let's join together and help to inspire self-care in others, spreading positivity with every beautiful item we share.

Take care,

Emma



PUT YOURSELF AT THE TOP OF YOUR TO-DO LIST EVERY DAY & THE REST WILL FALL INTO PLACE



REFLECT 365

Product code: PLA/R365

Reflect 365 is a daily reflective journal designed to help you learn and grow from your past life experiences.

- Size: A5 (148 x 210mm)
- Inside pages are printed on 120gsm paper
- The journal's cover is constructed from 350gsm silk cardstock with a soft-touch lamination



There are 365 reflective journal prompts within this journal. You may, therefore, choose to answer a question per day. This is a great approach as it helps you to carve out some time each day to pause and focus on you - something we could all do with a little bit more of.

Alternatively, you can choose to complete this journal at your own pace. For this reason, I have left the journal undated. It's your journal, which means you get to make the rules. You may be inspired by particular questions on certain days, so use the prompts in whatever order feels best to you.

Contents

HAPPINESS.....	7
LOVE & RELATIONSHIPS.....	25
HEALTH & SELF-CARE.....	41
PURPOSE & MOTIVATION.....	59
GET TO KNOW YOURSELF.....	75
RESILIENCE.....	93
DREAM BIG.....	109
SUCCESS & FAILURE.....	127
LOOKING BACK.....	145
THIS OR THAT.....	161
GRATITUDE.....	179
THIS YEAR AND NEXT.....	195

The reflective journal prompts fall under 12 themes:

- happiness
- love and relationships
- health and self-care
- purpose and motivation
- get to know yourself
- resilience
- dream big
- success and failure
- looking back
- this or that
- gratitude
- this year and next

How can it benefit you?

- You can understand yourself on a deeper level. Your views, wants, needs, skills, thoughts, behaviours - the list is endless!
- It helps you make sense of things that feel confusing or overwhelming.
- You can learn from the past, which helps you plan for a better future.
- You might even receive a confidence boost from recognising your skills and achievements!
- By reviewing the good things in your life, you will have a more grateful heart.



MY WELLBEING JOURNAL

Product code: PLA/MWJ

My Wellbeing Journal is a daily companion that helps individuals to prioritise self-care through thoughtful prompts, gratitude exercises, and helpful trackers.

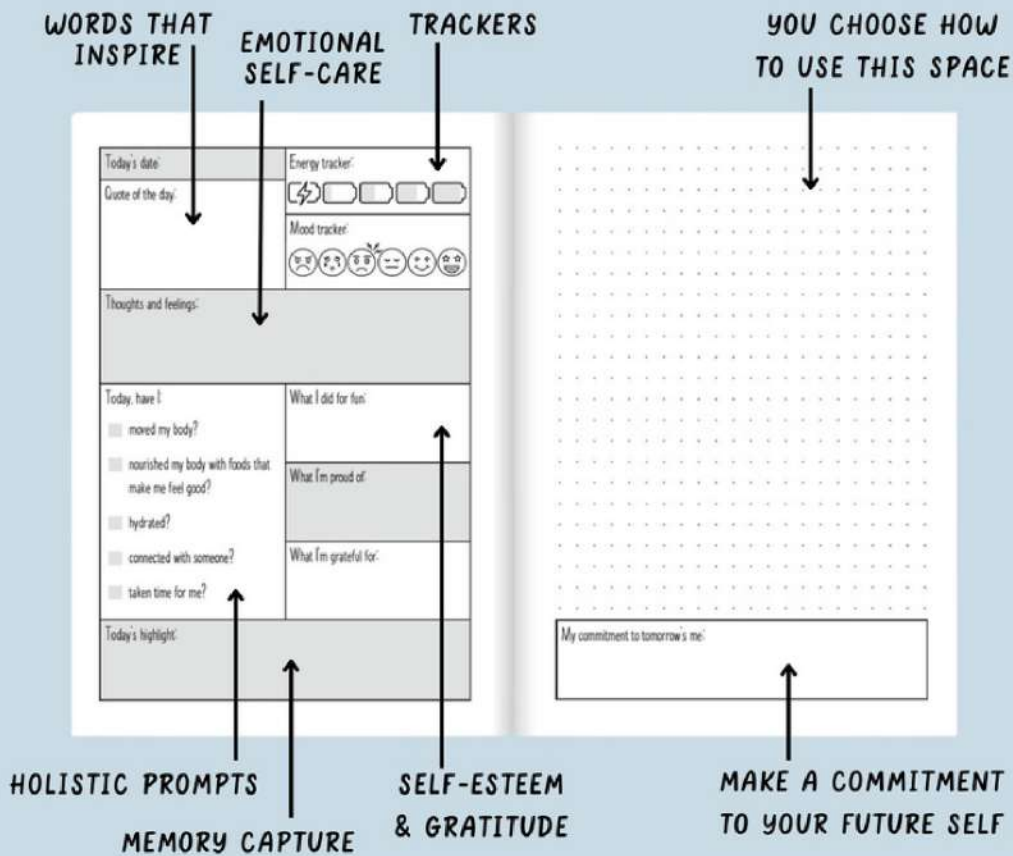
- Size: B6 (125 x 176mm)
- Inside pages are printed on 120gsm paper
- The journal's cover is constructed from 350gsm silk cardstock with a soft-touch lamination



