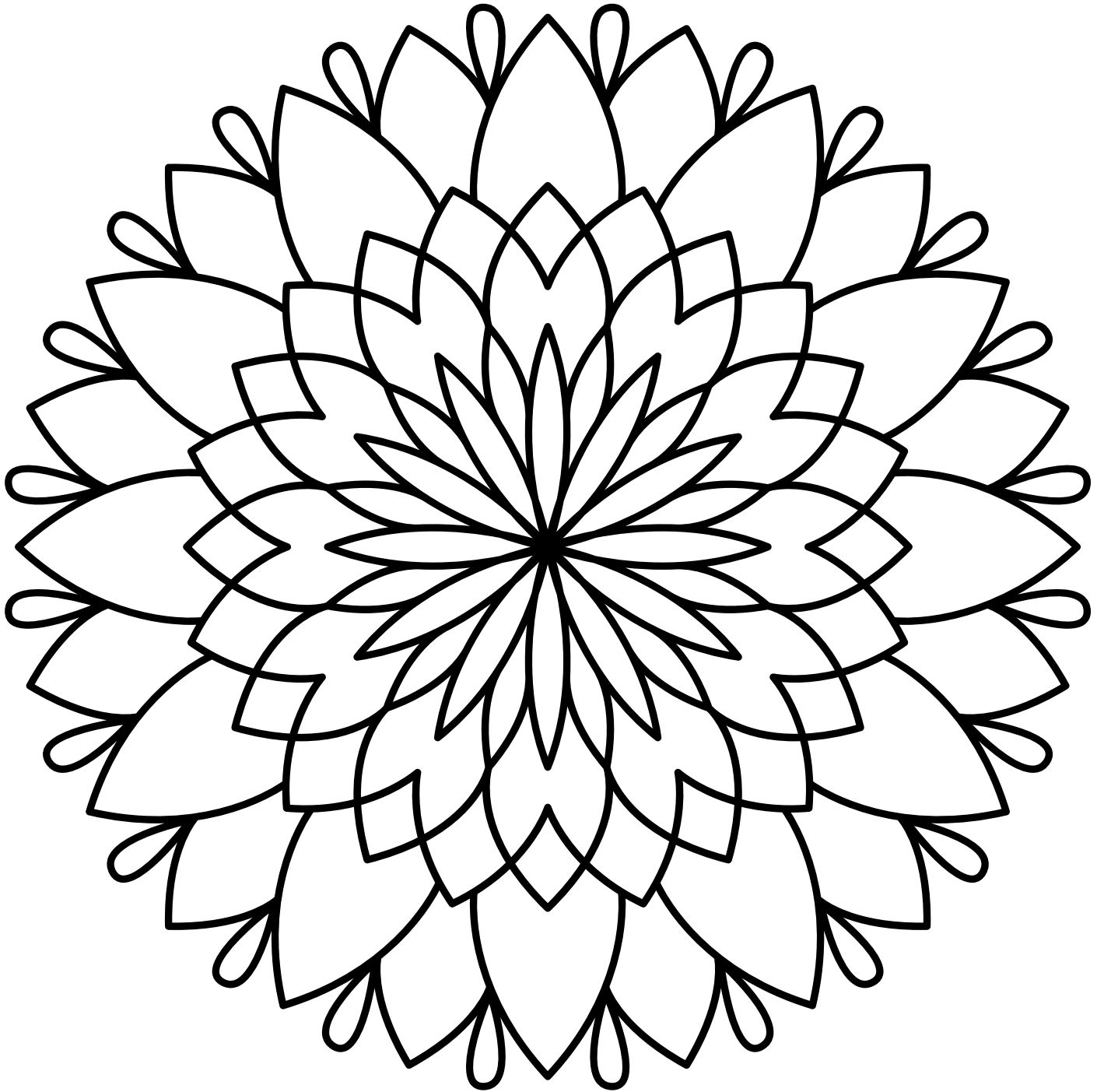


O.N.E WELLNESS

ONENESS.NURTUR.EMPOWER



MANDALA COLORING JOURNAL

1 Week Mandala Coloring Journal

Intention

The intention of this journal is to help you find a creative way to calm your mind and nervous system while tuning in and building emotional awareness.

