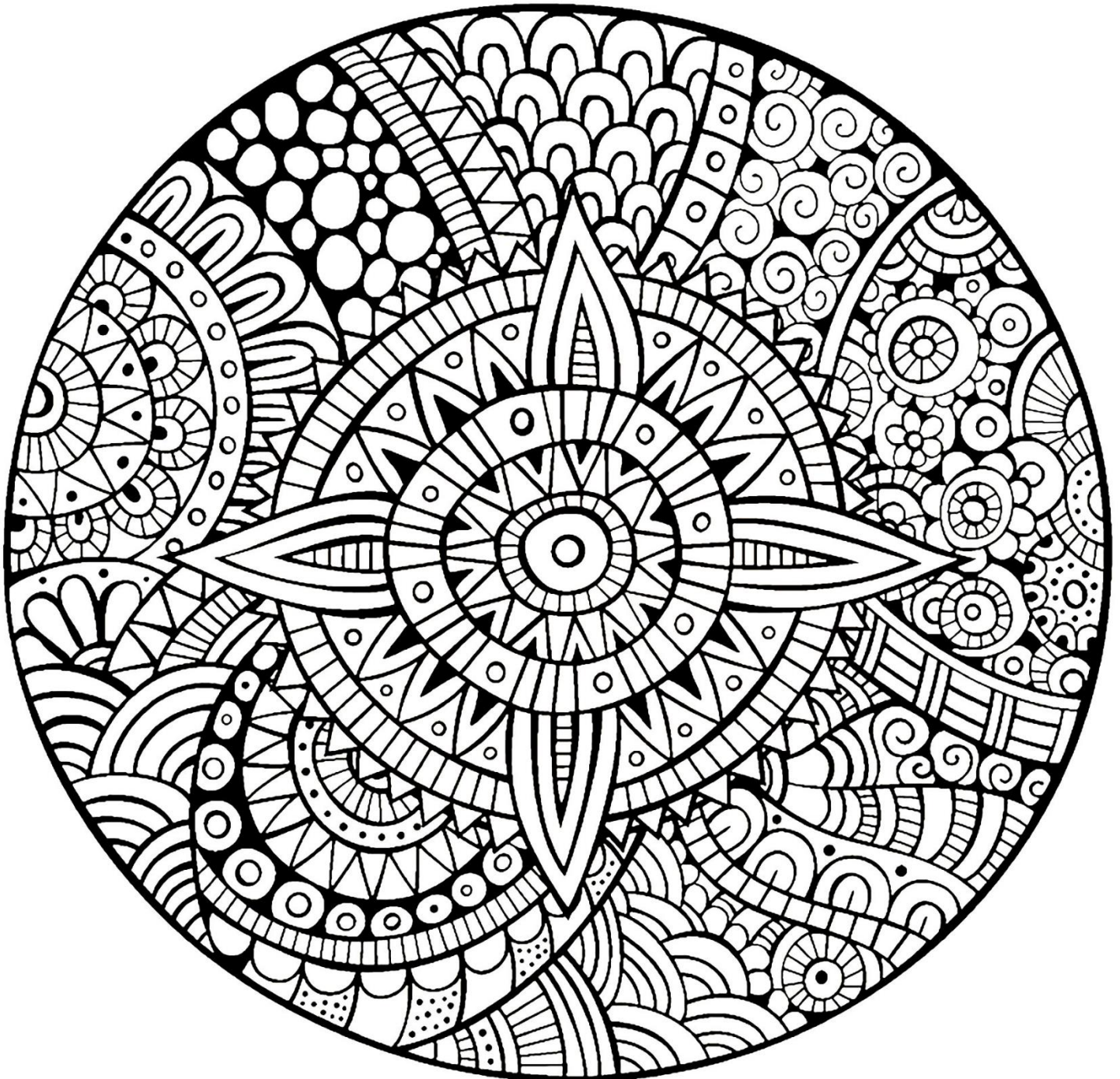


**Mandalas represent the Positive Healing Life Force or Light. It can also represent Divine Presence or perhaps Inner Sacred Wisdom that guides us out of our darkness. What healing wisdom do you need in in your journey right now? What tools do you need? What is your "inner song"? See the list in the back of this page for possibilities. Write your answers below:**

