

MOSAIC OF BECOMING

2025



*You are not broken. You are
becoming.*

This workbook is designed to be printed or used digitally with ample space to reflect, write, and create.

For best results, use a quiet space, a pen you love, and keep some decorative elements (pressed flowers, gold pen, colored pencils) nearby.

Each Mosaic Piece includes:

- Story anchor
- Reflection Prompt
- Creative ritual
- Practice Tracker
- Draw, Collage ,
Paste

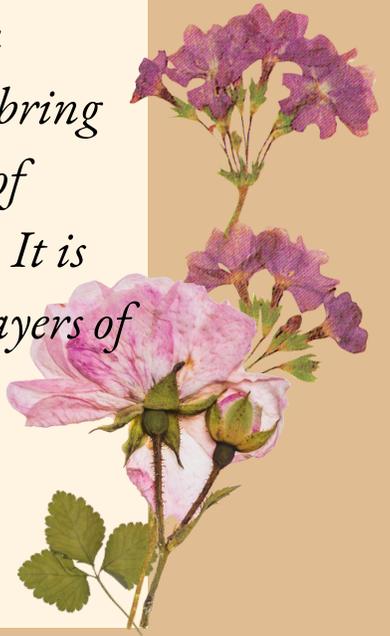


Mosaic piece 1: The Fracture

Theme : Naming the hurt

“Some losses are final and definitive. A death. A separation. A sudden shift that takes something away for what you believed it to be. Grief doesn't just bring pain. It brings a quiet destruction of identity. Grief is not about the loss. It is about what is left behind. When layers of roles are peeled of, only you are left standing”

Neti, Neti - Not this. Not this.



Reflection Prompts



What are three things I'm grateful for today?

1.

2.

3.

What have I lost that changed me forever ?

What version of myself no longer exists ?

What emotions rise when I say " Not this , Not this, Neti , Neti?"

Losing Layers is only a step in finding yourself



Creative Ritual

The crumpled page



📌 Write a letter to yourself. Crumple it. Unfold it. Trace the folds with color or gold pen. Paste it below or insert a photo.



3 day Emotional Weather Log

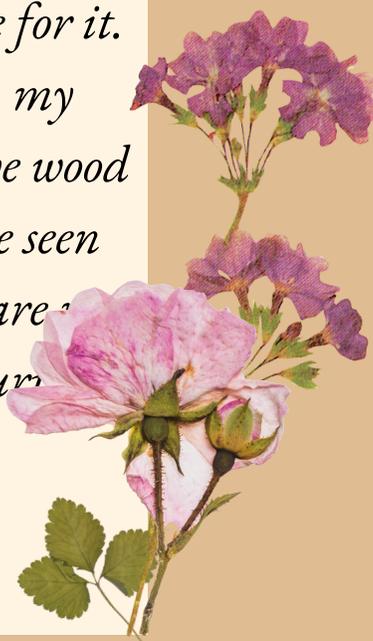
Day	Emotion(s)	Body Sensation	What helped
1			
2			
3			



Mosaic piece 2: The Mirror Shard

Theme : Facing the Inner Voice

“I found 2 old doors in a friend’s place after he renovated. He found no use for it. It sat confused and lost. But then in my home, it became a swing. You see, the wood was always good. It just needed to be seen differently. Just like we all do. We are discarded; we are waiting to be repurposed into something beautiful.”



Reflection Prompts



What are three things I'm grateful for today?

1.

2.

3.

When have I felt discarded or unseen?

What is shame trying to say to me? Whose voice is it really? _

What part of me wants to be reclaimed?

Your worth is defined by your own self



Creative Ritual

Letter from shame

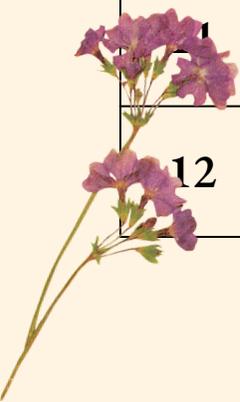


! Write a letter from “Shame” to yourself below . Then write a response to that letter from compassion.



21 day Hooponopono Practice

Day	Prayer: I love you , I am sorry, Please forgive me , Thank you
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	



21 day Hooponopono Practice

Day	Prayer: I love you , I am sorry, Please forgive me , Thank you
13	
14	
15	
16	
17	
18	
19	
20	
21	



Mosaic piece 3: The Shift

Theme : Seeing differently

“In a garden, nothing goes to waste. Compost transforms scraps into nourishment. Broken pieces become mosaics. One day I looked again at a cluttered corner and saw possibility. I turned the chaos into my favorite design. The lesson? What feels broken can be a foundation for something beautiful.”

was a dumping corner... until I looked again.”



