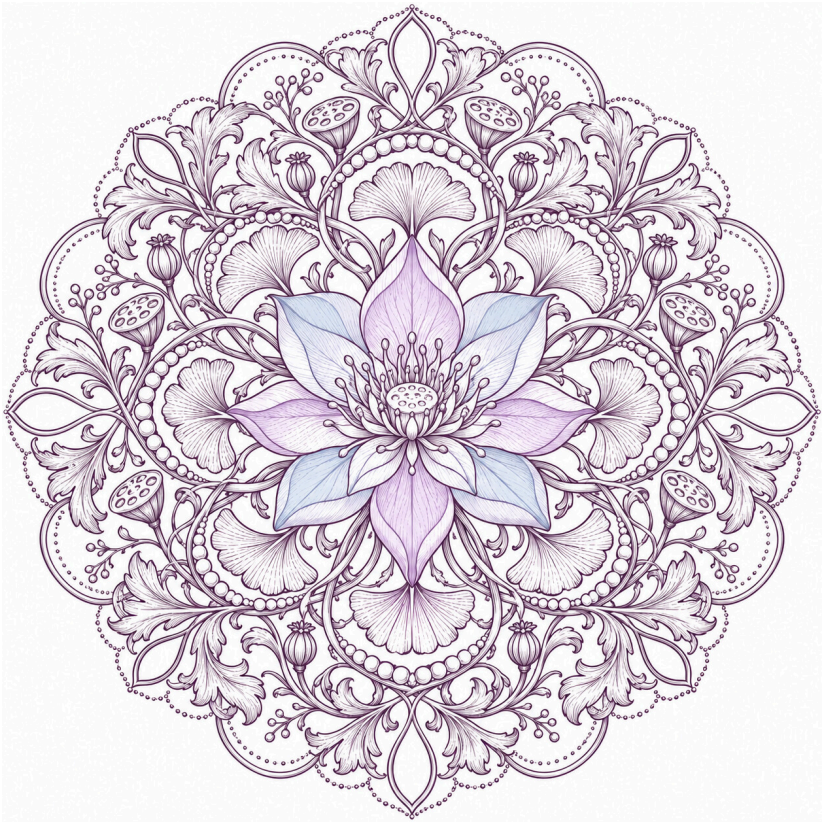
TIME TO THRIVE THERAPY

Mindful Mandalas

A coloring book

Sixteen original designs, one shape at a time



Choose a page and start anywhere.

When your attention drifts, come back to a line, a color,
or the feel of the pencil in your hand.

Print US Letter, one-sided. If using markers, place a spare sheet underneath.

Dr. Katherine Jewett, PsyD, LMFT

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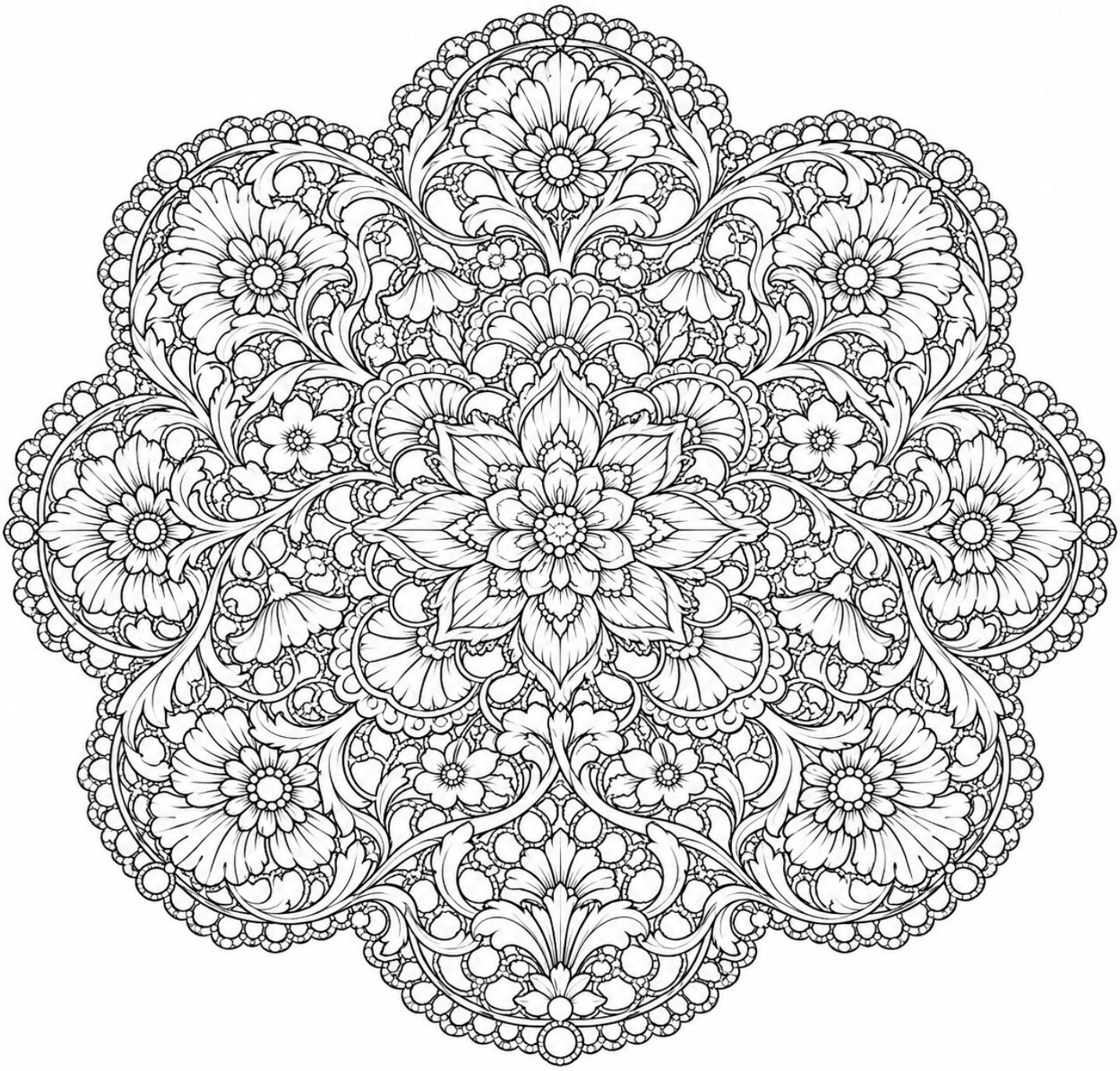
Patience

