

# Coloring TO CLARITY




*A guided journey through self  
reflection*

Write down three things  
♥ that bring you joy.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Use this space to sketch a  bouquet of flowers and color them in.

# Write down three tasks for yourself for each day of the week.

Don't exceed planning three tasks a day, if possible. This will help you to accomplish more without feeling overwhelmed.



## MONDAY

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## TUESDAY

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## WEDNESDAY

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THURSDAY

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FRIDAY

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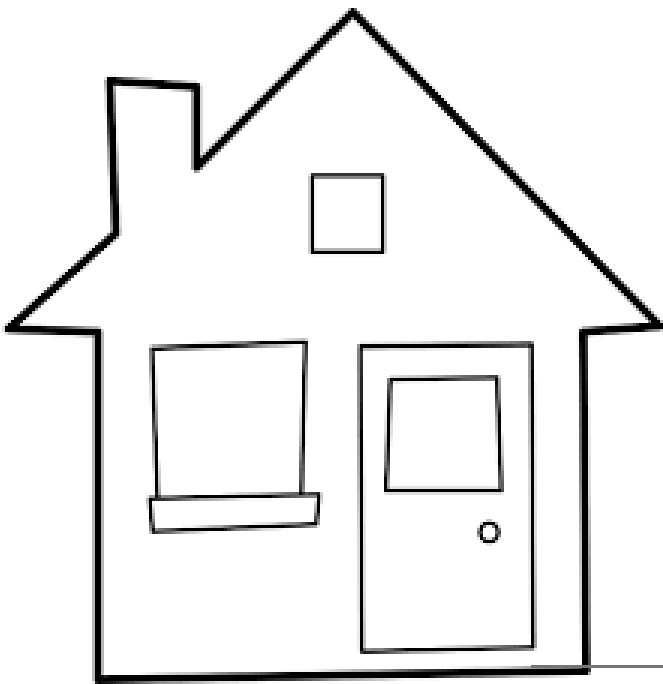
SATURDAY

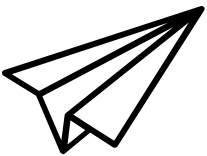
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SUNDAY

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Customize this scene to make it  
into your happy place or a place  
you'd like to go.



List 5 things that you hope to do  
 but haven't done yet.

1.

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2.

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3.