This daily journal is designed to help you make yourself more of a priority and bring more self-care to your daily life. By setting aside just a few minutes each day to reflect and engage in activities that promote self-care, you'll be able to reduce stress, improve your mood, and feel more energised and fulfilled.

The My Wellbeing Journal is filled with prompts that are designed to help you explore different aspects of self-care and wellbeing. From gratitude journaling to mood tracking, wellbeing checklists to journal prompts, this journal helps you take a holistic approach to self-care.

TWO PAGES PER DAY



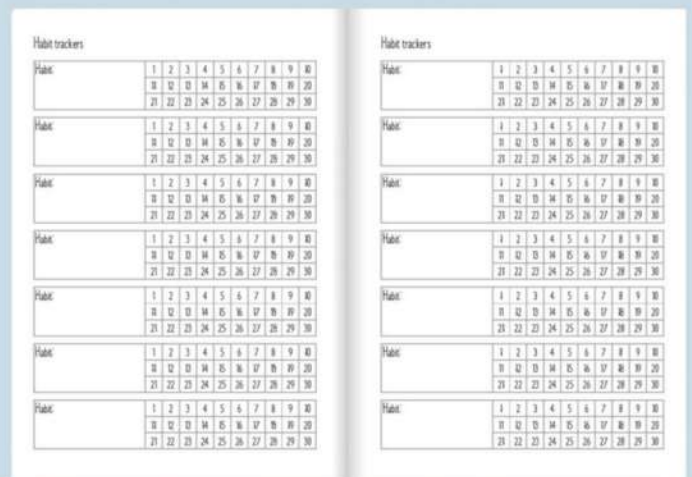
The journal is designed with a day-on-two-page layout, with enough pages to cover a 3-month period. However, the pages are undated. So if you miss a day...no problem! Just pick up where you left off and the journal will last you a little longer.

Sometimes a blank page can be intimidating, so the journal has been designed with prompts to guide you to think about different areas of your wellbeing.

There is also an empty space in each spread for you to use how you wish. You might choose to expand more on your thoughts and feelings, explore a journal prompt or do something creative - use the space however best suits you on each day.

If you also want to try to implement habits that will help improve your wellbeing, there are 3 pages of habit trackers in the back of this journal for you to use.

PLUS, THREE PAGES OF HABIT TRACKERS TO HELP YOU BUILD & MAINTAIN HABITS





BRAIN DUMP

GET ALL THE THOUGHTS OUT:

Notepads

Each notepad combines eye-catching design with functionality. Each design provides a solution to a specific problem, from helping to prioritise tasks, to building habits, or emptying our busy minds to find calm.

Here are the details you need to know:

- Printed on 120gsm smooth paper
- 50 tear-off sheets per pad
- Glued on the top edge
- Has a backing board to keep the pad sturdy
- As standard, each notepads is packaged with a paper belly band featuring Sunshine Lane branding. Can be removed or customised on request.
- Designed in my home studio in England and printed in the UK

Notepads



Brain Dump

Product code: NOT/BRAIN

Transform your scattered thoughts into a well-structured roadmap, ensuring you stay focused and accomplish what truly matters.

