

# GRATITUDE MOSAIC PROJECT

*make art with every day and every emotion*

## MATERIALS:

PRINT MOSAIC TEMPLATE ONTO PAPER

COLORED PENS AND/OR PENCILS

PATIENCE :) THINK OF THIS AS A DAILY PRACTICE TO CULTIVATE AWARENESS AND GRATITUDE

*follow these steps:*

**1. PRINT OUT THE MOSAIC TEMPLATE. FILL IN YOUR COLOR KEY BY ASSIGNING ONE COLOR FOR EACH LEVEL OF GRATITUDE.**

**2. ONCE PER DAY, IDENTIFY YOUR LEVEL OF GRATITUDE FOR THAT DAY, AND COLOR IN THE APPROPRIATE MOSAIC TILE.**

**3. DISCOVER THE MOSAIC ART THAT YOUR EVOLVING GRATITUDE CREATES BEFORE YOUR VERY EYES FOR THE YEAR! ACKNOWLEDGE AND APPRECIATE THE BEAUTY OF YOUR EMOTIONS, NO MATTER WHAT THEY WERE. SEE HOW THEY ARE CONNECTED. OBSERVE IF THERE ARE ANY PATTERNS, AND CULTIVATE BOTH PATIENCE AND AWARENESS OF YOUR EMOTIONS, ESPECIALLY GRATITUDE.**

**4. CONSIDER FRAMING YOUR PROJECT!**



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