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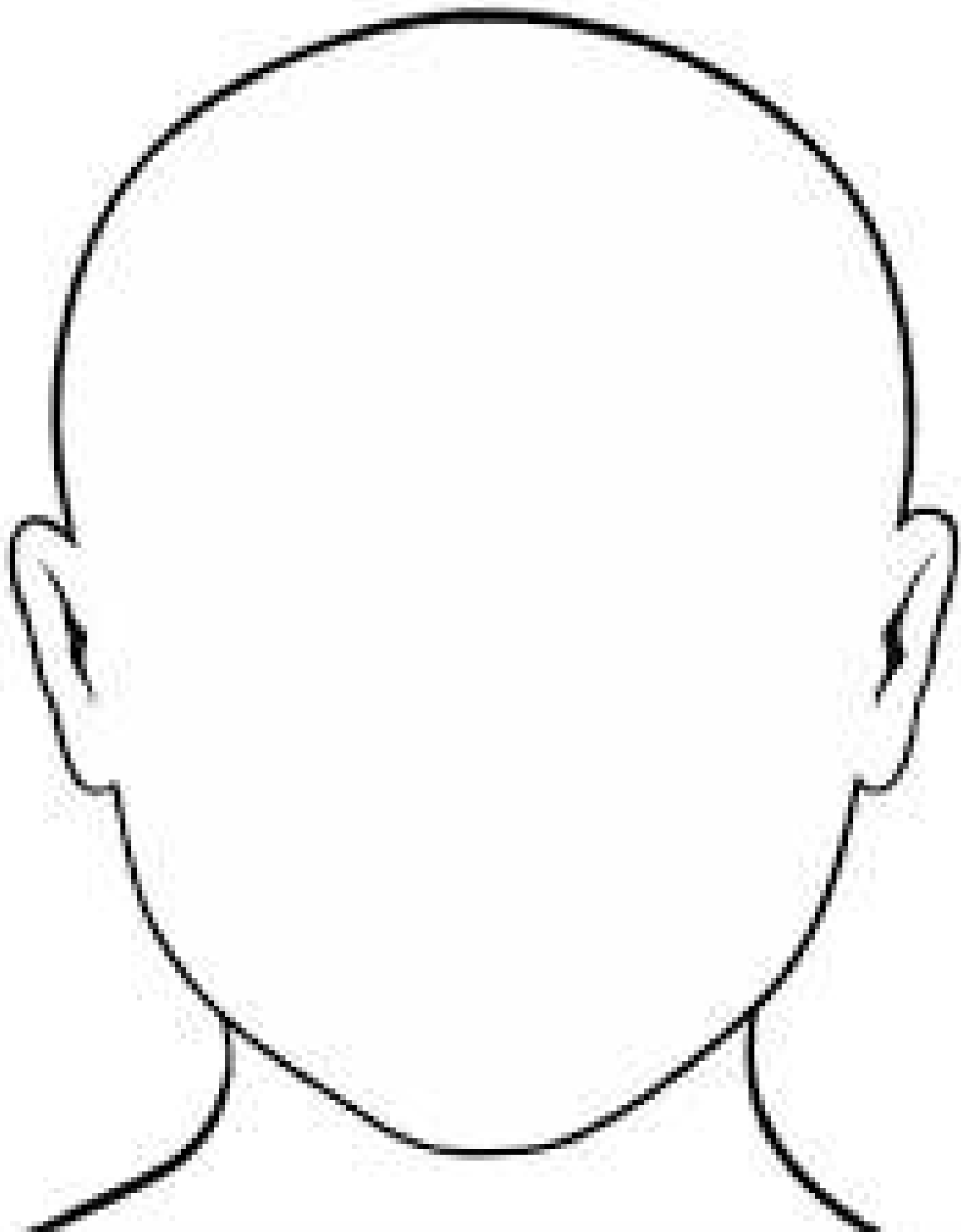
4.

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5.

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fill in the portrait and decorate  
the person however you want.





Jot down a piece of advice you would  
give your younger self.