Size: A5 (148 x 210 mm)

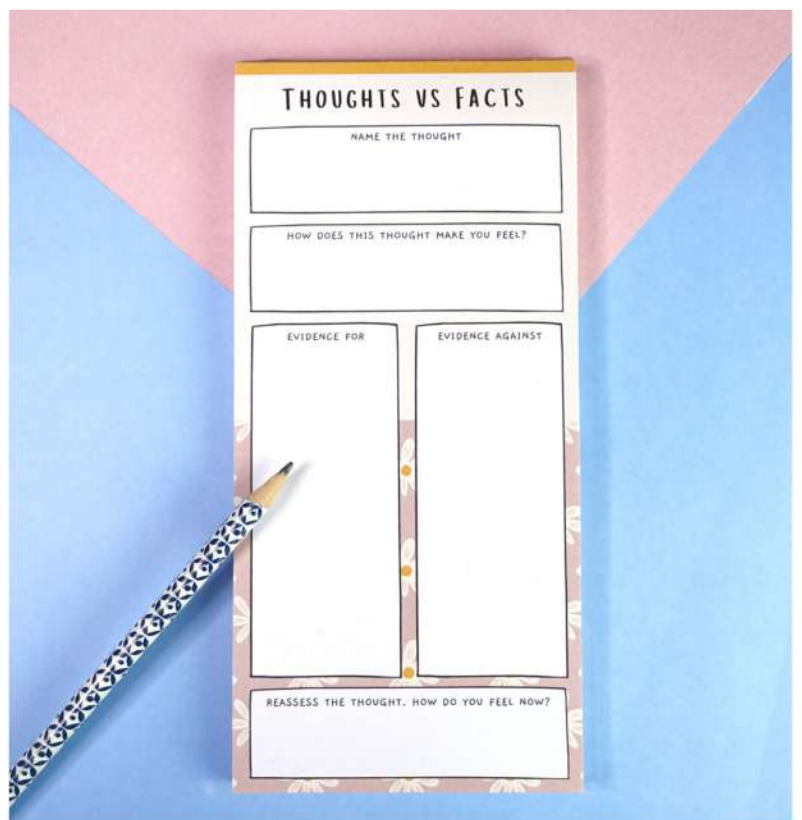


Thoughts vs Facts

Product code: NOT/TVF

Let this notepad help you conquer self-doubt. With dedicated sections to list evidence for and against each thought, you'll gain a fresh perspective on life's challenges.

Size: DL (approx. 21 x 10 cm)



Notepads



TO DO

Product code: NOT/TODO

This list pad helps prioritise tasks and keep overwhelm at bay, while making sure your needs are always at the top of the list.

DL size (approx. 21 x 10 cm)



Daily Planner Pad

Product code: NOT/DAILY

The Daily Planner Pad will help you keep organised and focused on the day ahead. With space for tasks, notes, and your daily schedule, you can keep everything in one place.

Size: A5 (148 x 210 mm)



Notepads



Habit Tracker

Product code: NOT/HABIT

Keep up the momentum and stay motivated with the habit tracker pad. It's perfect for trying to establish new habits or track existing ones.

Size: A6 (105 x 148 mm)



Beside the Bed Pad

Product code: NOT/BED

Do thoughts, worries or ideas keep you up at night? Capture all your thoughts and ideas and sleep soundly, knowing they're safely recorded.

Size: A6 (105 x 148 mm)





ENAMEL PINS

Crafted with exquisite attention to detail, these little works of art are perfect for expressing your personality and are a stylish way to make a statement wherever you go.

Here are the details you need to know:

- Features 1-2 rubber pin backings (dependent on size)
- Packaged on a beautiful backing card that compliments the pin
- Perfect as gifts or for pin enthusiasts to add to their collection
- Designed in my home studio in England

Enamel Pins



One Day at a Time

Product code: PIN/ODAT

This inspirational enamel pin features the quote "one day at a time" on a sweeping pink banner surrounded by floral accents. It's the perfect encouragement to keep going and to take each day as it comes.

1 inch gold pin with hard enamel.



Self-Doubt Remover

Product code: PIN/SDR

This beautiful self-doubt remover pin is the perfect reminder to always have faith in yourself and your abilities. Get this pin as a reminder to stay confident, and then go and show the world what you're made of!

1 inch gold pin with hard enamel.



