



MANDALA SELF-CARE CHALLENGE

Calm your mind. Nurture your heart.
Reconnect with yourself.

*A 4-Week Journey of Calm, Creativity, and
Inner Balance*



Welcome to Your Mandala Journey

This 4-week mandala challenge is designed to help you slow down, breathe deeply, and connect with your inner calm. Each week focuses on a new theme – from peace and clarity to gratitude and joy. You’ll color, reflect, and grow through gentle daily prompts and mindful moments.

How to Use:

-  Print the mandalas on thick paper or use digitally on a tablet.
-  Take 10–20 minutes each day to color or journal with your prompt.
-  Move at your own pace – the goal is mindfulness, not perfection.
-  At the end of each week, pause to reflect on what you’ve noticed or felt.

“Within the circle, I find my calm.”

4 Weeks of Mindful Mandalas

Week	Theme	Focus
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Week 1	Calm & Clarity	Finding peace and presence
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Week 2	Heart-Centered Healing	Emotional awareness and compassion
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Week 3	Growth & Transformation	Letting go and embracing change
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Week 4	Gratitude & Joy	Celebrating and appreciating life
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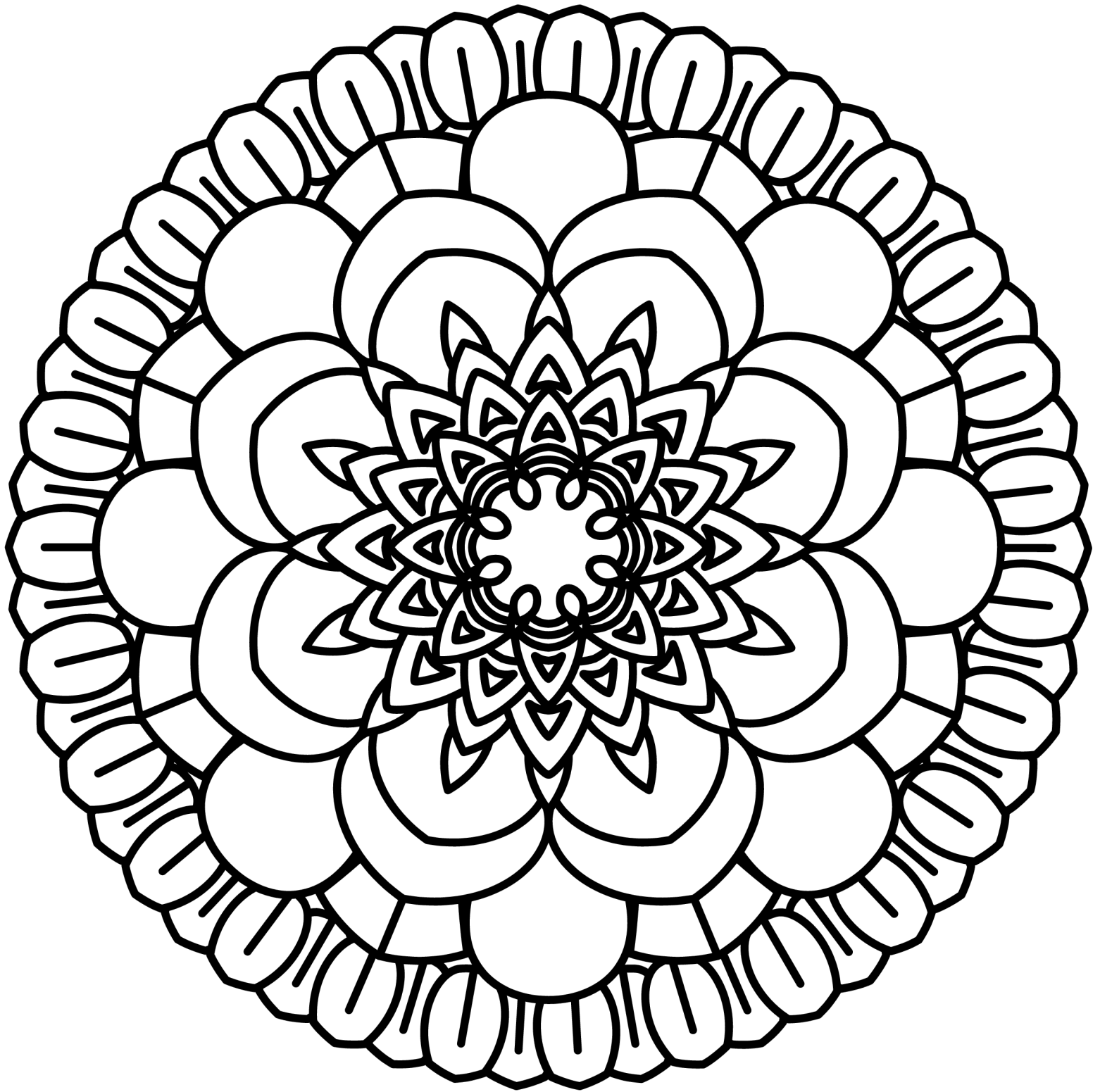


WEEK 1: CALM & CLARITY

Focus on grounding and mindfulness.