This activity gently asks you to turn inward and pick colors that YOU FEEL represent your emotions for the day.

This practice is to be done with non-judgement. Thank yourself for showing up and let go of any judgements that come up.

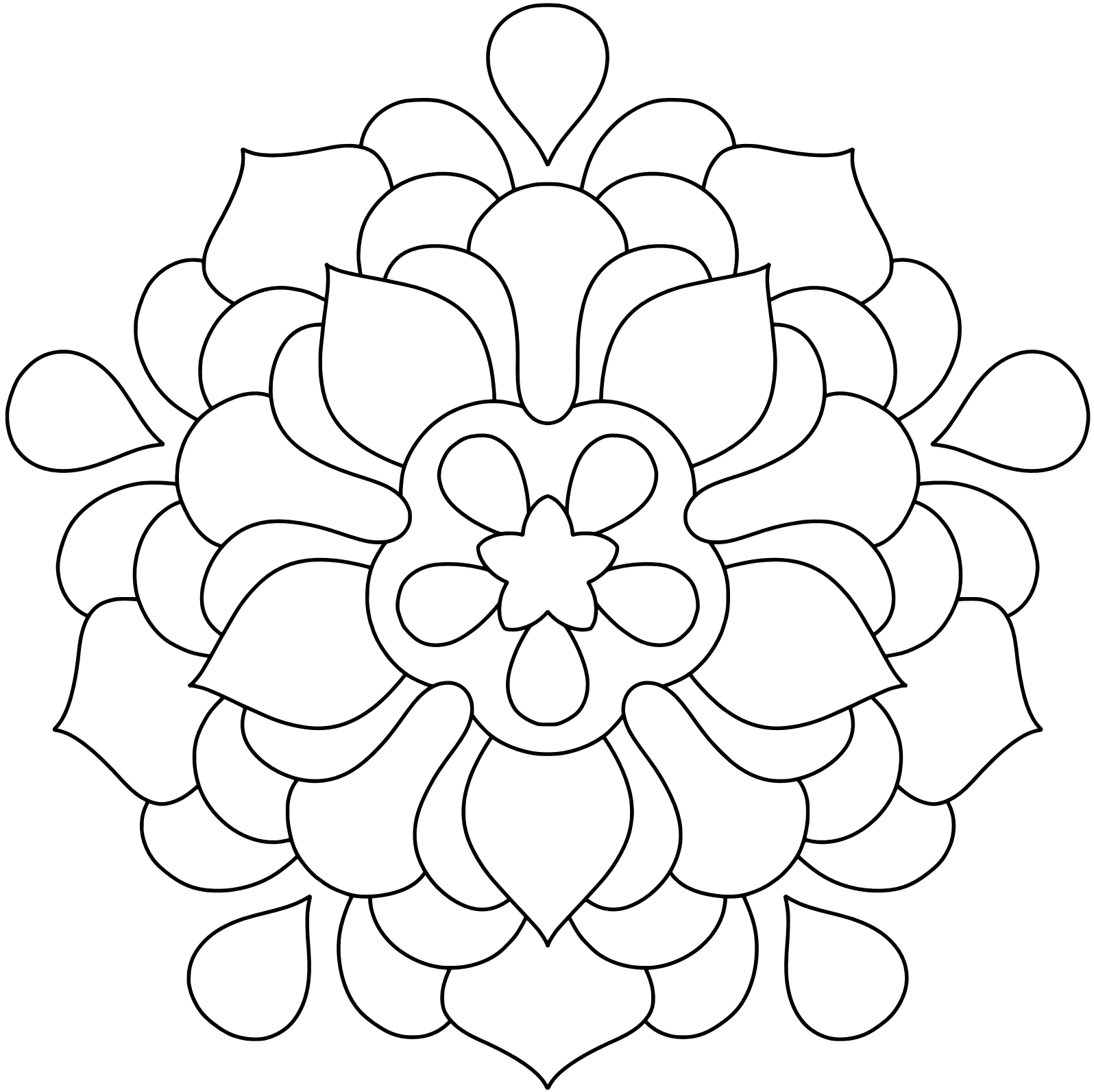
This can be a solo activity or can be done in a group OR even with children. Just print 1 page per person. It's a great tool for helping identify emotions.