Color one small shape. Let the rest wait until you’re ready.



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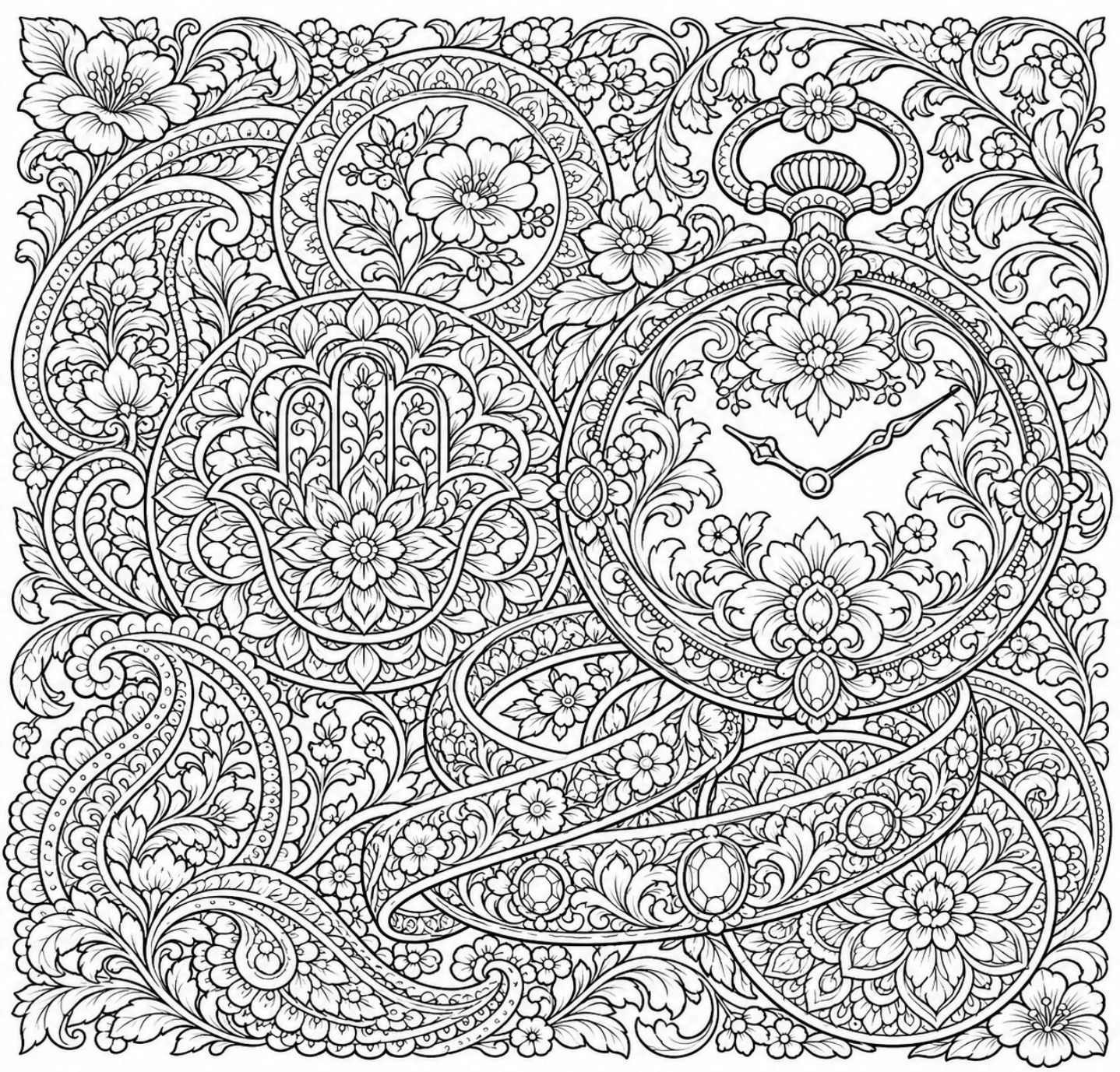
Notice

Follow one line with your eyes. Notice where it curves, ends, or meets another line.