1. **WISDOM I NEED:** \_\_\_\_\_

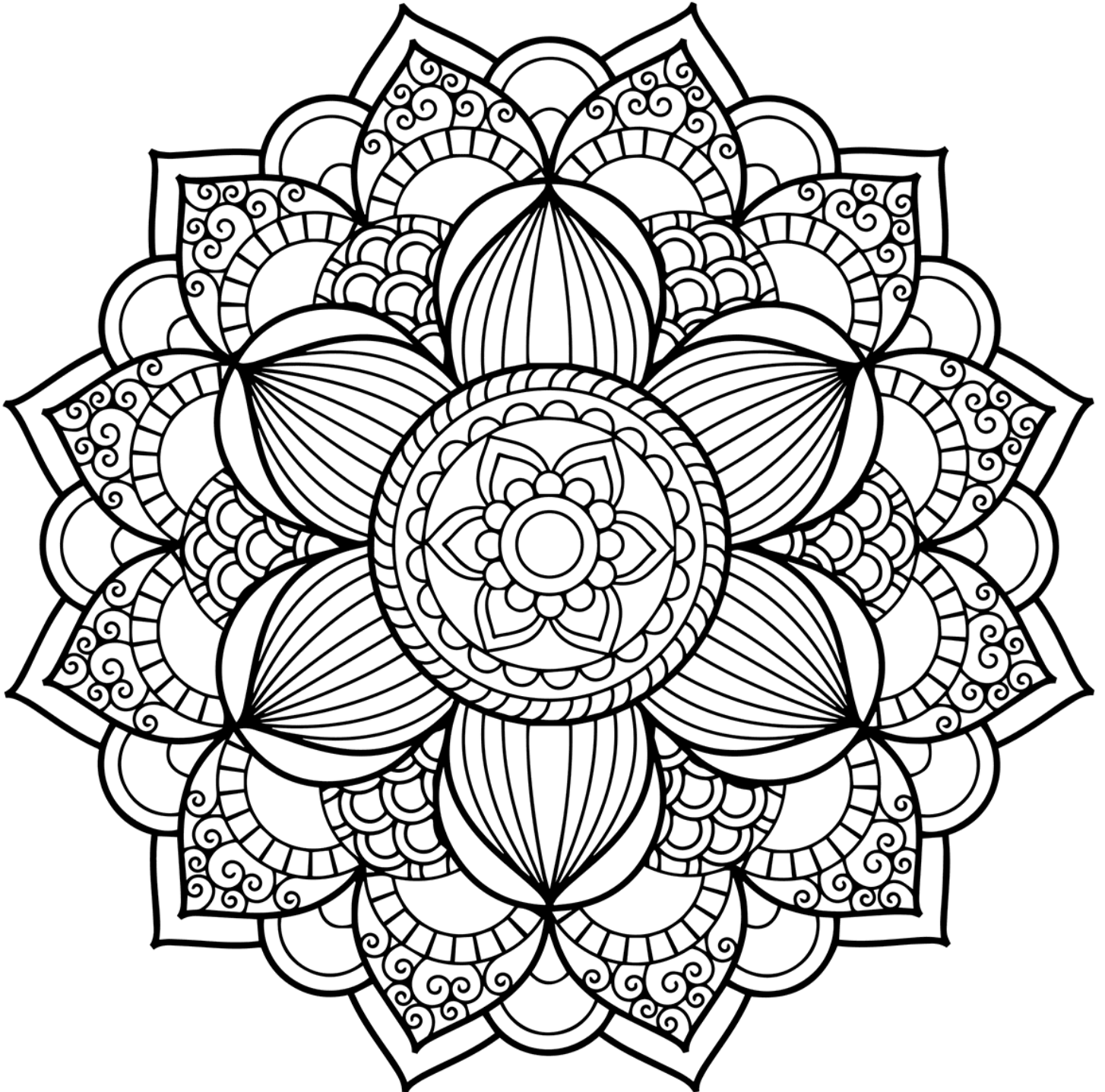
2. **TOOLS I NEED:** \_\_\_\_\_

3. **My "inner song" that I need to reclaim is:**  
\_\_\_\_\_



**Mandalas represent the Positive Healing Life Force or Light. It can also represent Divine Presence or perhaps Inner Sacred Wisdom that guides us out of our darkness. What healing wisdom do you need in in your journey right now? What tools do you need? What is your "inner song"? See the list in the back of this page for possibilities. Write your answers below:**

1. **WISDOM I NEED:** \_\_\_\_\_
2. **TOOLS I NEED:** \_\_\_\_\_
3. **My "inner song" that I need to reclaim is:**  
\_\_\_\_\_