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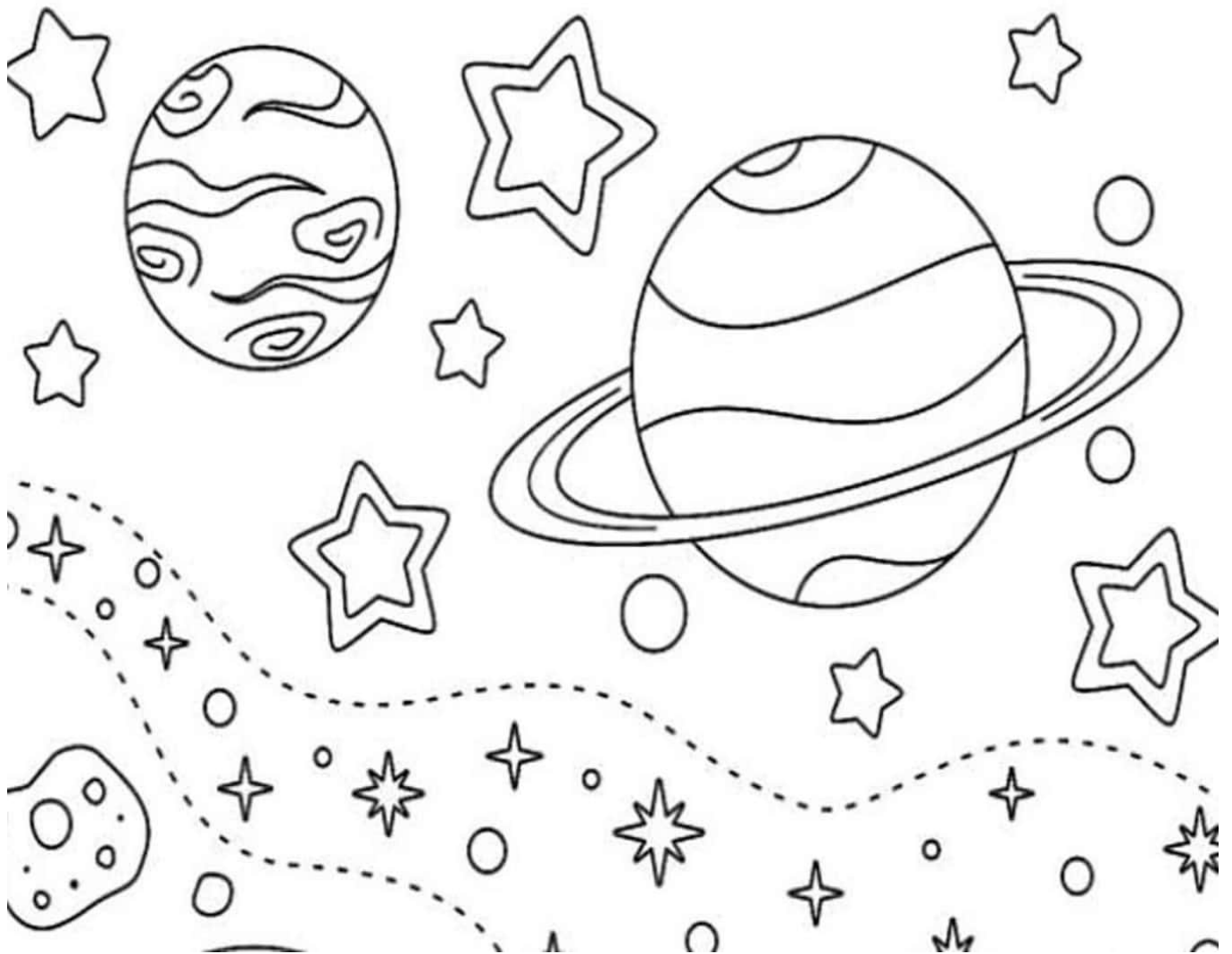
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Do you follow this advice yourself?

Color in the solar system!



List some things you enjoy  
doing as self-care.

Ex: Taking a bath 

1.

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2.