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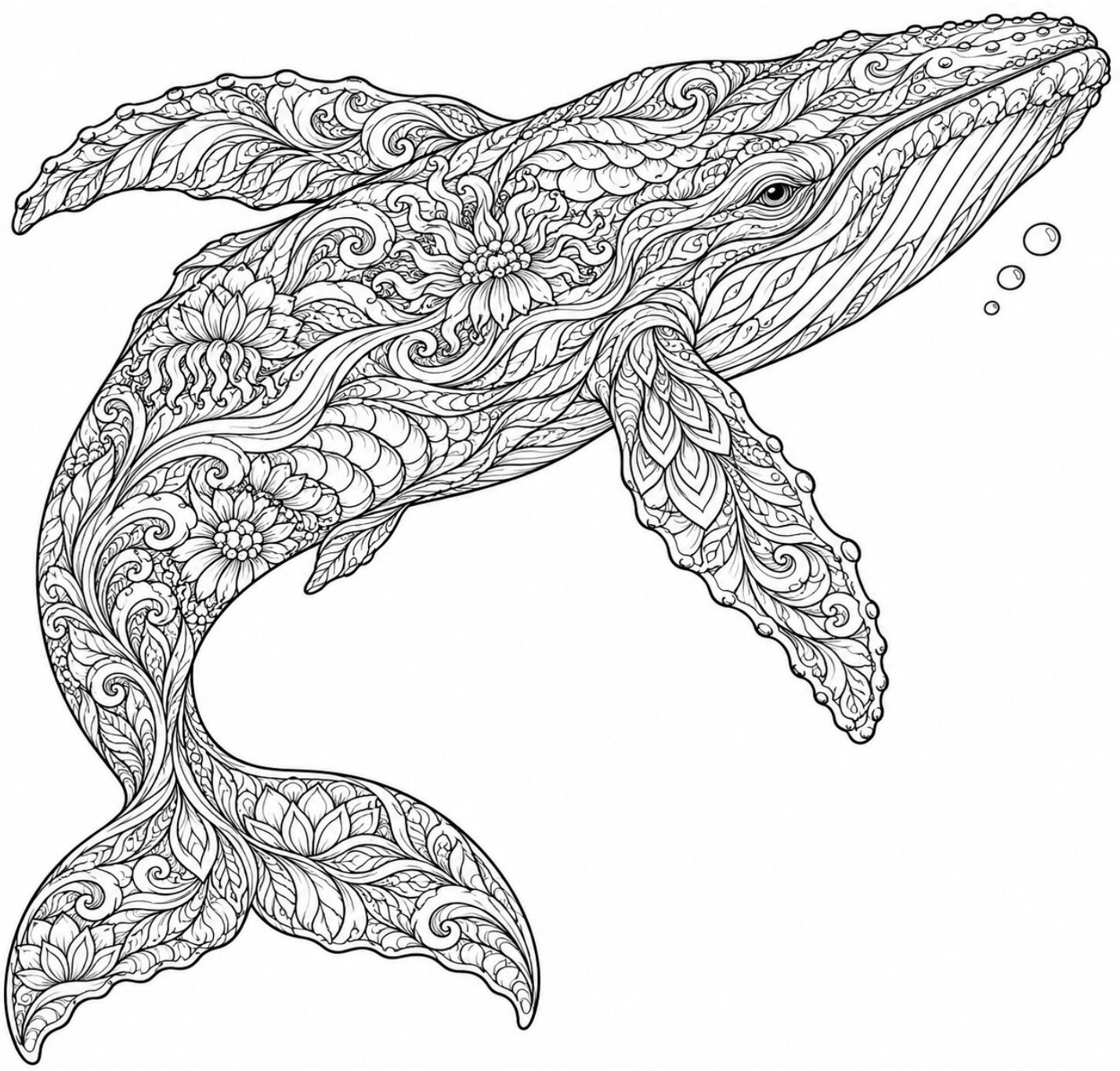
Letting Go

Leave one section uncolored, on purpose. See what it’s like to leave it that way.