Daily Prompts:

- Take three deep breaths and set an intention for this challenge.
- Color slowly, focusing on your breathing.
- What helps you feel centered when life feels busy?
- Notice how your body feels before and after coloring.
- Choose calming colors like blue or green for your mandala.
- Journal: “When I slow down, I notice...”
- Reflect: How does calmness change the way you move through your day?



“Peace begins when you return to your center.”

Today I want to invite more...

Weekly Reflection

Text Prompts:

What emotions surfaced this week?

What felt most calming or healing?

A color that represented my mood was...

Something I learned about myself is...

I'm grateful for...

Notes

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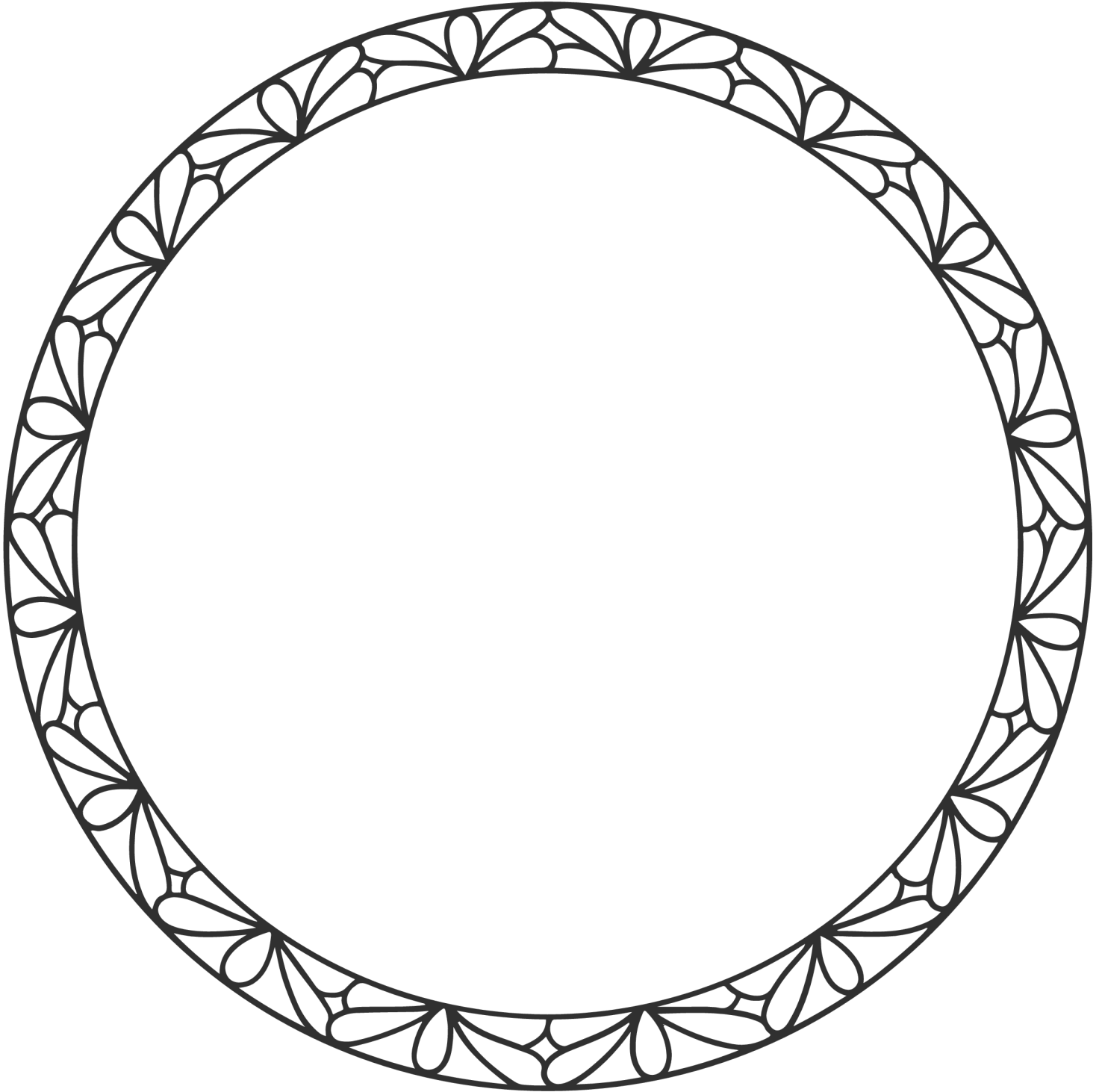
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Create Your Own Mandala

