

Planning my Positive

WEEK BEGINNING: _____ / _____ / _____

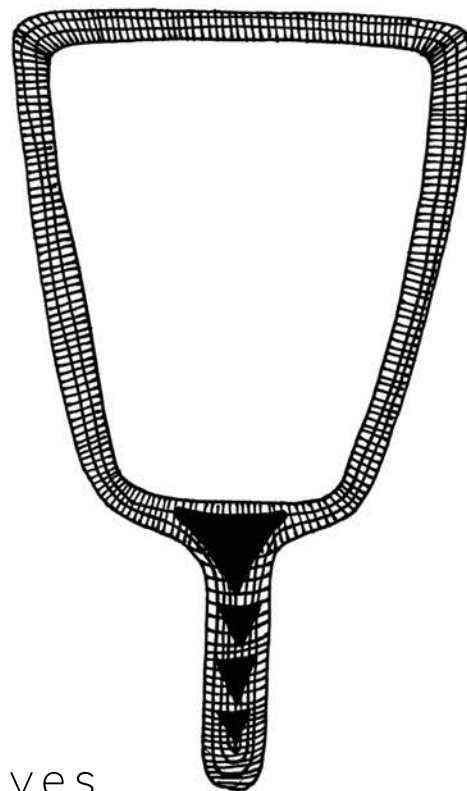


THE POSITIVE PLANNER

	AM	PM
MONDAY		
TUESDAY		
WEDNESDAY		
THURSDAY		
FRIDAY		
SATURDAY		
SUNDAY		

**Don't forget your self care!*

Mirror, Mirror



Reflecting on who you are

Look in the mirror through the eyes of someone who loves you unconditionally. Write down what they see. Be kind. Be positive.

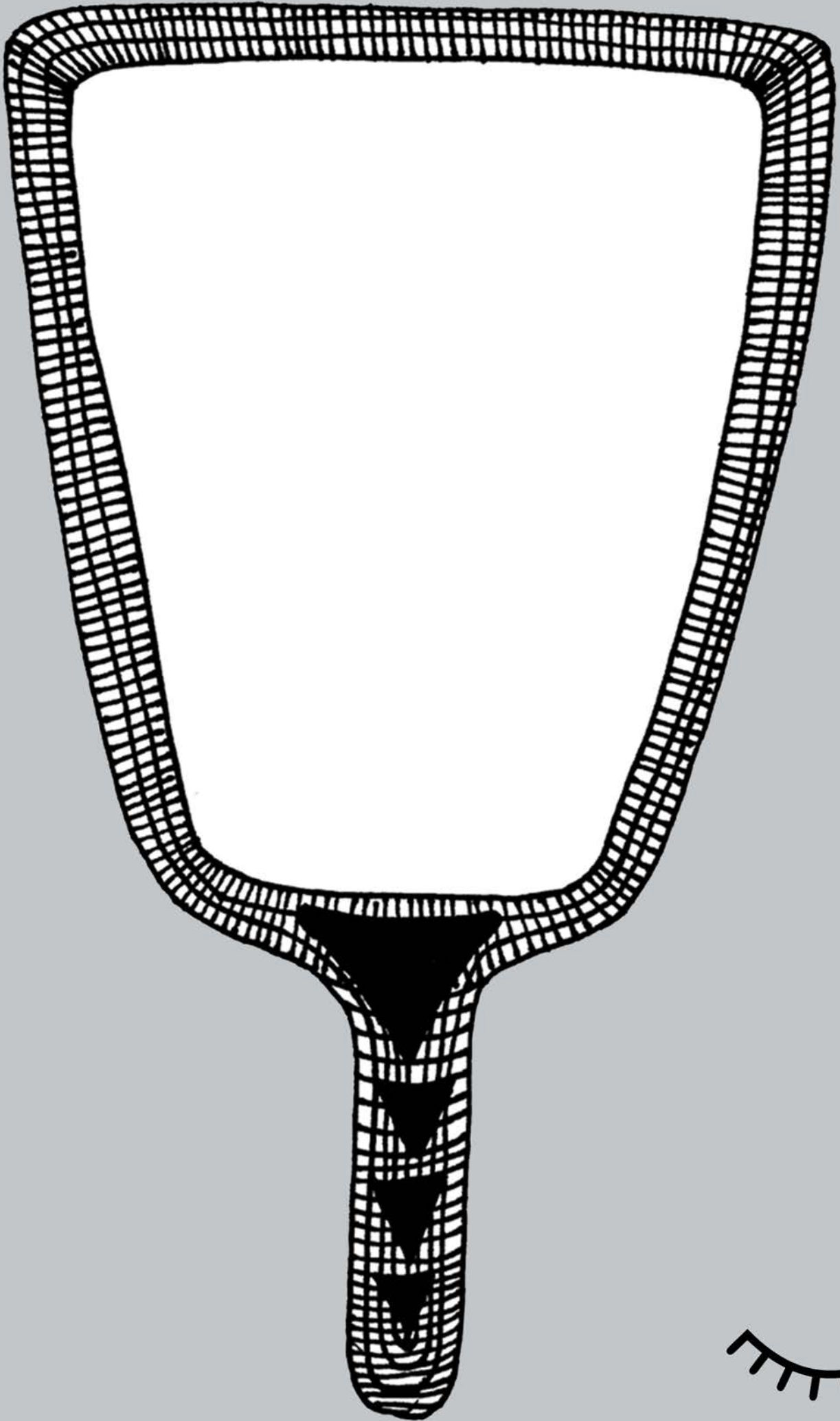
Dig deep and be honest with yourself about the complex, interesting and amazing person you are both inside and out!