This can also be done one at a time and not as a week long challenge. Use them as you wish.

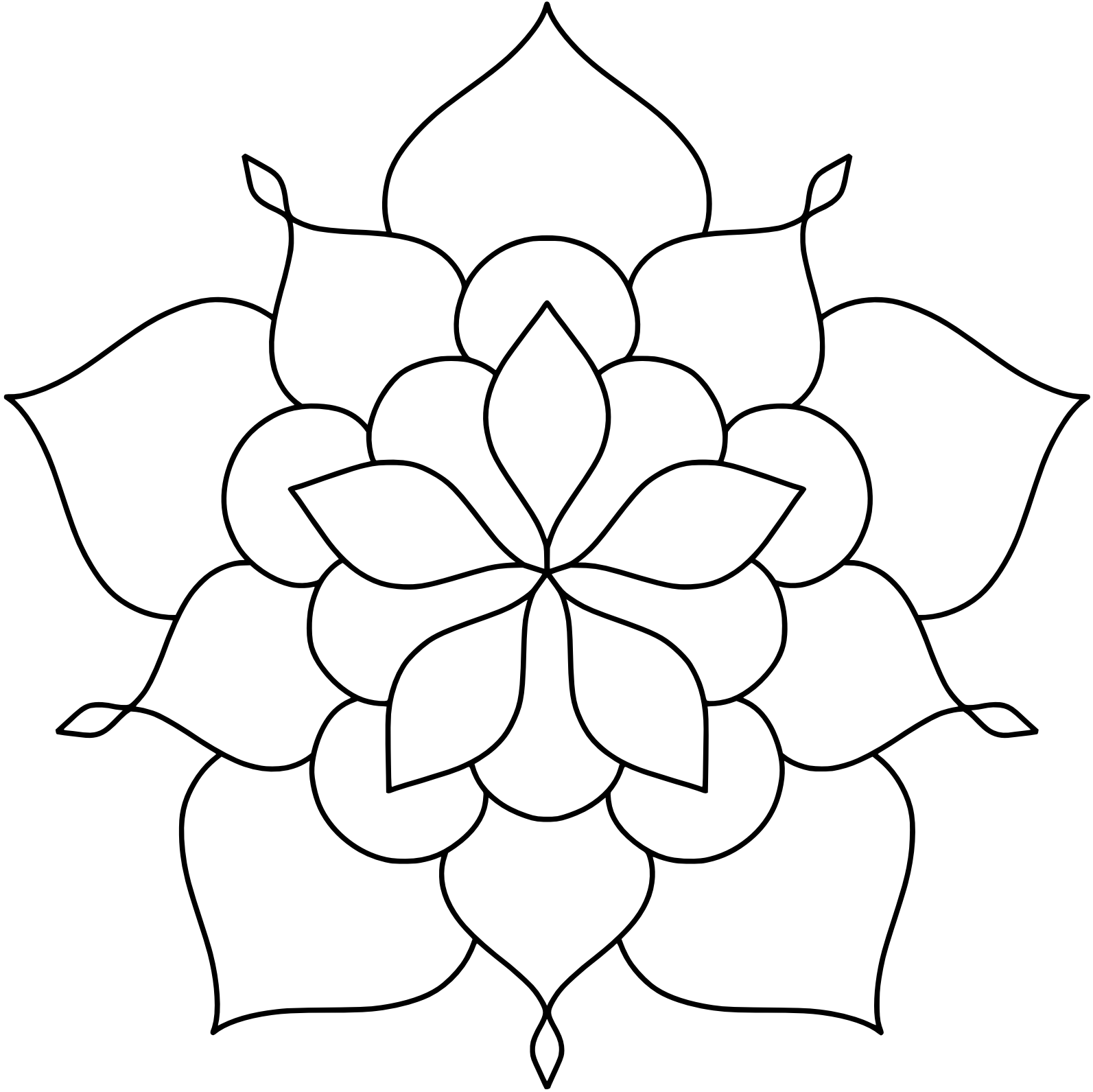
This coloring journal was made with love and to support the greatest good for you.