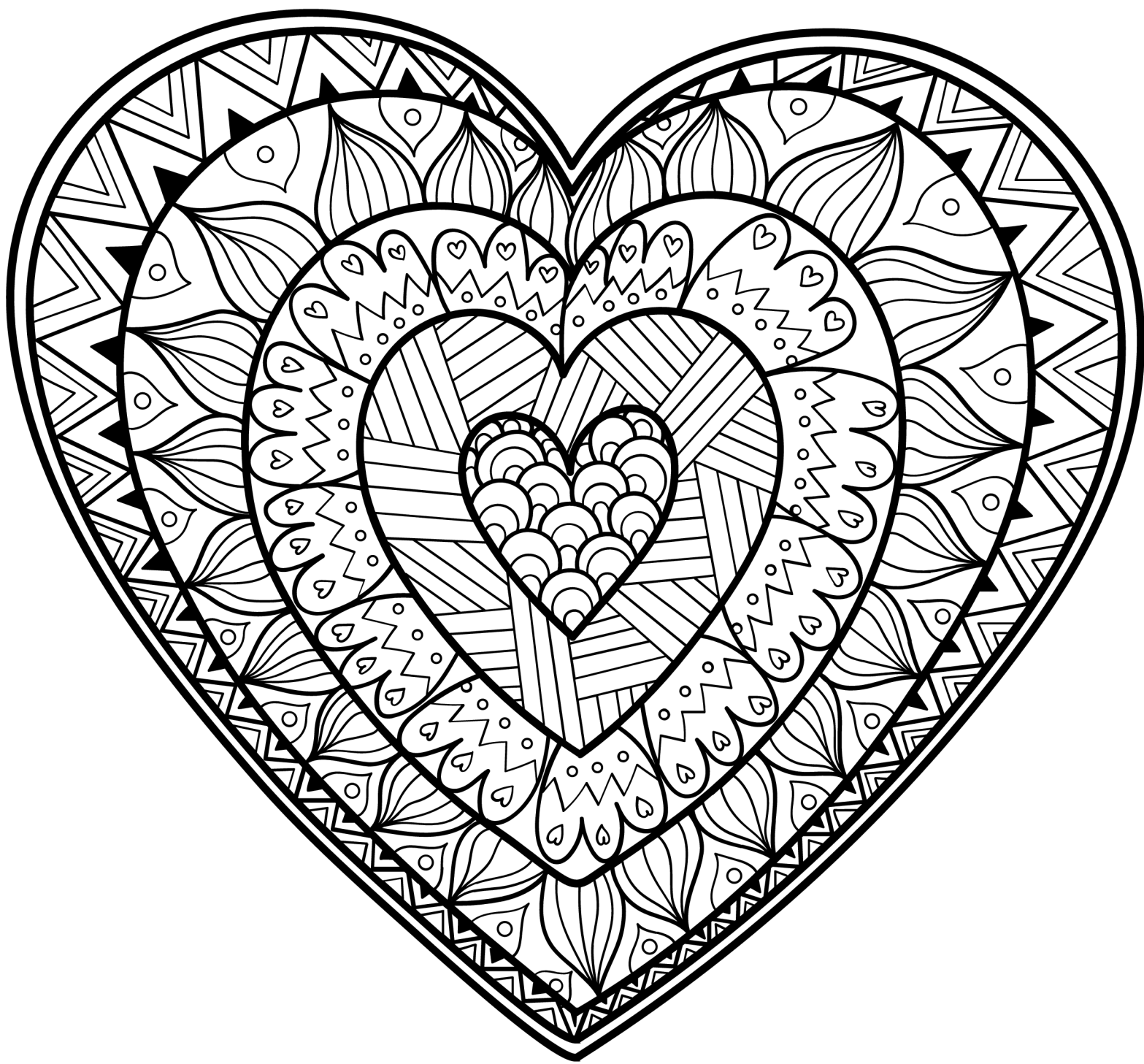


WEEK 2: HEART-CENTERED HEALING

Focus on emotional release and self-love.

Daily Prompts:

- Choose colors that match your current mood.
- Repeat silently: “I am safe to feel.”
- Journal: What emotion is asking to be seen right now?
- Add a symbol in your mandala that represents love or forgiveness.
- Write three ways to show yourself kindness today.
- Take a gentle walk afterward — how do you feel?
- Reflect: What part of your heart feels lighter?



“You are allowed to take up space, to feel, to heal.”

Right now, my heart needs...

Weekly Reflection

Text Prompts:

What emotions surfaced this week?

What felt most calming or healing?

A color that represented my mood was...

Something I learned about myself is...

I'm grateful for...