Enamel Pins



Stay Positive

Product code: PIN/BATT

The Stay Positive pin features a cute pink battery design with a glitter accent. The "Stay Positive" message serves as a daily reminder to embrace optimism and find joy in every moment.

1.5 inch black nickel pin with hard enamel.



Positive Pants

Product code: PIN/PANTS

Features pink and purple patterned pants hanging on a clothesline. The cheery message "Pop on your positive pants!" reminds you to start each day with an optimistic outlook.

2 inch gold pin with hard enamel.



Enamel Pins



Unapologetically Me

Product code: PIN/UNA

This stylish gold and white hard enamel pin is the perfect way to express your self-confidence and pride. Let people see who you truly are with this simple yet powerful statement.

1.5 inch gold pin with hard enamel



Shred the Negativity

Product code: PIN/SHRED

The perfect accessory to showcase your determination in overcoming negative thoughts. Wear it proudly and inspire others to conquer their own challenges. Let's shred those negative vibes together!

1.75 inch gold pin with hard enamel.



Enamel Pins



PICK-ME-UP PALETTE

Product code: PIN/PALETTE

Designed to resemble an eyeshadow palette. With its hinged design, it opens to reveal a palette of 4 glittery eyeshadow colours, representing states you might desire - joy, energy, calm, or hope.

1.5 inch gold pin with hard enamel.



MOOD-BOOSTING MASCARA

Product code: PIN/MASCARA

This gold enamel pin represents a tube of mascara with a smiley sun casting its rays across the lid. A symbol of positivity and self-care, it's a daily reminder that your spirits and lashes can both reach for the sky!

2 inch gold pin with hard enamel.



ENAMEL PINS



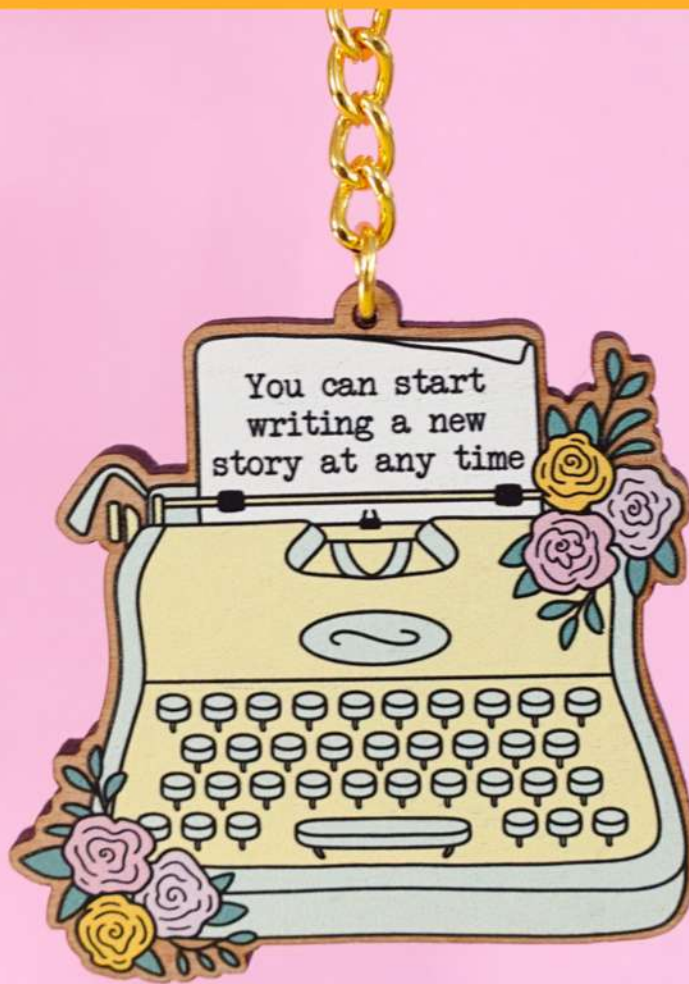
BULLSHIT REPELLENT

Product code: PIN/BULL

Playfully resembles a bottle of bug spray. This pin is your witty shield against verbal pollution. Featuring a comical poop icon within a striking red 'no' symbol, it's a fun reminder that you can fend off any nonsense coming your way!

1.75 inch gold pin with hard enamel.