Love & Light
Brittany- O.N.E Wellness

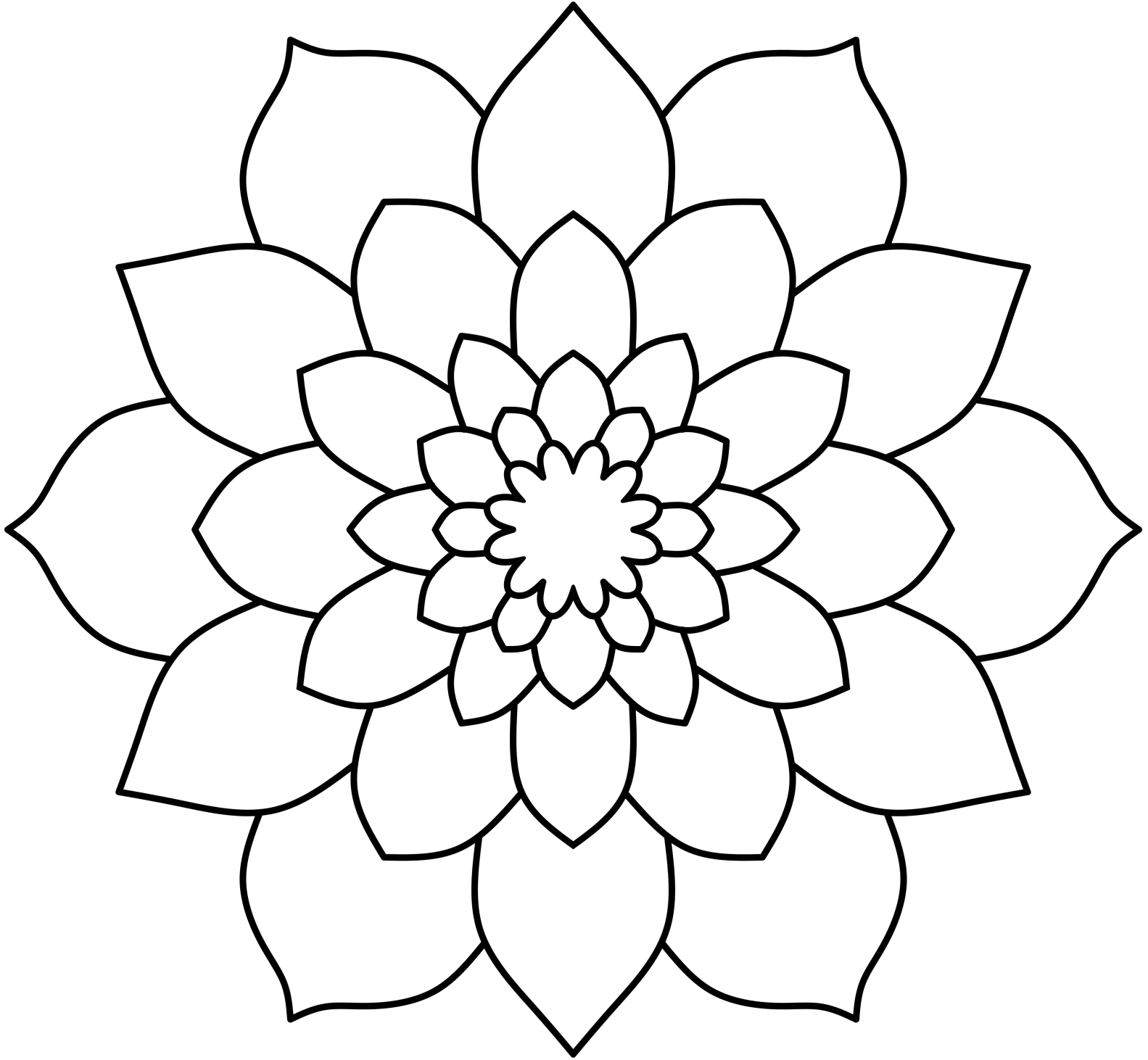