Notes

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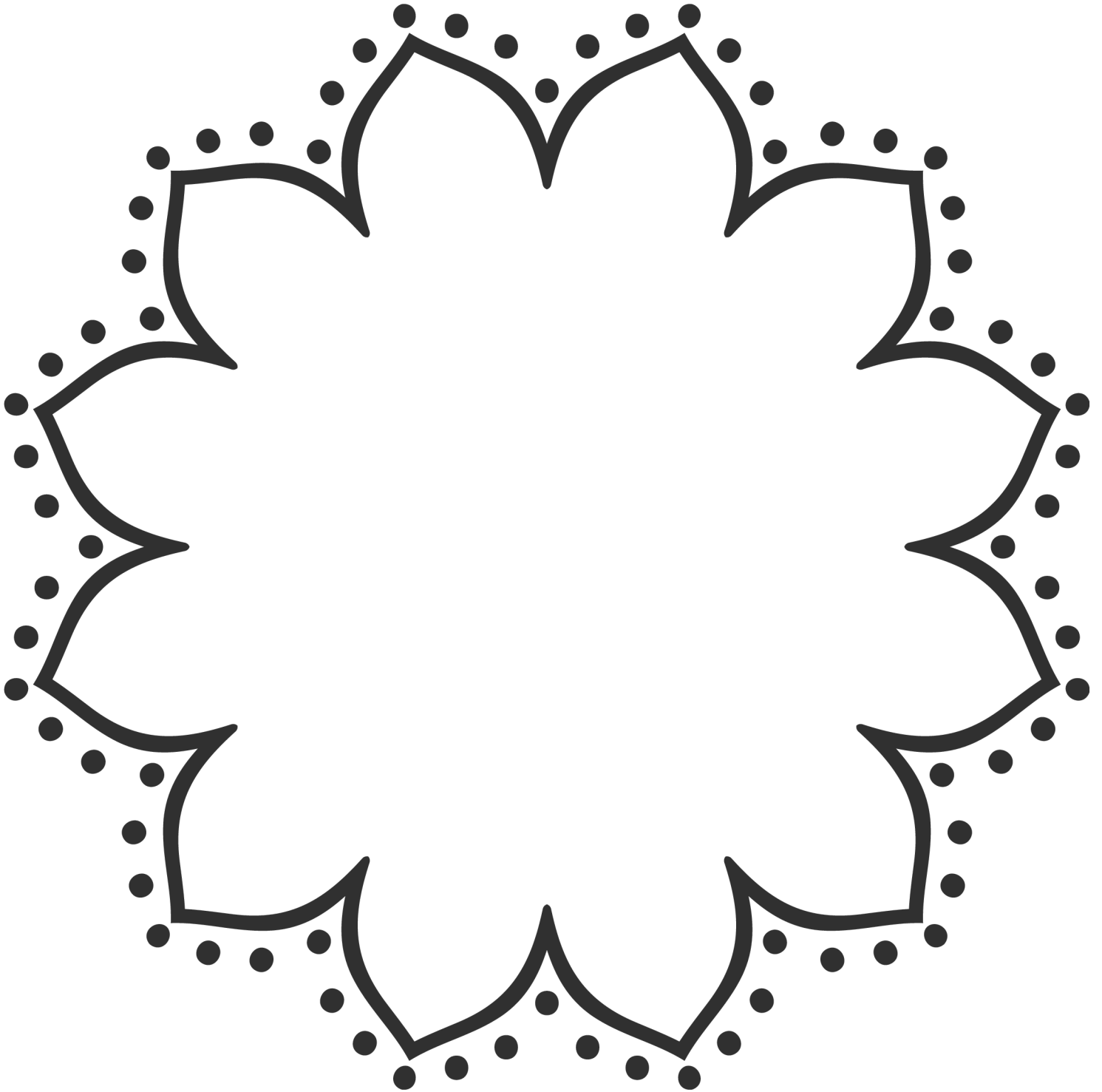
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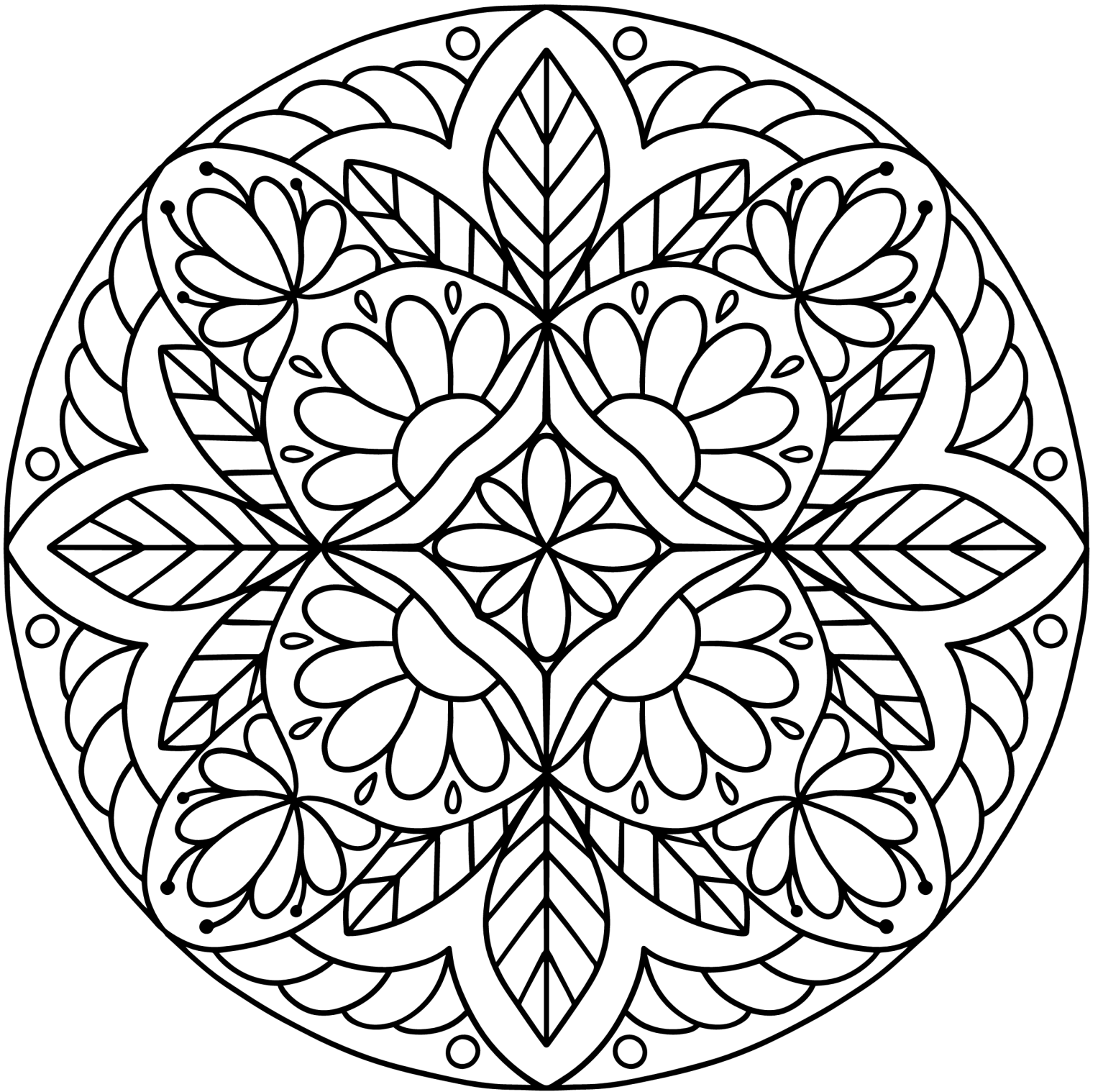