Keep adding to this and, most importantly, don't forget to carry these encouraging words with you wherever you go.

If you're feeling very brave, you could ask a trusted friend or family member what they would write about you in this space.

Sometimes seeing the good in yourself can be difficult, but others will have lots to say about you!





The Power of Belly Breathing

The Breath

The way we breathe has a huge impact on the quality of our mind and our perceived energy levels and we love the mantra 'when we breathe better, we feel better'.

Working with the breath is the ultimate self-care tool - it doesn't take any time or effort and we can literally do it anywhere.

What we're aiming for is a relaxed, expansive breath, and just by tuning in with it, our breath tends to smooth itself out on its own.

How to Belly Breathe

Sit in a comfortable, seated position where you can freely connect with your breath for a minute.

Close your eyes, drop any stress of the day from your shoulders and feel the natural rhythm of your breath.

▶ Place your hands on your belly and see if you can feel any movement of the breath with your hands. You may feel your fingertips lift and separate a little with your inhale and gently go back to your centre with the exhale.

Feel how breathing into your tummy can be soothing.

▶ Next, place your hands on the sides of your ribcage and sense how your hands move with your breathing here.

Notice how breathing into this hand placement can help you feel centred.

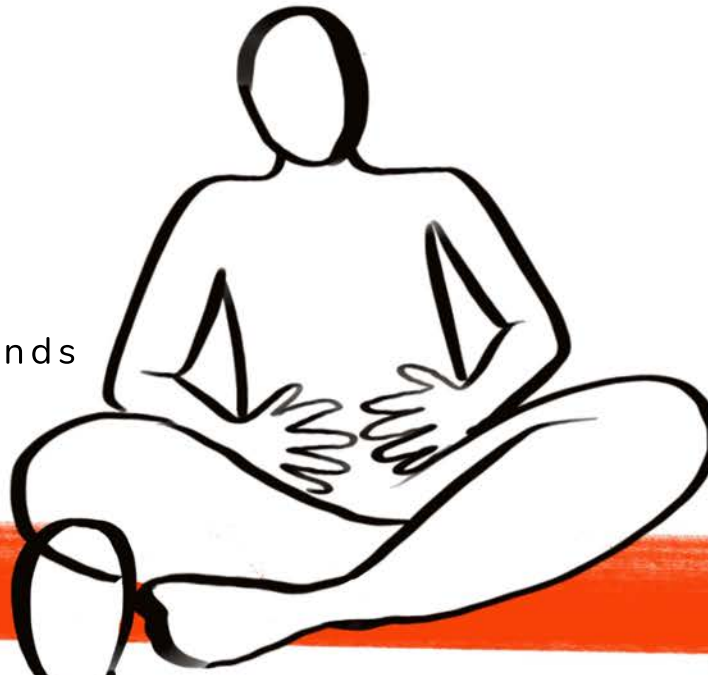
▶ Lastly, bring your fingertips to your collarbones and allow your breath to move up into them.

Feel how breathing into your hands here can be uplifting.

You can check in with your breath at any point in your day and use it to cultivate how you want to feel - calm, focused or energised.