Reflection Prompts



What are three things I'm grateful for today?

1.

2.

3.

What if this pain is compost? What might it grow into? _

What tiny beauty did I notice today?

What belief needs reframing?

What you focus on expands



Creative Ritual

The shift jar



Each time you reframe a thought, drop a bead, note, or petal into a jar.

📌 Photograph your jar or describe it here.



5 day Joy tracker

Day	Joyful Moment	Where/How it happened?
1		
2		
3		
4		
5		



Mosaic piece 4: The Craft

Theme : Sacred Routine as Healing

“Before December 2021, I had never drawn a rangoli. But I stuck with it, even when I felt uninspired. Then Rudram began. First 48 days. Then 100. Then 500. No intention, no big ask. Just discipline. That ritual became my anchoring. It wasn’t about faith. It was about showing up. And showing up changed me.”



Reflection Prompts



What are three things I'm grateful for today?

1.

2.

3.

What routines already exist that ground me?

What practice could I treat as sacred and non negotiable ?

What time of day is most nourishing for me?

Discipline is your way to freedom



Creative Ritual

Design your day



Sketch or list your healing or joyful day as a mandala in time blocks. Use symbols or words. 📌 List your activities across 4 blocks. Morning, Noon, Evening, Night.



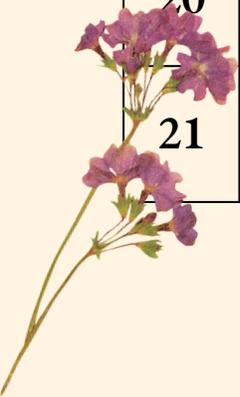
21 day Ritual tracker

Day	Ritual :Completed? Japa/Journal/Walk/ gratitude	Notes : What did you observe?
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		



21 day Ritual tracker

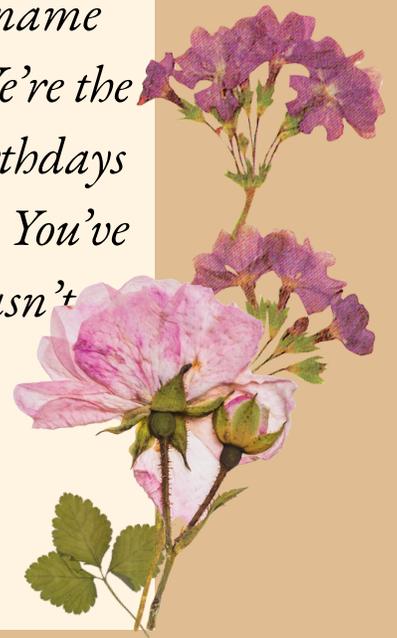
Day	Ritual :Completed? Japa/Journal/Walk/ gratitude	Notes : What did you observe?
11		
12		
13		
14		
15		
16		
17		
18		
19		
20		
21		



Mosaic piece 5: The Becoming

Theme : Living as art

“So I set a table for one—myself. Honestly, it felt grand. We always thank God, parents, gurus, everyone else in the name of humility. But what about us? We’re the ones who walked through it all. Birthdays are a good time to remind yourself: You’ve earned your own celebration.” “I wasn’t waiting to be celebrated. I honored myself.”



Reflection Prompts



What are three things I'm grateful for today?

1.

2.

3.

Who am I today that I couldn't have become without pain?

If joy knocked today, would I open the door?

What part of me is still waiting for permission to bloom?



You are a part of the divine

Creative Ritual

Mosaic Manifesto



Collage or write your “Becoming Board.” What will your life feel like?

📌 Paste / write / draw your Manifesto below:



21 day Self care tracker

Day	Ritual :Completed? Tea/Scent/Prayer	Notes : Mood after?
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		



21 day Ritual tracker

Day	Ritual :Completed? Tea/Scent/Prayer	Notes : Mood after?
11		
12		
13		
14		
15		
16		
17		
18		
19		
20		
21		



Final Blessing

Theme : Mosaic Prayer

*"Let every broken part of me find its place.
Let the gold fill the cracks. Let me be my
own home, my own temple, my own
garden. May I live not as a remnant of
pain, but as a a sacred unfolding in
progress."*