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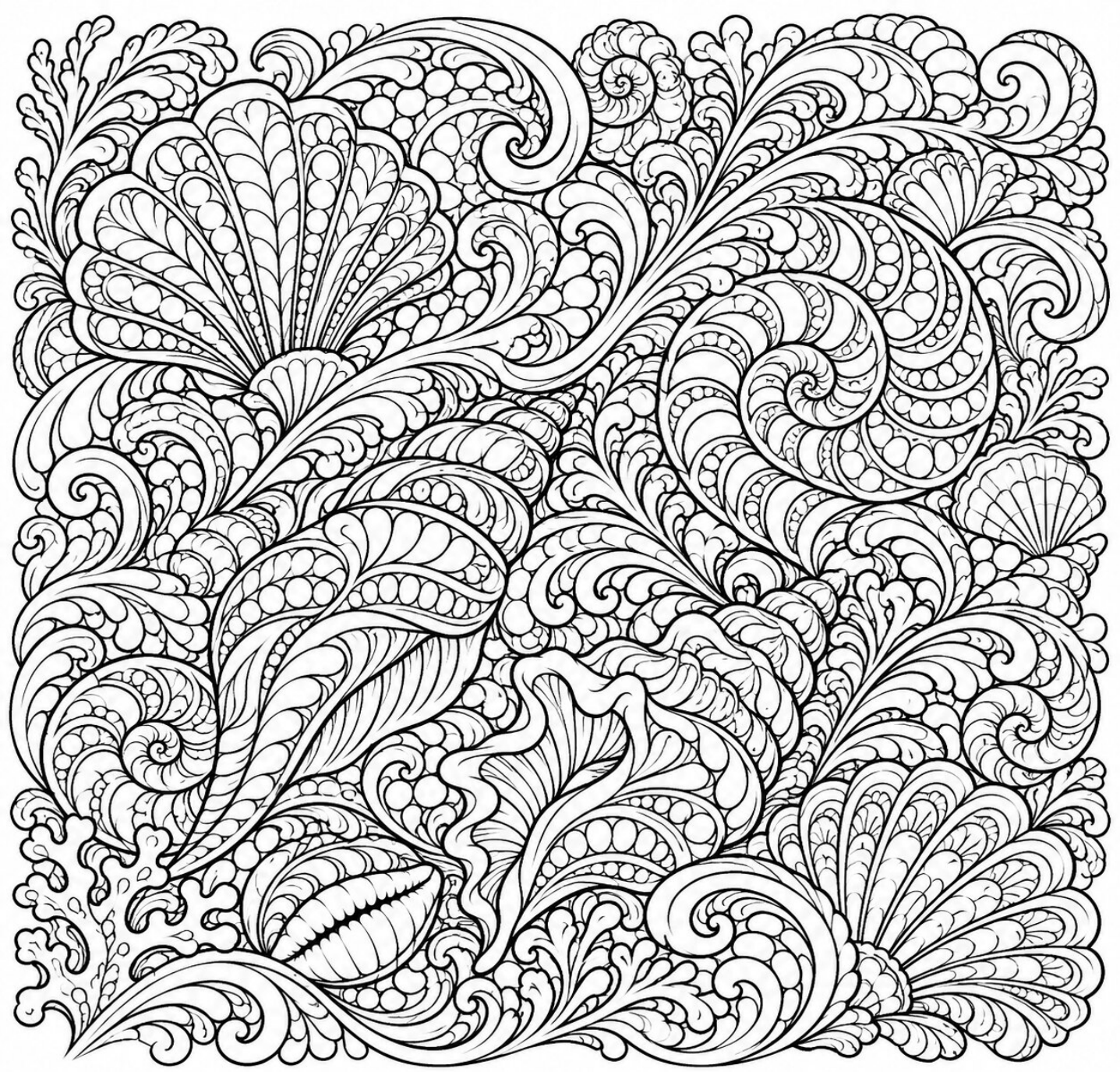
Ease

Let up on your grip a little. See whether a softer stroke changes anything.



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Beginner's Mind

Pick a shape you usually skip. What do you see that you hadn't noticed before?



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Acceptance

Notice what’s here today. You don’t have to like it to make room for it.



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Flow

Follow one curling line with your eyes before you choose a place to start.



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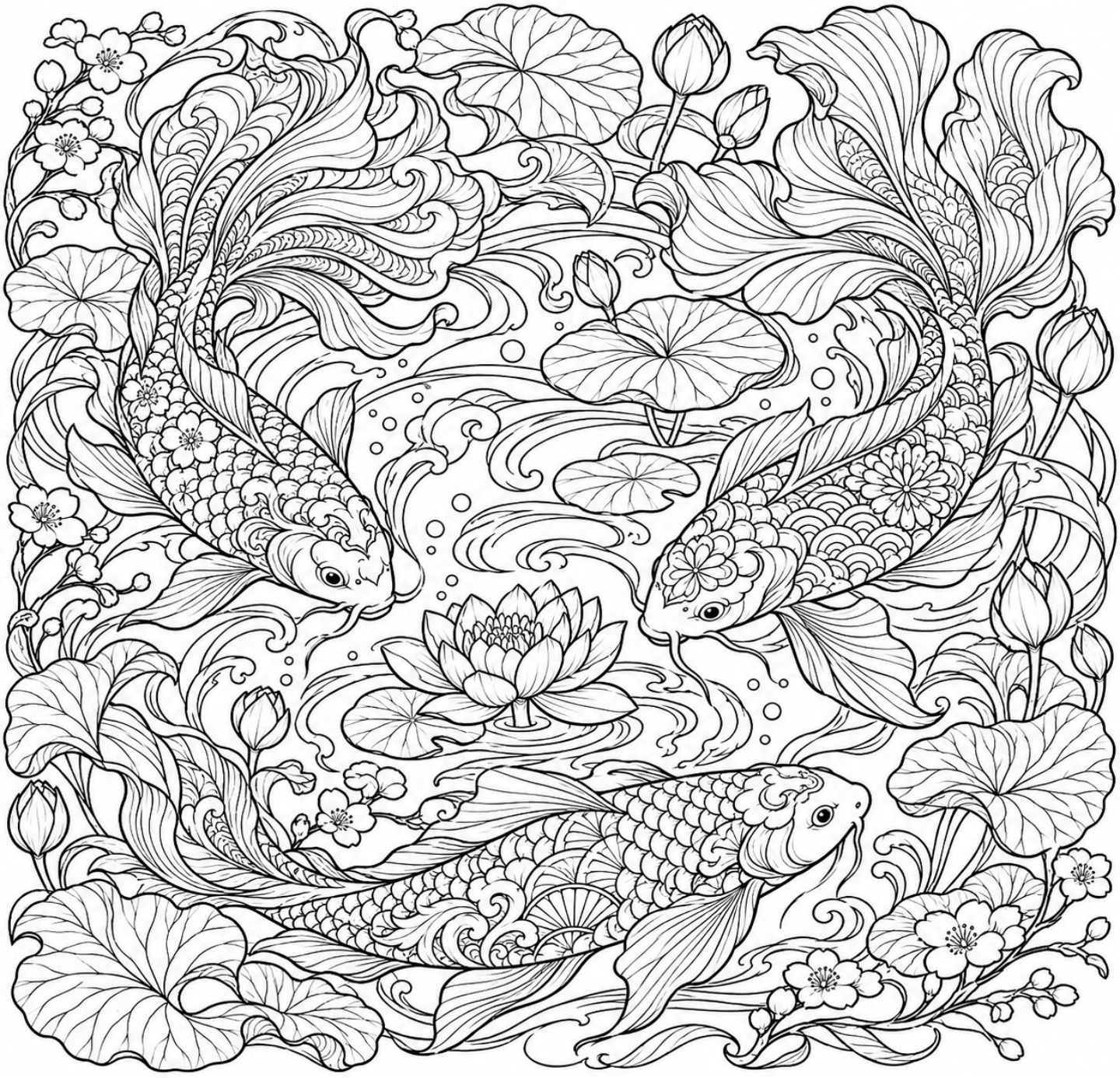
Connection