WOODEN KEYRINGS

Here are the details you need to know:

- The design is printed on the front of the keyring
- Made from 4mm thick cherry-veneered MDF
- The wood is sourced from ethical suppliers that only ever use fast-growing species of trees as these are the most sustainable. The wood is removed at the rate of growth, which means that the woodlands from which they originate will retain their supply indefinitely.
- As standard, keyrings will arrive on a backing card featuring Sunshine Lane branding. Can be removed or customised on request.

Keyrings



Typewriter

Product code: KEY/TYPE

Featuring a vintage typewriter in lemon and mint hues, this keyring is the perfect reminder that it's never too late to start a new chapter in your life.

- Gold chain and keyring
- 2.5 inches wide





Gifts



Daisy Spinner Ring

Product code: GIFT/RING

This adorable ring features a cute spinning daisy. Designed as a fidget ring, it helps relieve anxiety and stress. The smooth spinning motion offers a calming sensation, allowing you to refocus and find peace. The ring is adjustable.



Gifts



ROSE GOLD POCKET MIRROR

Product code: GIFT/MIR/RG

This rose-gold pocket mirror is a reminder each time you look in the mirror that the person you see today is so far from where you once were. Comes in a gift box as pictured.



SILVER POCKET MIRROR

Product code: GIFT/MIR/S

Featuring the quote "be your own kind of beautiful", this silver pocket mirror is a reminder that we're our most beautiful self when we embrace who we are and the unique qualities that make us special. Comes in a gift box as pictured.



Gifts



Pocket Heart

Product code: GIFT/POCKET

Our pocket-sized hearts come in a variety of colours and patterns, each made from natural crystal gemstones. This little worry stone is designed to bring comfort during moments of anxiety or stress. As a gift, it's a heartfelt reminder that you're always there for those you love.





sticker sheets

I designed our sticker sheets to bring a pop of colour to a planner or journal, but they can be used in a multitude of ways. Categories of stickers include health and self-care reminders, positive words and phrases, and cute decoration.

Here are the details you need to know:

- Printed on premium matte vinyl sticker paper, providing a crisp print quality
- Measure approximately 9 x 13.3 cm
- Popular with planners, journallers and stationery lovers
- Digitally illustrated in my home studio in England

Sticker sheets



NOTES TO SELF

Product code: SSH/NOTE

Focus on your wellbeing with these cute note to self stickers. Inside each envelope is a reminder to prioritise yourself and take care of your mind and body. With these stickers you can easily add positive reminders and messages to a planner or journal.



POSITIVE WORDS & PHRASES

Product code: SSH/WORDS

This Positive Words & Phrases sticker sheet is perfect for adding encouragement and happiness to your life. The sheet includes 41 positive words and phrases, including "shine bright", "be gentle with yourself", "watch me go", and more. The background is a pretty watercolour design with pink and yellow hues.



Sticker sheets



Star Breathing

Product code: SSH/STAR

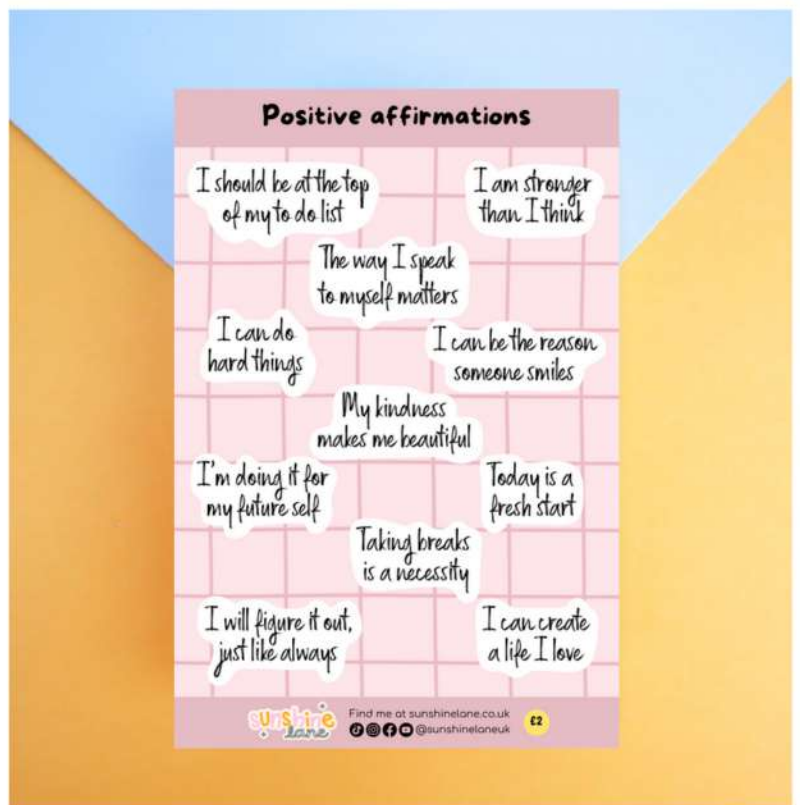
Features a helpful breathing exercise for moments of stress and anxiety. Just peel off the star sticker, place it in your line of sight, and follow the easy steps to help calm your breathing and bring you back to the present moment.



