



*Awakening the Parts of
You Waiting to be Heard*

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The Emotion Mosaic

There's no right or wrong way to do this. Just let your hands move, your mind wander, and your emotions guide you. Take your time, and allow whatever needs to surface to come through.

Step 1: Create your base

On a blank sheet, draw a large shape—anything from a circle, square, heart to an abstract form. Let this shape represent the emotional energy you carry today.

Step 2: Weave your emotions

- Divide the shape into sections of different sizes, letting each one hold an emotion you feel.
- Fill the sections with colors, patterns or textures that bring the emotion to life - soft, bold, light or dark.
- Let your hands move freely- doodle, shade, or scribble.
- You can also add symbols or words if you like.

Step 3: Reflect within

Take a moment to notice what stands out. There's nothing to fix—just witness what's there with kindness.

- Which section draws your attention the most? Why?
- Is there a part that feels unfinished, hidden or in need of more space?
- What does this mosaic reveal about what you need?

*Keep creating, keep exploring & keep listening.
There's more to uncover.*



♥ Want to explore further? Let's connect!

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