WEEK 3: GROWTH & TRANSFORMATION

Focus on letting go and embracing change.

Daily Prompts:

- Begin your mandala at the center — imagine your energy expanding outward.
- Journal: What's something I'm ready to release?
- Use colors that represent change and courage (greens, golds, or deep blues).
- Reflect on a challenge that helped you grow.
- Write: "I am evolving into..."
- Picture yourself blooming as you color.
- Reflect: "How do I handle change with more grace now?"



“You are blooming, even when you can’t yet see it.”

I am growing through...

Weekly Reflection

Text Prompts:

What emotions surfaced this week?

What felt most calming or healing?

A color that represented my mood was...

Something I learned about myself is...

I'm grateful for...

Notes

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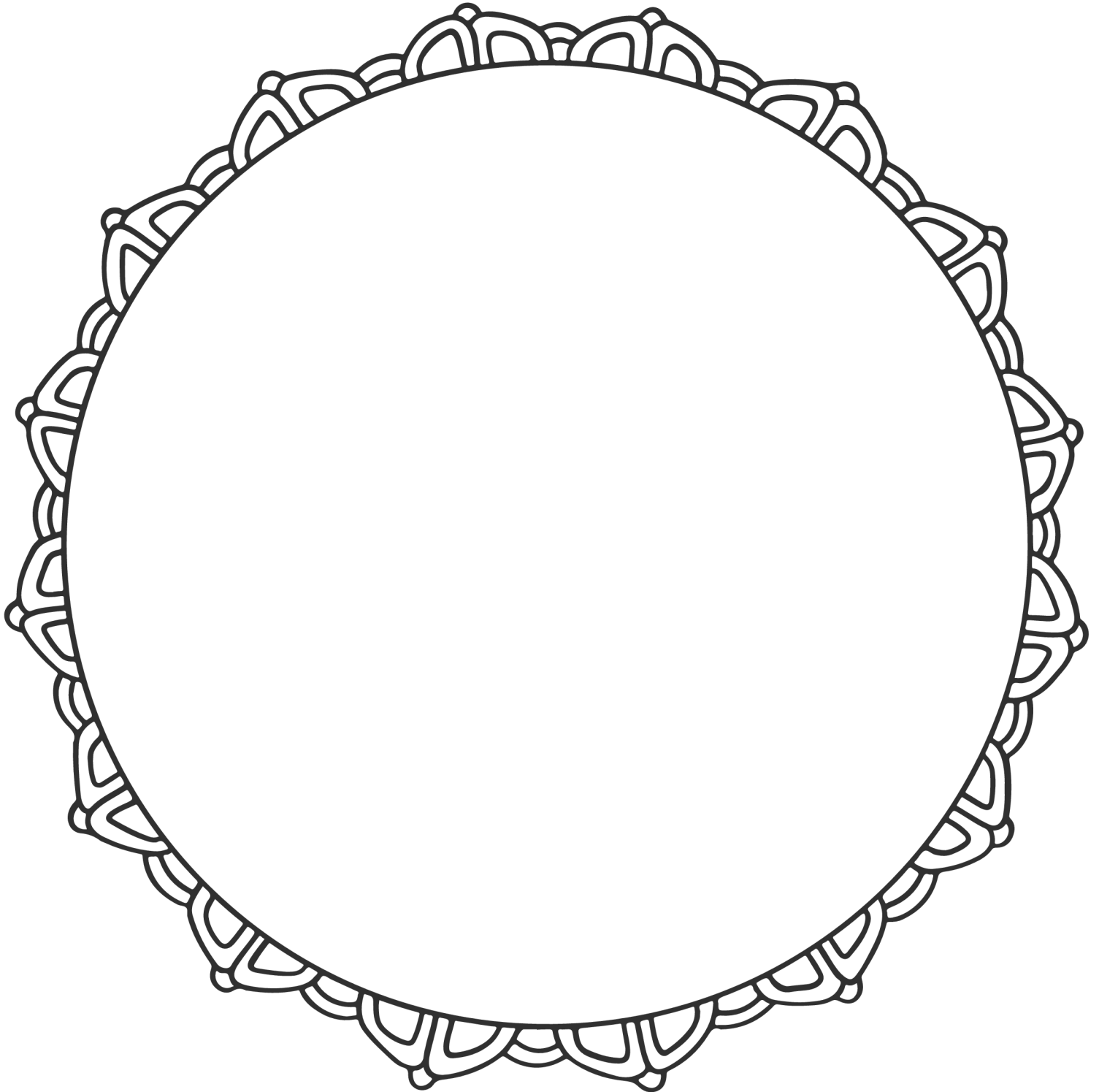
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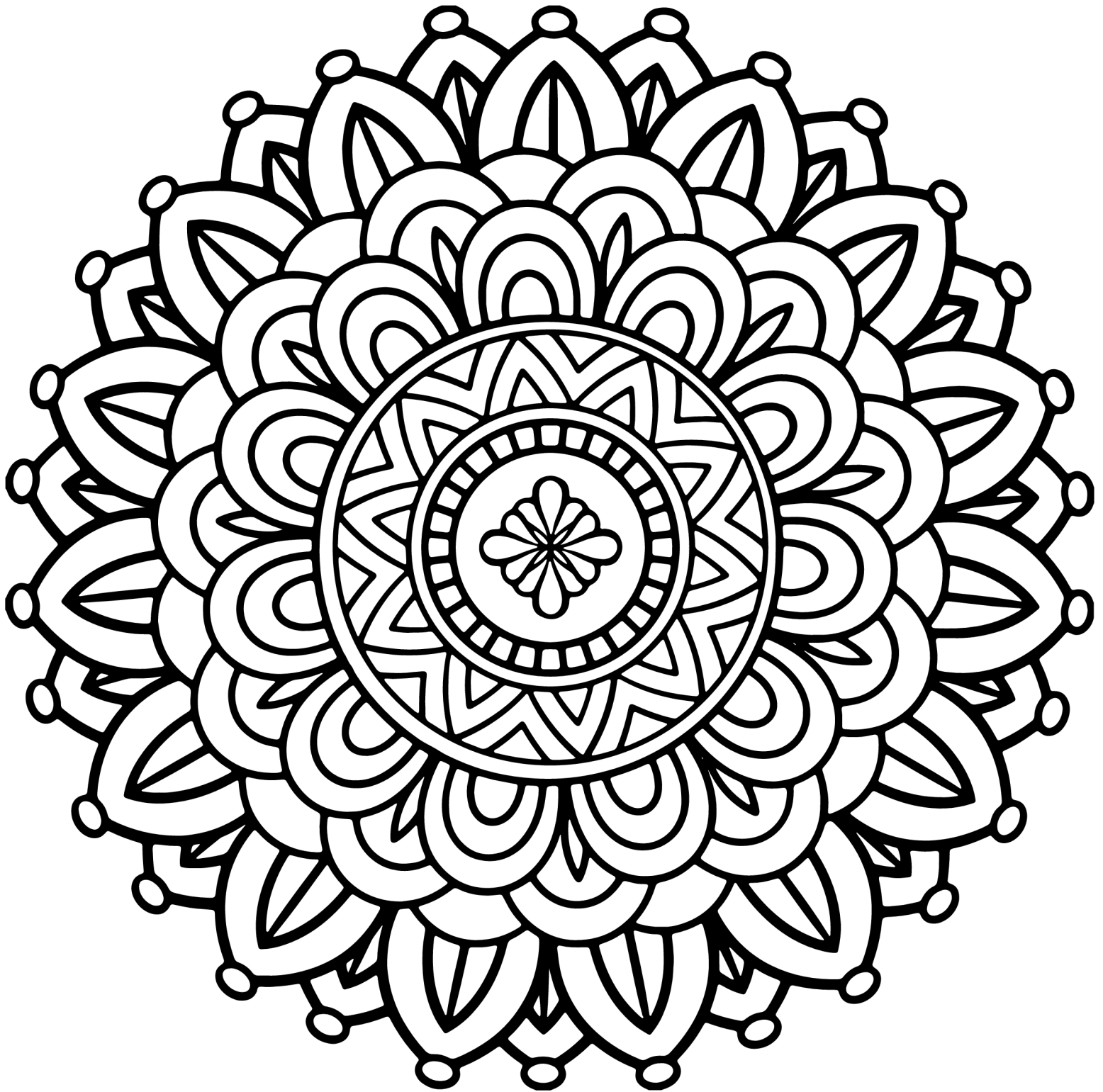


WEEK 4: GRATITUDE & JOY

Focus on appreciation and celebration.

Daily Prompts:

- Begin your mandala with a smile - feel the difference.
- Journal: “Three simple things that brought me joy today are...”
- Choose warm, happy colors.
- Color while listening to uplifting music.
- Write a thank-you note to yourself or someone else.
- Reflect: How can I invite more joy into ordinary moments?
- Finish by writing: “I feel most radiant when...”



“Joy grows wherever gratitude is planted.”

Today, I'm grateful for...

Weekly Reflection

Text Prompts:

What emotions surfaced this week?