Positive affirmations

Product code: SSH/AFF

Each sticker features a positive affirmation to help you practice self-love and increase your confidence. Use these stickers to remind yourself each day that you are a strong, capable, and all-round wonderful person!



Sticker sheets



Affirmations for Anxiety

Product code: SSH/ANX

Say hello to positivity with our Affirmations for Anxiety Sticker Sheet. Packed with 14 uplifting quote stickers in shades of pink, lilac and blue, this sheet can form part of your toolkit against negative thoughts. Use them as reminders that you are strong, resilient, and capable of overcoming anxious thoughts.





Individual stickers

Here are the details you need to know:

- Made from waterproof vinyl with a glossy finish
- As standard, the stickers will feature information about Sunshine Lane on the back. They can be made blank on request.
- Designed in my home studio in England and printed in the UK

Individual Stickers

Typewriter

Product code: DCS/TYPE



54321 Grounding

Product code: DCS/54321



Shred the Negativity

Product code: DCS/SHRED



You've come far

Product code: DCS/FAR



Blackboard

Product code: DCS/BLACK



Adjust Your Focus

Product code: DCS/CAM



Turtle Hides Away

Product code: DCS/TUR



Go at your pace

Product code: DCS/SNA



Rest is Best

Product code: DCS/SLO



Individual stickers

Too Many Tabs

Product code: DCS/TABS



One Day at a Time

Product code: DCS/ODAT



Positive Pants

Product code: DCS/WLINE



Cure Ableism

Product code: DCS/NOCURE



Neurodiversity

Product code: DCS/NEURO



Dare to Be Different

Product code: DCS/DARE



Be a Flamingo

Product code: DCS/FLAM



I'm not Broken

Product code: DCS/NOFIX



Overthinking

Product code: DCS/OVER



Individual stickers

BULLSHIT REPELLENT

Product code: DCS/REPEL



MOOD-BOOSTING MASCARA

Product code: DCS/MASC



Rainy Days

Product code: DCS/RAINY



Glitter/Holographic stickers

Stay positive

Product code: DCS/BATT



SELF-DOUBT REMOVER

Product code: DCS/SDR



Medication is self-care

Product code: DCS/HOLO/PILL





postcards / prints

Here are the details you need to know:

- Printed on 400gsm silk cardstock
- The back is blank, so it can be used as a print or postcard
- Designed in my home studio in England and printed in the UK
- As standard, postcards are individually packaged in compostable cello bags made from biodegradable cellulose (plant fibre-based rather than plastic). This will feature Sunshine Lane branding. Can be removed or customised on request.

Postcards / Prints



Positive Pants

Product code: POS/PP

Pop on your Positive Pants and get ready to spread some joy. This cheerful A6 postcard features a whimsical illustration of pink and purple patterned pants hanging on a clothesline. Use as a postcard to brighten a friend's day, tuck it into your planner for an instant mood boost, or display it on your wall for a splash of whimsy.