The Power of Belly Breathing

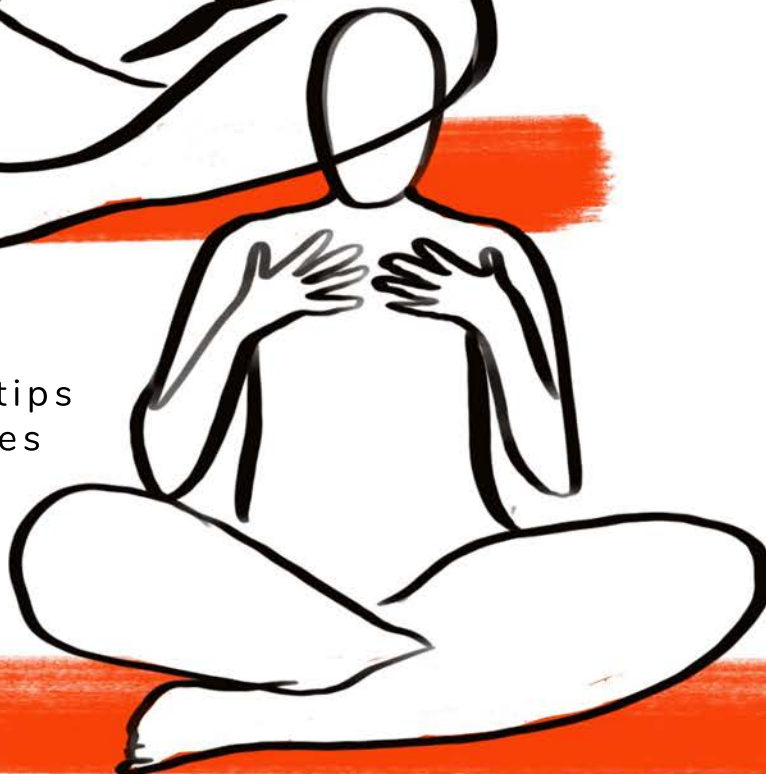
Place your hands on your belly



Place your hands on the sides of your ribcage



Bring your fingertips to your collarbones





Mandalas



Mandala in Sanskrit loosely translates as 'circle' and represents wholeness.

Most notably found in Hinduism and Buddhism, mandalas are seen as very spiritual objects and have been created over the centuries as instruments of meditation and symbols of prayer.

You can find them in different forms all over the world in places such as Tibet, India, Nepal, China, Japan, Bhutan and Indonesia.

But what's behind them?

And why do people create them?

Their purpose is to transform the mind, to enlighten and assist with healing.

People believe that mandalas bring about calmness and release emotional blockages.

Modern medicine has even proven them to boost the immune system, enhance concentration, reduce pain and give us a good night's sleep.

We can use the process of making mandalas as a form of creative meditation.

They've been described as

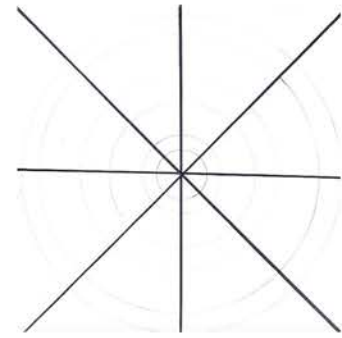
'Yoga for the mind when the body is too tired' which is very true, as in a similar way to yoga, they allow us to focus our minds on repeating patterns to help us process the inner workings of the brain - only this time within a circle not on a mat.



Mindful Mandalas

Instructions:

First find your centre - both emotionally and mathematically! Before you begin, it's important to set your intentions, it can really help to try and focus on one emotional outcome, for example, say to yourself 'I choose to let go' or 'I honour myself this time'.



Now, use a ruler to find the exact centre of your piece of paper and divide the page into 8 sections with horizontal, vertical and diagonal lines going straight through your centre point.

Grab a compass and add in some light guiding circles. These will help you to have something to follow. Do these in a mixture of widths apart from each other for interest.

Then start adding in your details and patterns. Start right in the centre and use a practice sheet if you want to experiment. Remember, there's no right or wrong here. It's your mandala! Play with ideas and know there's always the option of rubbing something out if you need to! If you make a mistake, why not repeat it all the way around?

Work your way out to the final circle. A good tip is to spin the paper as you go - it really helps keep the flow and to repeat the patterns exactly!

Through the drawing process, imagine your thoughts are like clouds. Gently let them come and go - be aware of them but try not to get caught up in them.

When you're finished, start again in the centre and begin to fill your shapes with colour. Try not to overthink it, go with what feels good. You could alternate dark and light colours to get a good mix of tones on your board.