Notice where two shapes meet. You can use two colors or let one carry across.



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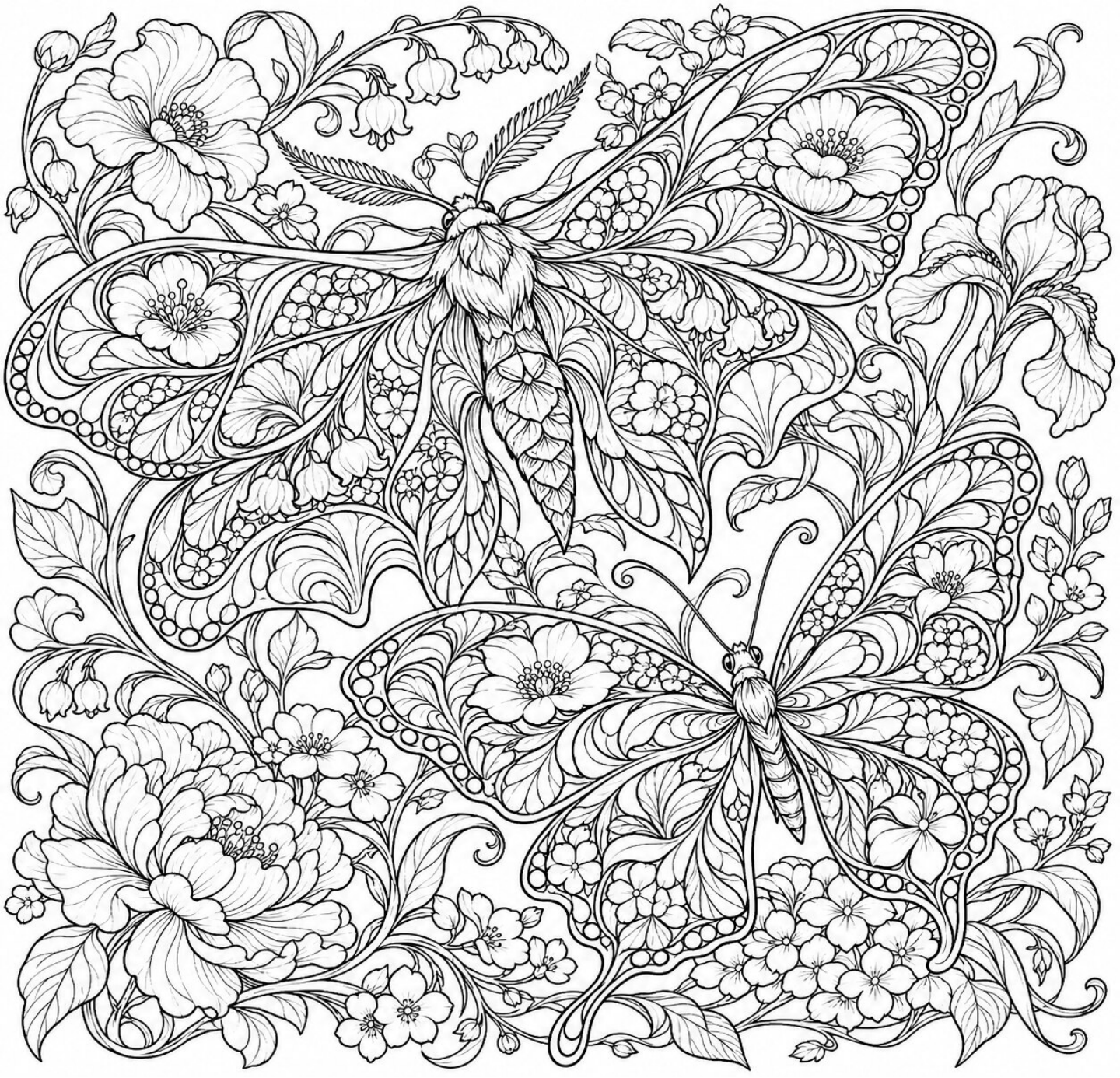
Change

Try a color you would not usually choose. Notice where you want to use it next.