Size: A6 (105 x 148 mm)

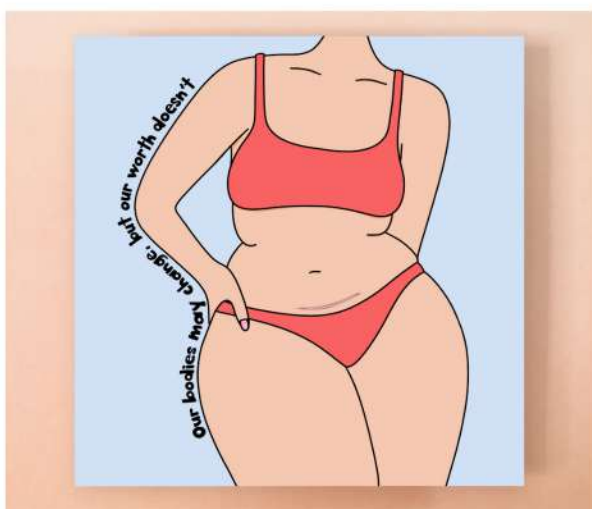


Star Breathing

Product code: POS/STAR

Features a helpful breathing exercise for moments of stress and anxiety. Each mini print showcases simple instructions for this powerful breathing technique, promoting relaxation. Just place it in your line of sight, and follow the easy steps to help calm your breathing and bring you back to the present moment.

Size: Square (105 x 105 mm)



Bodies change, worth Doesn't

Product code: POS/BOD

Too often we become critical of ourselves as our bodies change. This print embodies the idea of body positivity and confidence in your own skin, which is key to living a healthy, happy life.

Many of us can relate to feelings of self-doubt. So, let this print remind you that you are amazing as you are. As the quote on this print states - our bodies may change but our worth doesn't.

Size: Square (148 x 148 mm)

Postcards / Prints



POCKET OF JOY

Product code: POS/JOY

Make your day a little brighter with the Pocket of Joy Postcard! This fashion flatlay with its yellow and purple design will add a splash of colour to your bedroom, office or craft room. Plus, the uplifting message reminds you to appreciate the little things and “find a pocket of joy in every day”.

Size: A6 (105 x 148 mm)



**REVIEW FROM
JORJANI
HOME & GIFTS**

Amazing quality! Everything exceeded my expectations, some of the best quality products I've bought wholesale. Packaged well and it all arrived safely in perfect condition. 100% will be back for more I couldn't recommend enough.

Jordan

WORK WITH US TOO!

Terms

WHO CAN PLACE A WHOLESALE ORDER?

Businesses wanting to order on a wholesale basis must have their own retail space and/or website. I do not accept orders for businesses who sell solely on marketplaces (such as Etsy or NOTHS)



MINIMUM ORDER VALUE

Minimum total order value: £100 (excluding shipping and VAT)



PROCESSING & SHIPPING

Standard lead time is 2-4 weeks from receipt of payment. Larger quantities of enamel pins may take longer depending on current stock levels. I will always let you know when I confirm your order.

Delivery will be with Royal Mail, DPD, or Fedex and will be added to your invoice. Orders over £150 to be delivered within the UK will receive free shipping.



PAYMENT TERMS

Pro forma for first orders, 30 day payment terms thereafter



PACKAGING

All items are packaged in eco-friendly packaging that can be re-used or recycled. All packaging is plastic-free. Standard packaging options for items are detailed within this catalogue. Packaging features Sunshine Lane branding and RRP as standard. Packaging can be customised on request, so if you would like to discuss alternative options, please get in touch.

Pricing and ordering

PRICES

See line sheet for latest pricing. This can be accessed by emailing emma@sunshinelane.co.uk or by scanning the QR code below and downloading from our wholesale page.

MINIMUM ORDER VALUE

Minimum total order value: £100 (excluding shipping and VAT)

Please note that Sunshine Lane is not VAT registered.

HOW TO ORDER

Please email emma@sunshinelane.co.uk for an order form or scan the QR code to the right to fill in an order form online. An invoice will be generated and returned to you, with shipping costs and lead times confirmed.



WHERE TO FIND ME

Website	www.sunshinelane.co.uk
Email	emma@sunshinelane.co.uk
Instagram	@sunshinelaneuk
Facebook	facebook.com/sunshinelaneuk

Let's help each other and connect on social media, if you share any pictures of our products or your store displays featuring our products please remember to tag us.

JOIN OUR LIST OF STOCKISTS

Our stockists include online and bricks and mortar retailers in the UK and USA. We'd love to add you to that list and spread our message of self-care and positivity far and wide!

Have any other questions? Feel free to contact me directly on emma@sunshinelane.co.uk