



TALES OF EVERYDAY JOY

Mosaic *of* Becoming

*A guided workbook for reclamation,
where every broken piece is set in
gold.*

BY ROOPA VITTAL



“You are not broken.
You are *becoming*.”

This mosaic belongs to

Five pieces. One becoming.

A mosaic is made of broken pieces, set with care until they become something whole and beautiful. This workbook does the same with a hard season of your life. Print these pages, gather a pen you love and a little gold, and write by hand, slowly. Move through one piece a week, or follow your own pace. Each piece holds four small things:

The idea a clear truth to begin from, with a small example.

Reflection a few honest questions, with room to write.

A creative ritual something to make, not just think.

A tracker a small practice, kept across days.

THE FIVE PIECES

I The Fracture

Naming the hurt

II The Mirror Shard

Reclaiming your own eyes

III The Shift

Seeing differently

IV The Craft

Sacred routine as healing

V The Becoming

Living as art

I

MOSAIC PIECE I

The Fracture

Naming the hurt.



THE IDEA

Before anything can mend, it has to be named. Loss does not only take things from you, it takes apart who you thought you were. That unmaking feels like the end. It is really the bare ground you will build on.

IN MY LIFE

When grief strips away the roles, the partner, the daughter, the woman you used to be, what is left standing is simply you. We begin there.

REFLECTION

What have I lost that changed me forever?

Which version of myself no longer exists?

Who is the 'me' still standing underneath it all?

The Crumpled Page

Write a letter to yourself, by hand. Crumple it. Then slowly unfold it, and trace every crease with a gold pen. The folds do not ruin the page. They make it yours.

Paste, draw, or write here

3-DAY EMOTIONAL WEATHER LOG

Day 1 _____

Day 2 _____

Day 3 _____

The weather inside you, in a word or two, and one small note.

II

MOSAIC PIECE II

The Mirror Shard

Reclaiming your own eyes.



THE IDEA

Shame says you are damaged, used up, no longer wanted. It is lying. Nothing was ever taken from your worth. You simply stopped seeing it.

Reclaiming yourself is not waiting to be noticed or chosen. It is choosing to look at yourself, with your own clear eyes, again.

IN MY LIFE

Two old doors, thrown out as useless, became the most joyful swing in my home, because I chose to see the good wood that was always there. The seeing was mine to do. So is yours.

REFLECTION

What worth in myself have I stopped seeing?

Whose voice is my shame speaking in, and must I still believe it?

What in me is good wood, that I can choose to see again, without anyone's permission?

What I Choose to See

Write down what you have been waiting for someone else to notice in you, affirm, or give you permission for. Then take each one back. One by one, name it as already true and already yours, in your own hand, out loud if you can. The recognition you were waiting for was always yours to give.

Name what is good and strong in you, in your own words

21-DAY HO’OPONOPONO

“I love you. I’m sorry. Please forgive me. Thank you.”

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21

III

MOSAIC PIECE III

The Shift

Seeing differently.



THE IDEA

The facts of your pain may not change. The way you hold them can. The same loss is either a dead end or compost, depending on whether you are willing to look again.

IN MY LIFE

A cluttered corner of my garden, broken branches, a discarded pipe, became my favourite place to sit. Not in spite of the mess. Because of it.

REFLECTION

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

What small beauty did I notice today?

Which broken pieces of mine might belong together?

The Shift Jar

Keep a small jar nearby. Each time you turn a hard thought into a kinder, truer one, drop in a bead, a petal, or a folded note. Watch it slowly fill, proof, in your own hand, that you are shifting.

Describe or sketch your Shift Jar

5-DAY JOY TRACKER

Day 1 _____

Day 2 _____

Day 3 _____

Day 4 _____

Day 5 _____

One joy, however small, each day.

IV

MOSAIC PIECE IV

The Craft

Sacred routine as healing.



THE IDEA

You do not heal in one grand decision. You heal in small things, repeated. Discipline is not punishment. It is the quiet spine you grow by showing up, even when you do not feel like it.

IN MY LIFE

Five hundred mornings of the same small ritual changed me, not through faith, but simply because I kept showing up.

REFLECTION

What small routines already steady me?

What practice could I treat as sacred?

What might showing up daily, even uninspired, slowly change in me?

Design Your Day

Sketch your day as a mandala, or a simple circle. Place your small sacred things around it, in symbols or words: a walk, a prayer, a cup of tea. Let the shape hold you.

Draw, map, or list your healing day

21-DAY RITUAL TRACKER

Choose one: japa · a walk · gratitude · writing

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21



MOSAIC PIECE V

The Becoming

Living as art.



THE IDEA

Joy is not the absence of hardship. It is the presence of the ordinary, fully felt. The day you stop bracing for the next thing to go wrong, and simply watch the light, is the day you begin to become.

IN MY LIFE

One quiet afternoon I realised the silence was not empty. It was enough. That was the turn.

REFLECTION

Who am I becoming that the pain made possible?

If joy knocked today, would I open the door?

What ordinary moment is already, quietly, enough?

Mosaic Manifesto

Make your Becoming Board. Collage, write, or draw what your life will feel like, not look like, feel like. Let it be unreasonably beautiful.

Paste, write, or draw your Manifesto

DAILY BEAUTY RITUAL LOG, 7 DAYS

Day 1 _____

Day 2 _____

Day 3 _____

Day 4 _____

Day 5 _____

Day 6 _____

Day 7 _____

One beauty you made or noticed each day.



FINAL BLESSING

The 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 masterpiece in progress.

TO CARRY YOU ONWARD

Resources

Healing rituals japa, affirmations, garden work, dance.

Tools 21-day cycles, a small daily tracker, a solitude corner of your own.

More writing talesofeverydayjoy.com

BOOKS THAT MAY WALK BESIDE YOU

When Things Fall Apart · Pema Chödrön

Radical Acceptance · Tara Brach

The Book of Awakening · Mark Nepo



Mosaic of Becoming

*You were never broken. You were a mosaic,
waiting for your own hands to set the
pieces.*

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