AWARENESS



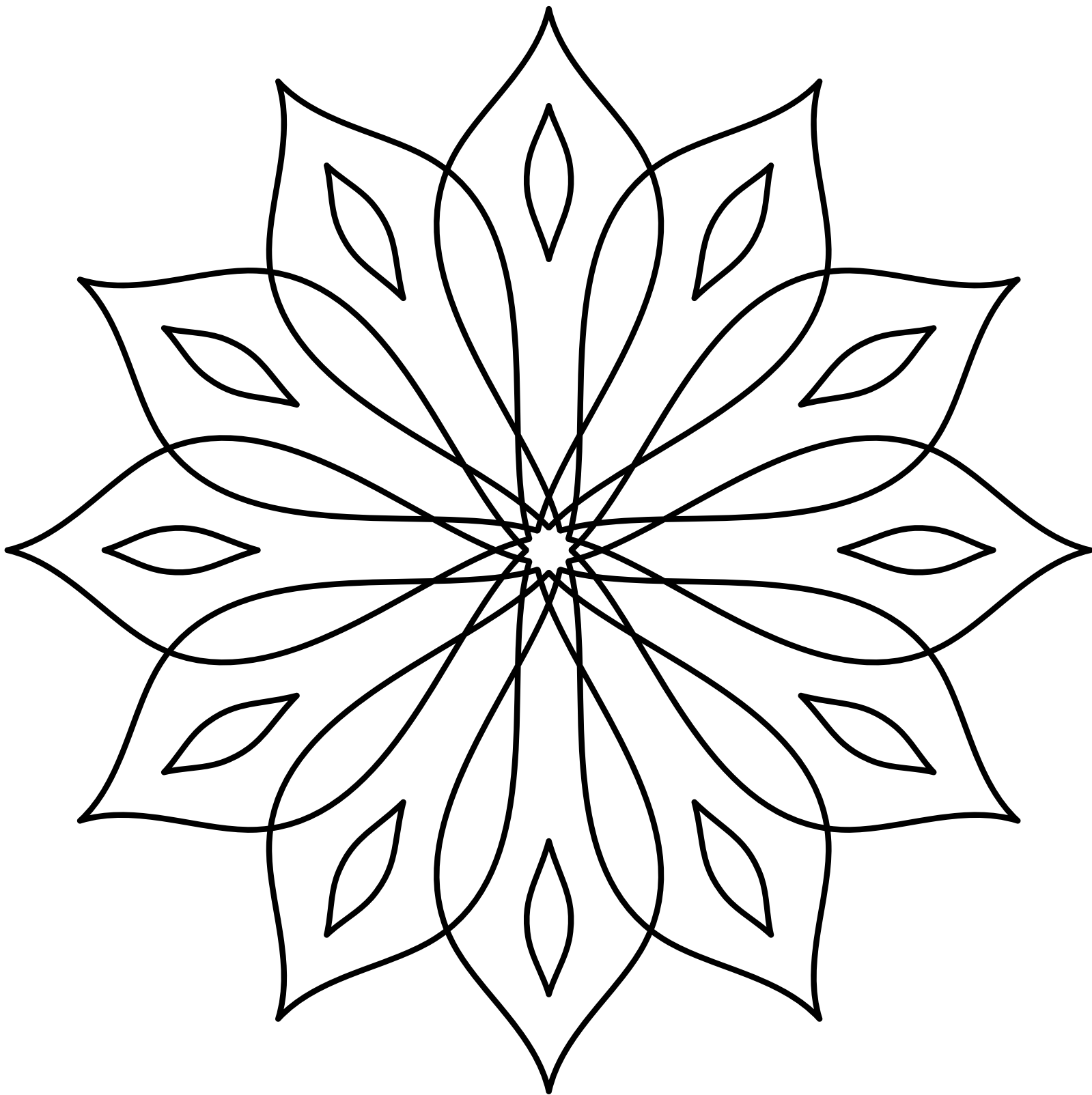
CONNECTION