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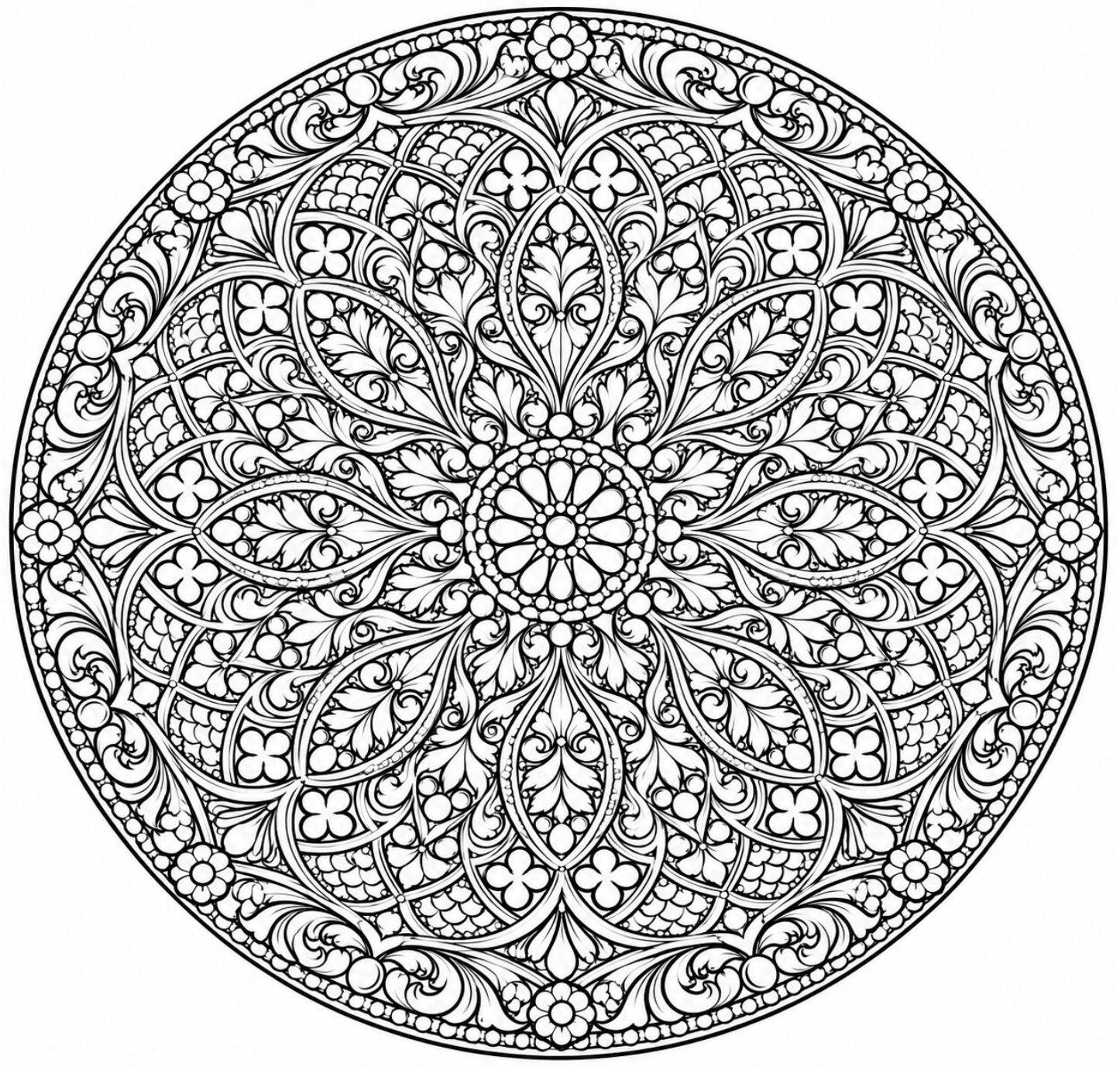
Steady Attention

Color one small ring. Move outward only when you feel ready.