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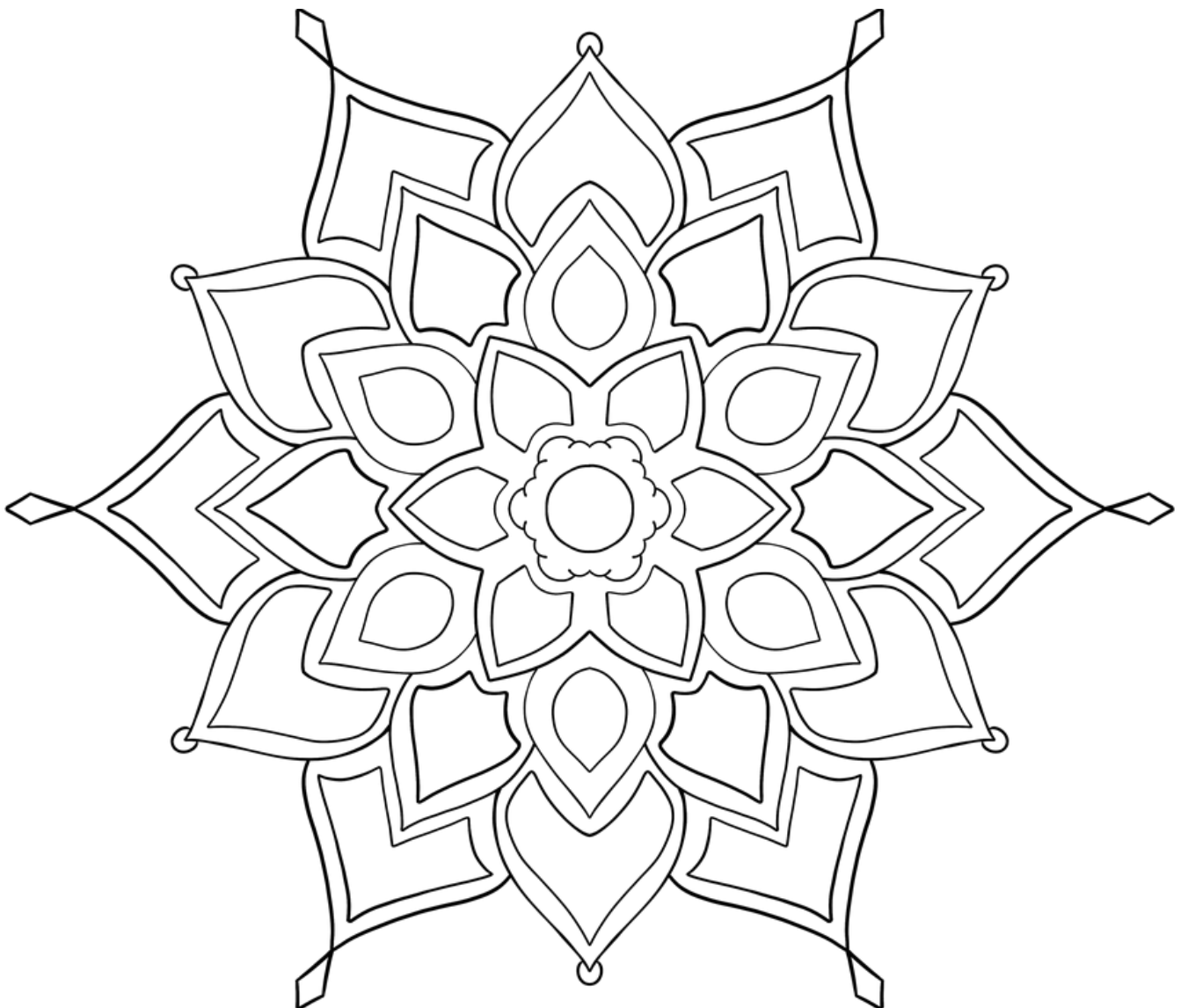
3.

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Mandalas symbolize the universe in its ideal form.

They can also be used as an aid in meditation,  
helping the meditator to envision how to achieve  
their ideal self.

While you color in this mandala, reflect on  
yourself and your own internal beauty.



Who are three people who you feel that you can always go to when you need help or to talk?

These can include trusted friends, adults, parents, teachers, etc

1.

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2.

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3.

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What is something that you are looking forward to?

