


## MANDALA METACOGNITIVE DOODLING

# Mandala Metacognitive Doodling

*No Artistic Talent Required*

**SUPPLIES:**

- Paper
- Pencil & Eraser
- Colored Markers, Crayons, or Pencils
- Something to make a circle with e.g., paper plate, bowl, compass, protractor



CHANGE BY DESIGN  
coaching + consulting

### About

This practice is intended to support you in **daily creative meditation and journaling practice** so that you can tune into your day, week, month, or year with a set of general inquiries.

In the video, I provided what you can do with any inquiry to reflect on where you are spending your time, energy, and focus. Doing an exercise like this can put your life into perspective. As we all know, there are times when we look back at the last few months and think ... **???** **what do I have to show for my time and energy?** **???**

The inquiry I love is "What are the waters I swim in?". This is a creative way of asking ... several questions all in one. A multidimensional inquiry, that helps you describe what your world consists of right now. Your mind may ask any of the next few questions as you doodle.

- Where am I spending my time?
- Is it truly where I want to spend it?
- What are these things making me feel?
- Are there changes I want/need to make? If yes, write about the following:
  - Why are you changing?
  - What will those changes be specifically?
  - Who do I need to share or involve in this change?
  - Where will this change happen if it's location-based?
  - When will this change happen?

Stop, at any time, to write down what your mind is thinking - thoughts may come fast. The more detailed the drawing the more I find myself sensing more responses/answers, but I am not pushing myself to draw a masterpiece. This process has little to do with creating an outcome and is more about connecting with your conscious and subconscious awareness through automaticity (the quality or fact of being performed involuntarily or unconsciously, as a reflex, innate process, or ingrained habit)

## Why do something creative like this?

I will likely be repeating these benefits over and over with each creative practice. These are the core reasons why incorporating a routine metacognitive creative practice like mandala doodling, gardening, dancing, etc. anything that allows you to be in automaticity or theta brain waves.

- Gain a new perspective on stressful situations.
- Build skills to manage stress
- Increasing self-awareness
- Focus on the present
- Reduce negative emotions
- Increase imagination and creativity
- Increase patience and tolerance
- Lower resting heart rate and blood pressure
- Improve sleep quality
- And more ... the benefits are endless.