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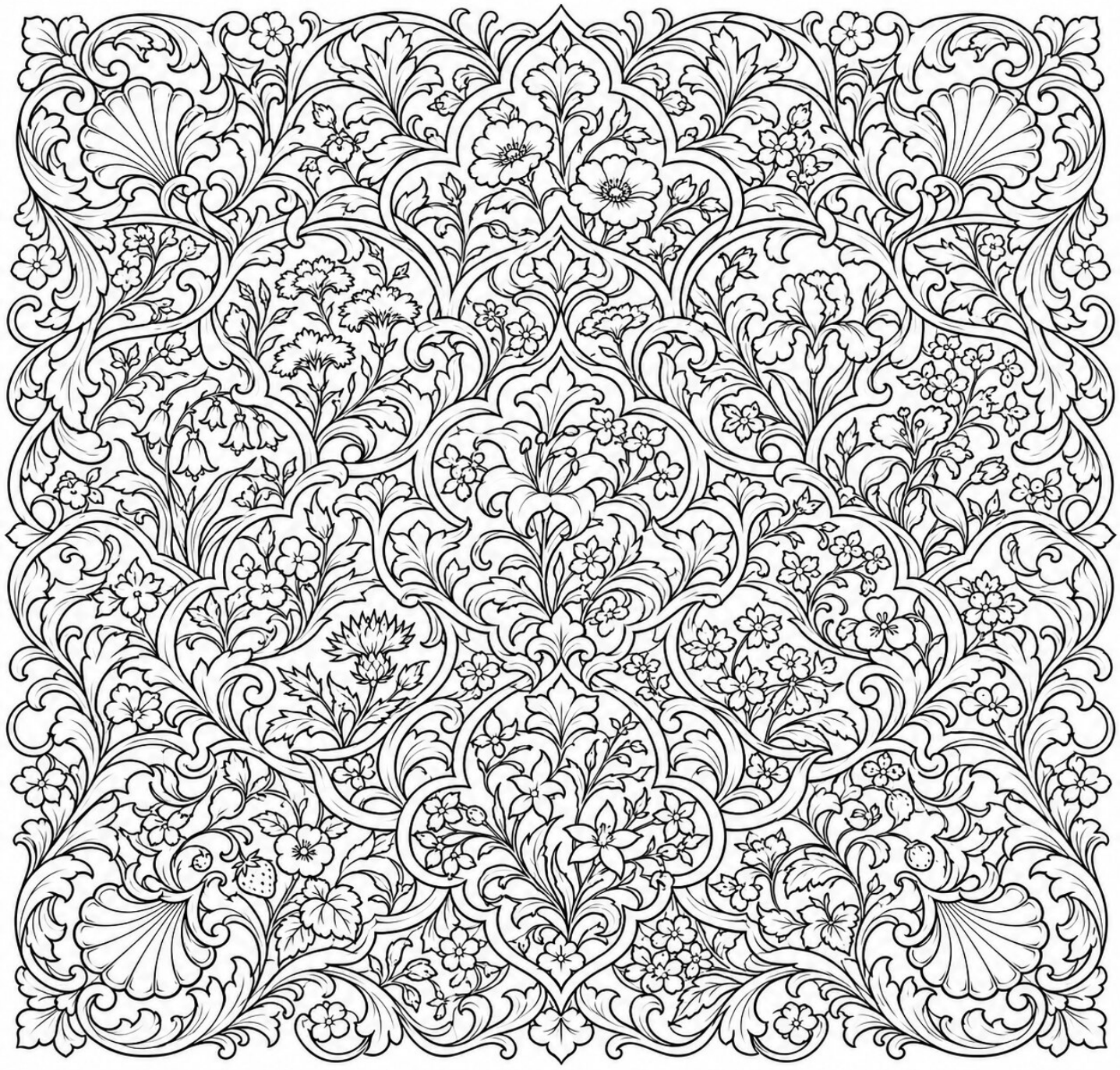
Take Your Time

Pick one corner or one shape. There is no need to finish the page today.



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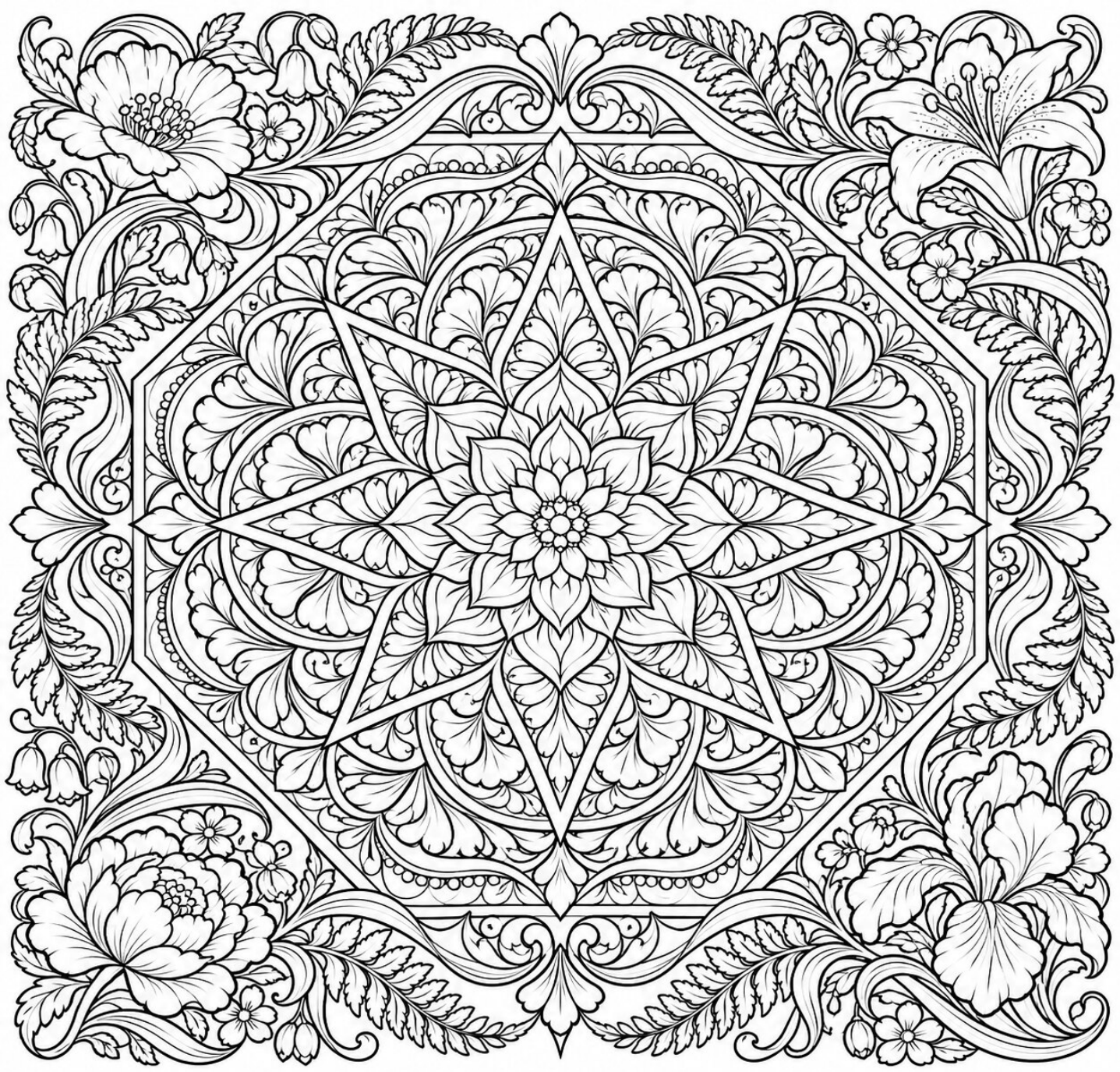
Return