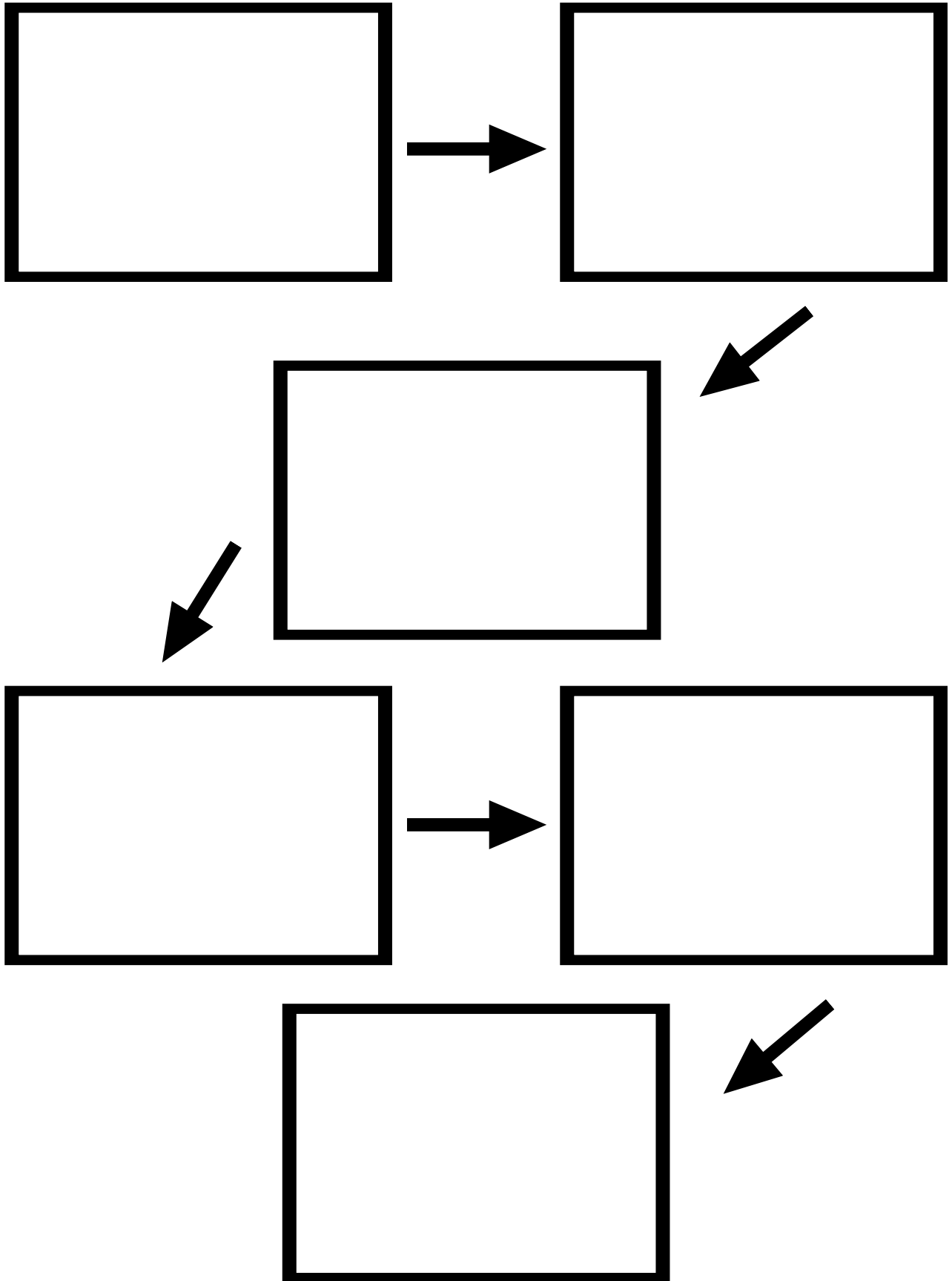
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Sketch it below!

A large, empty rectangular box with a thick black border, intended for sketching the answer to the question above.

Draw your idea of a perfect day using the comic strip below!



Dear future me,

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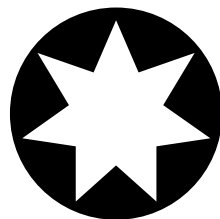
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We all experience stress, however it's not always a bad thing. Sometimes stress can motivate you and can increase alertness and performance! On the other hand, when you experience negative stress you don't need to go through it alone. It's important to reflect upon the good parts of yourself and your life, have goals, and a good support system. Social emotional learning (SEL), such as the activities found in this booklet, is a great way to combat stress and develop your self-awareness, self-control, and interpersonal skills. Maturing your SEL skills can help you cope with everyday challenges and benefit in all aspects of your life!



While stress is a normal part of life, if you ever feel overly stressed and anxious to a point that you feel is not normal, talk to an adult, friend or teacher. Sometimes we need someone to help us navigate through our stress and help us find the resources, if needed.



For more information, visit our Instagram page  
@coloringtoclarity, Facebook page @Coloring to Clarity or  
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