What felt most calming or healing?

A color that represented my mood was...

Something I learned about myself is...

I'm grateful for...

Notes

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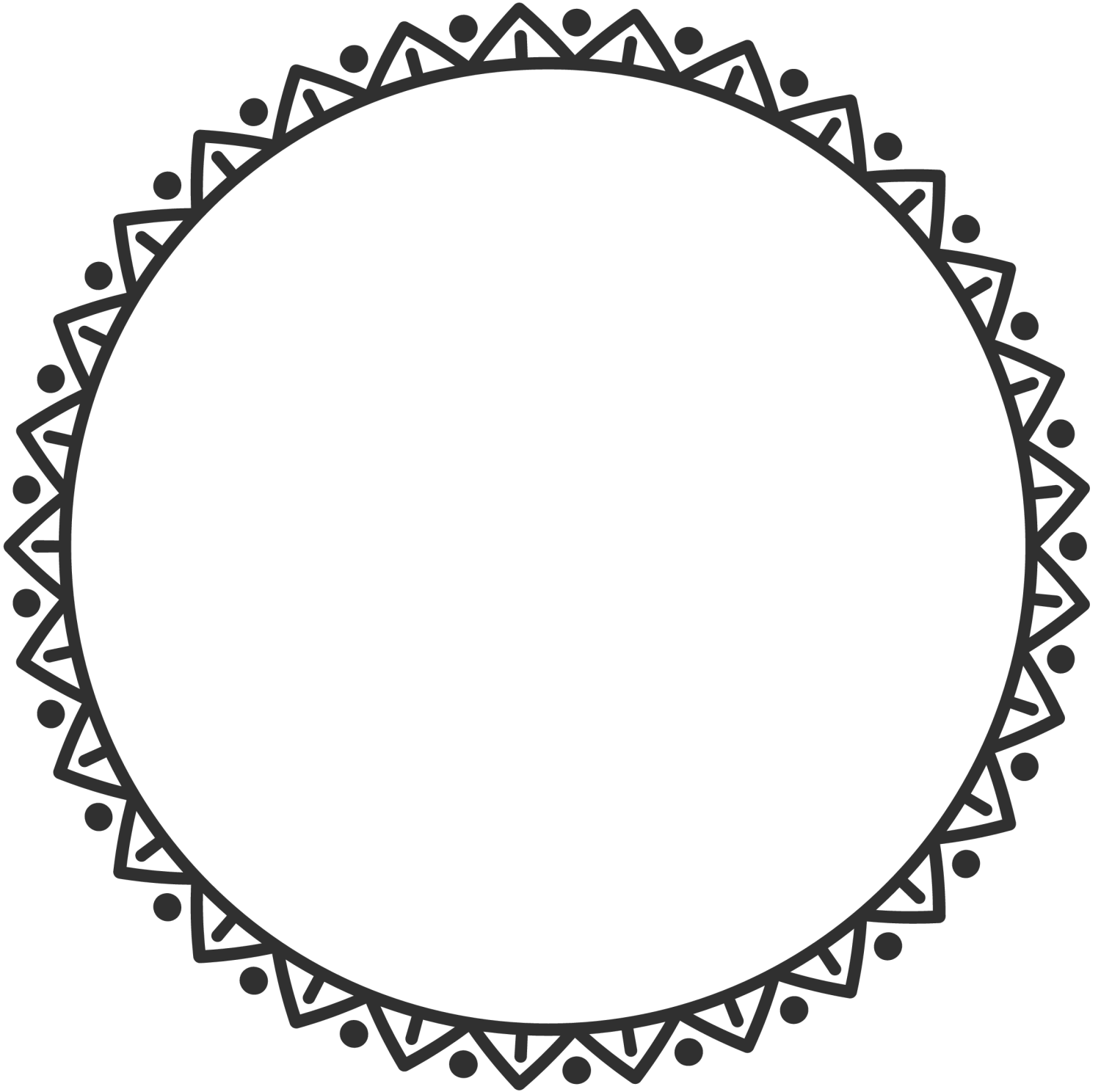
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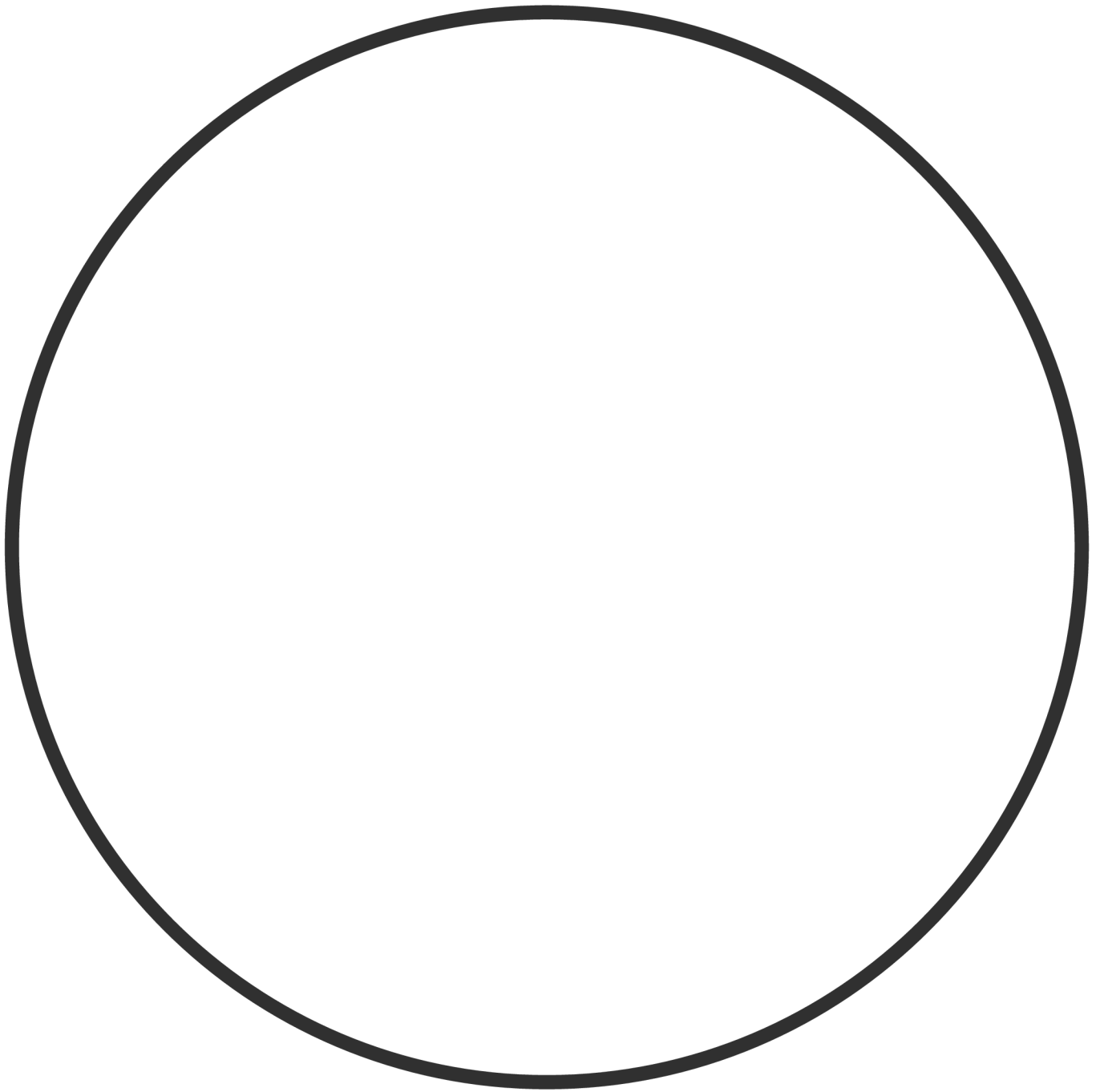
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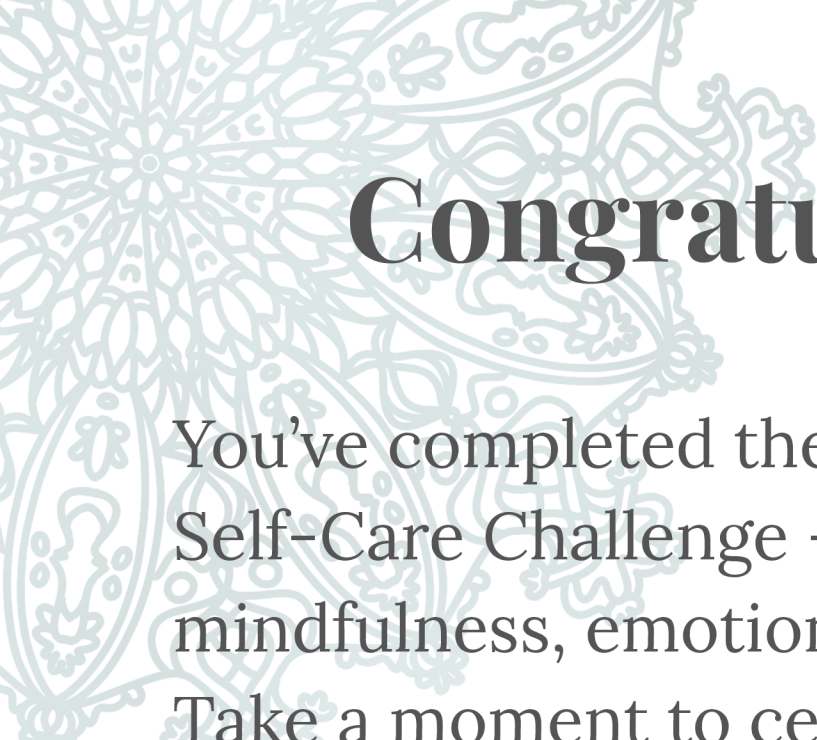
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Create Your Own Mandala



Create Your Own Mandala





Congratulations!

You've completed the 4-Week Mandala Self-Care Challenge - a journey of mindfulness, emotion, and creativity. Take a moment to celebrate your dedication to yourself.

You've proven that peace and healing begin from within. Keep your mandala practice going - your circle of calm is always waiting for you.

If this journey brought you peace, continue nurturing your self-care with the Radiance Retreat blog.

"I carry calm within me."