Next for your bold lines. Again, start in the centre, and start to go over the original outlines with a black pen. This will really make your design stand out and give it a vibrant finish. But remember, it's your mandala, so if you prefer, you can leave it without darker lines, it's totally up to you!

Finally take a moment to reflect on the process. Take note of anything that came up for you. Did you focus on anything in particular? Or did you start to just allow your mind to go quiet?



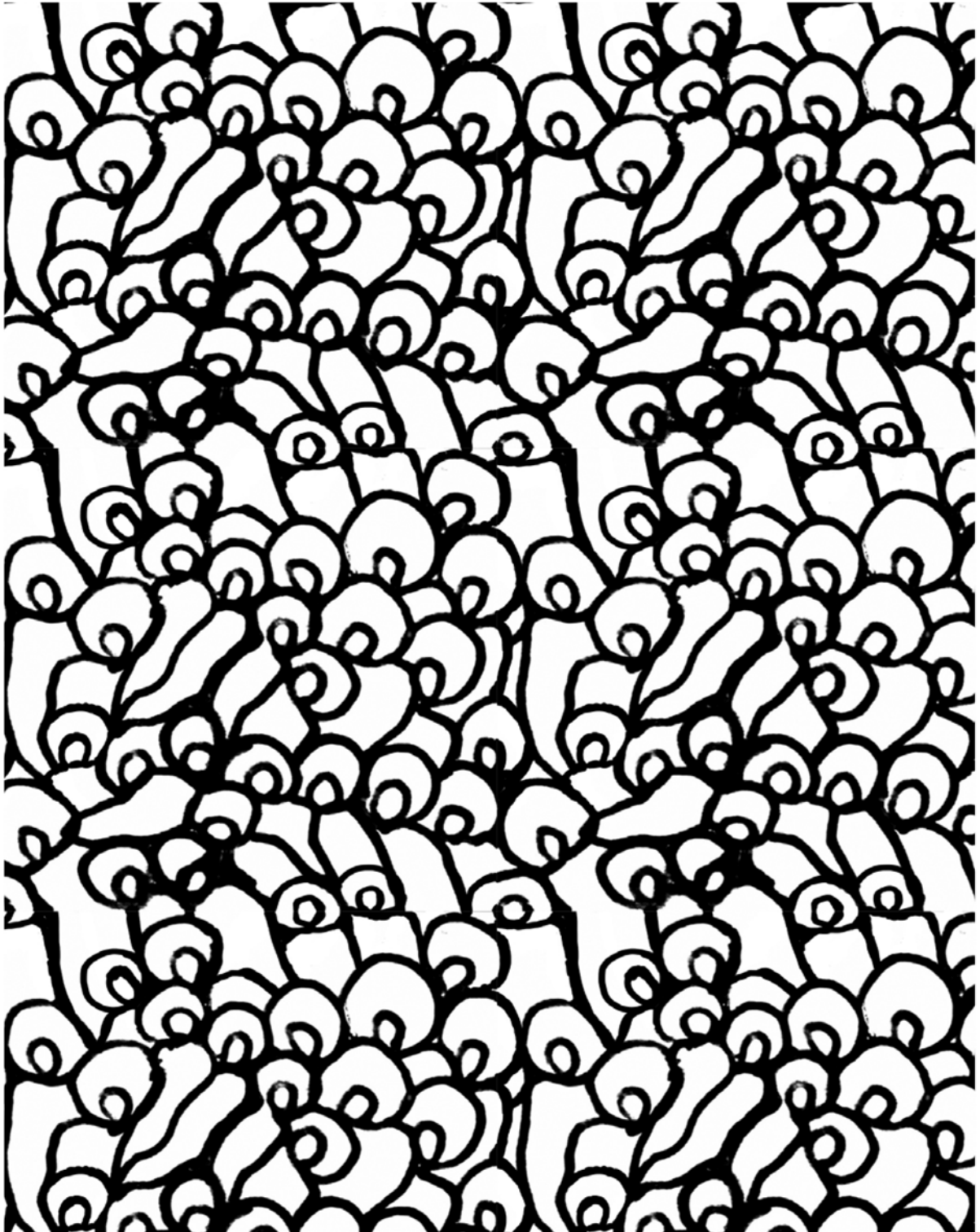
Keep going!

How do you feel?

Mindful Colouring



Colouring in is such a mindful thing to do.
Notice where your mind wanders as you concentrate
on filling this pattern in.



We've taken this illustration from [The Positive Planner](#)