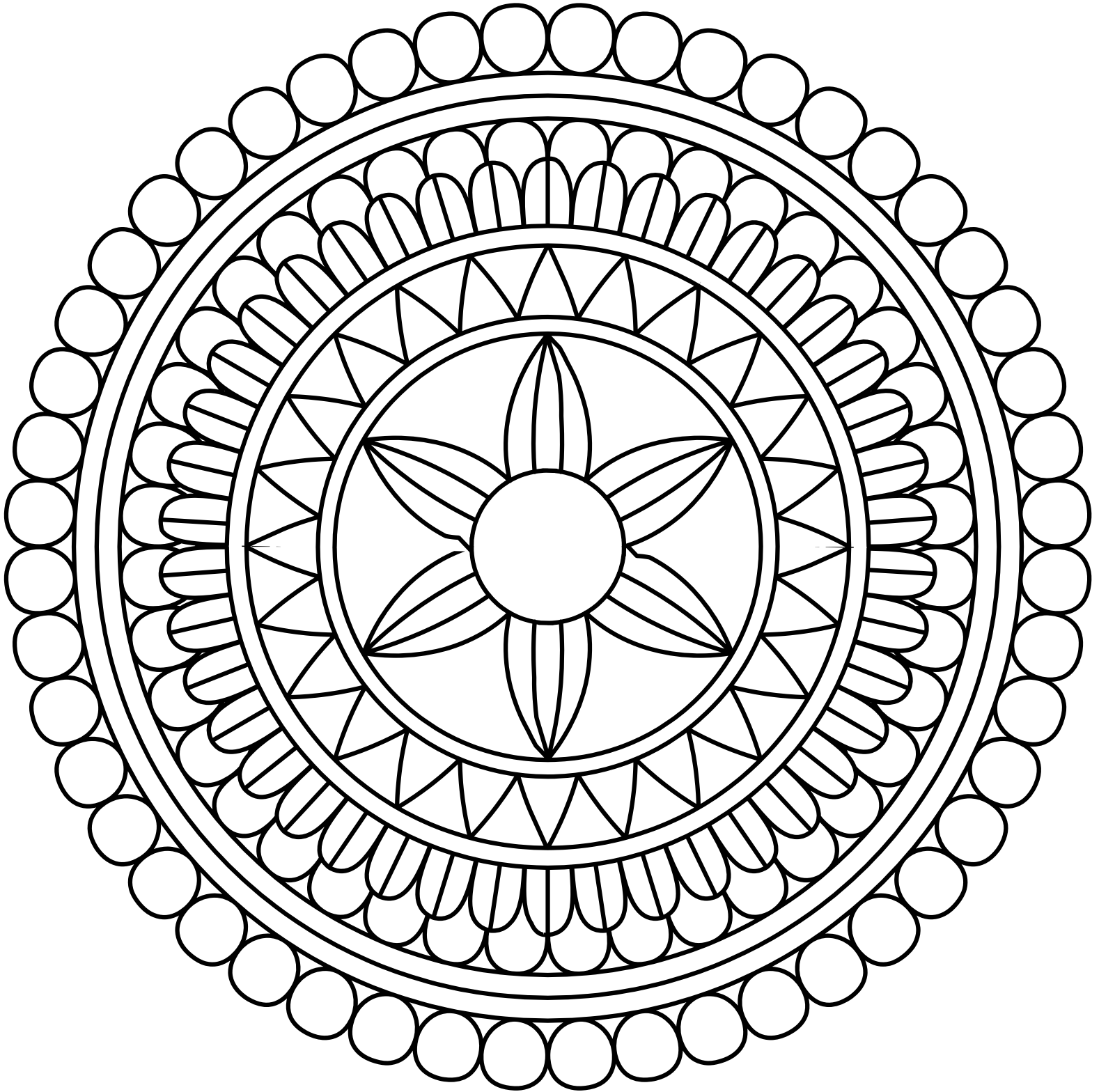
TUNE IN