When your attention wanders, pick a petal and start again there.



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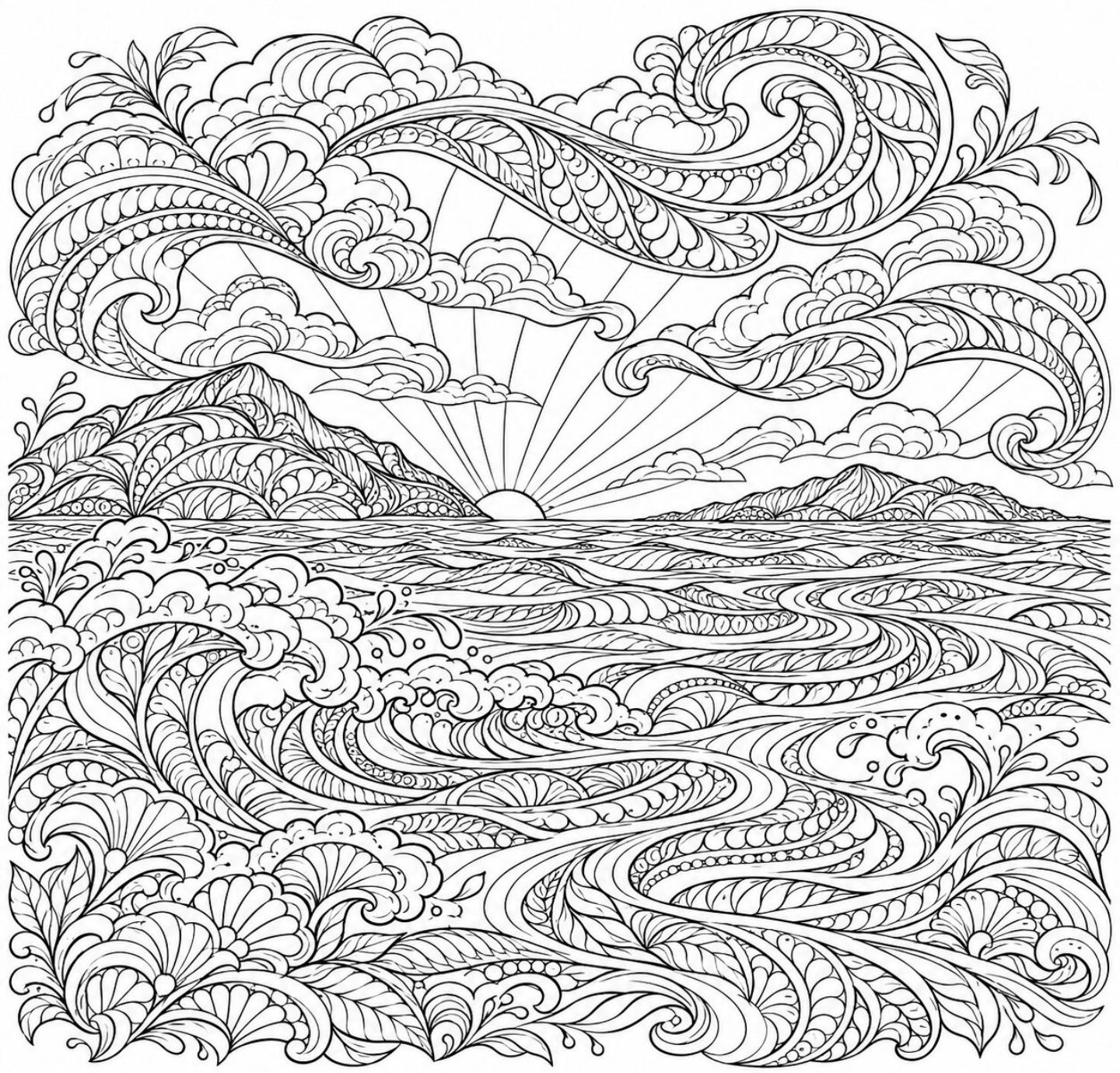
A Fresh Start

Choose one color for the sky. Notice what you'd like to do next.



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Gentleness

Try a lighter touch on one petal and see how it feels.



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Belonging

Pick one small creature to color first. The others can wait.



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Pause

Follow the lines of the water for a moment before choosing a color.



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