

Mandala Hand-out

Using the following handout as a guide, create a representation of your most LOVABLE INNER SELF. If people could get a glimpse of you without your protective scripts, patterns, and habits, this is the visual they would see. Such an illustration is called a mandala. A mandala represents your greatest potential as a human being. Feel free to draw, add clipart, pictures of magazines, and/or personal photographs. This representation needs to be placed in the inner circle.

On the outer circle, write different ways to nurture yourself PHYSICALLY, EMOTIONALLY, SPIRITUALLY and MENTALLY. This is creating a self-care plan.

Lastly, write **(type)** an explanation of your mandala. Some ideas to include:

- What significance do the drawings, pictures, shapes, designs, colors that you have chosen play as a part of representing yourself as a “whole” human being.
- What personal characteristics reveal your best self?
- Given these qualities, why are they important to you?
- How will you take care of yourself?
- In what ways does the mandala show that you are nurturing yourself?

Mandala Hand-out

Laughter

Friendship

Happiness



Positivity

Outgoing

Family

My mandala shows a lot about who I am as a whole person in a lot of different ways; it shows how much I care for the important people in my life. My family and friends mean the world to me, and I would not be who I am today without them. All of these pictures show that I am a happy, silly person. Being happy and being able to laugh at yourself are good qualities to have because it is hard to be put down. My mom is very important to me because she has always been there for me, and she has taught me to look at everything positively and to try to think optimistically. I believe I am a very positive, outgoing, happy person and those qualities are important to me because it makes people want to be around you and spend time with you.