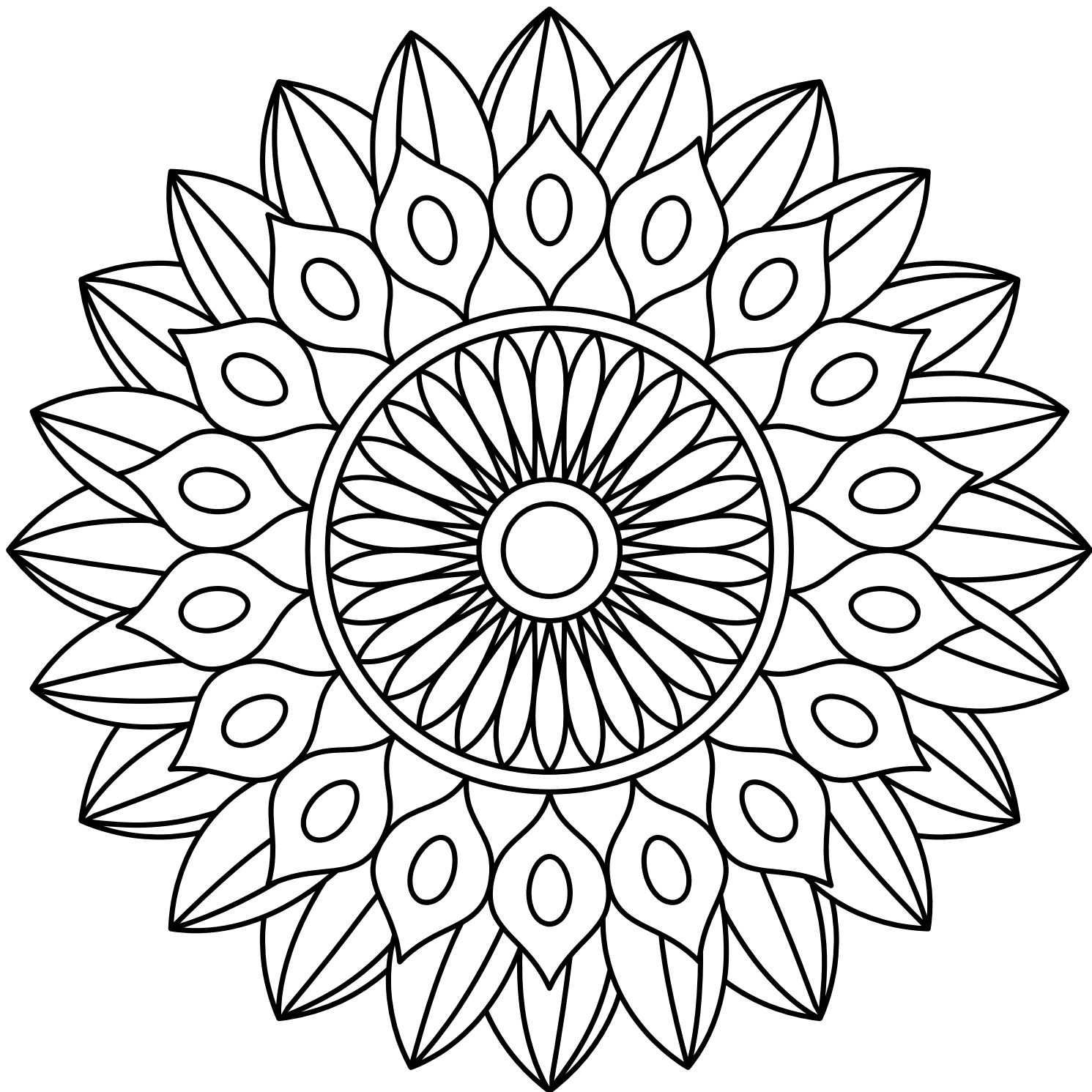
NON-JUDGEMENT



LISTEN



FEELING



HONEST