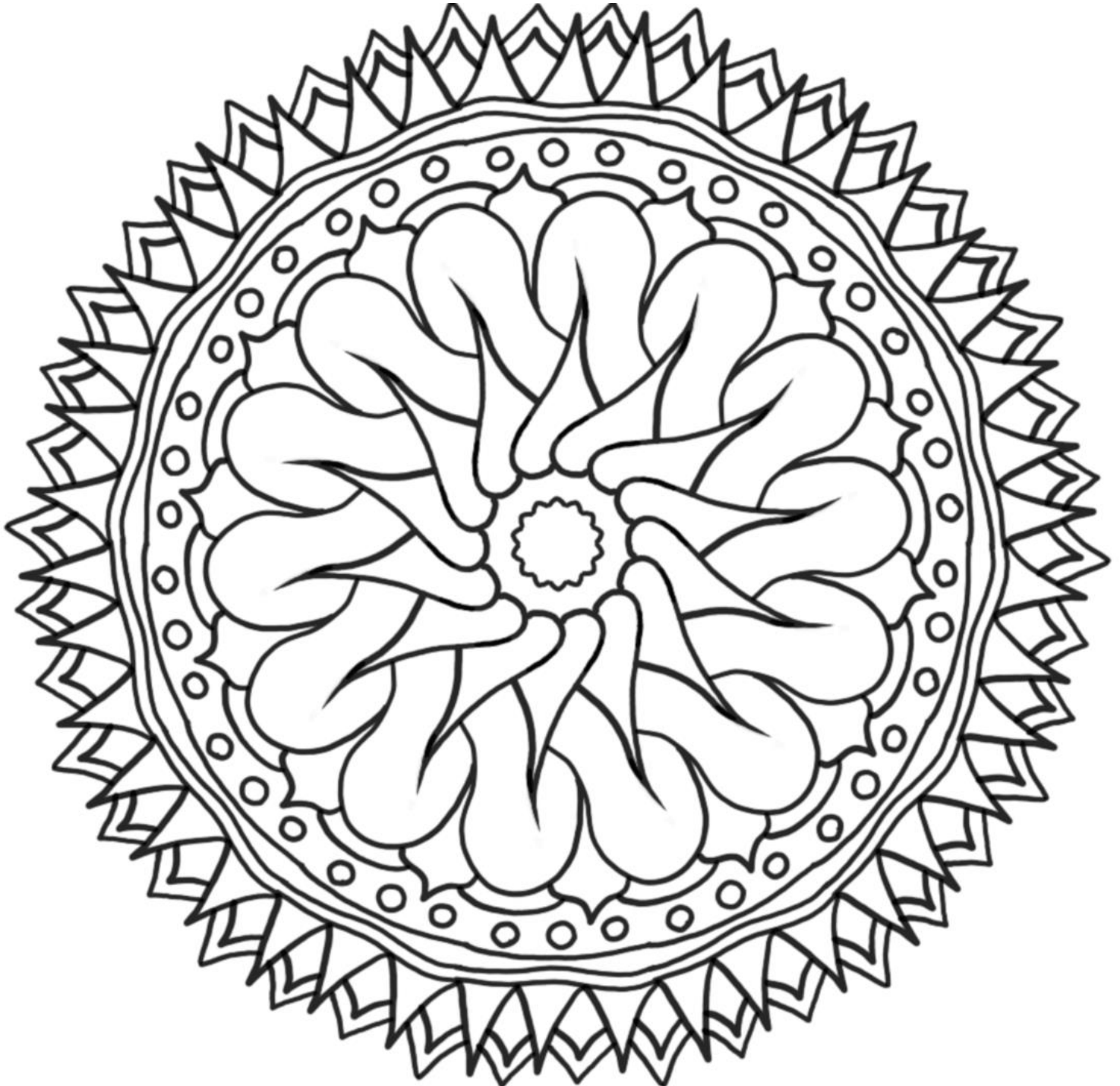


**Mandalas represent the Positive Healing Life Force or Light. It can also represent Divine Presence or perhaps Inner Sacred Wisdom that guides us out of our darkness. What healing wisdom do you need in in your journey right now? What tools do you need? What is your "inner song"? See the list in the back of this page for possibilities. Write your answers below:**

1. **WISDOM I NEED:** \_\_\_\_\_

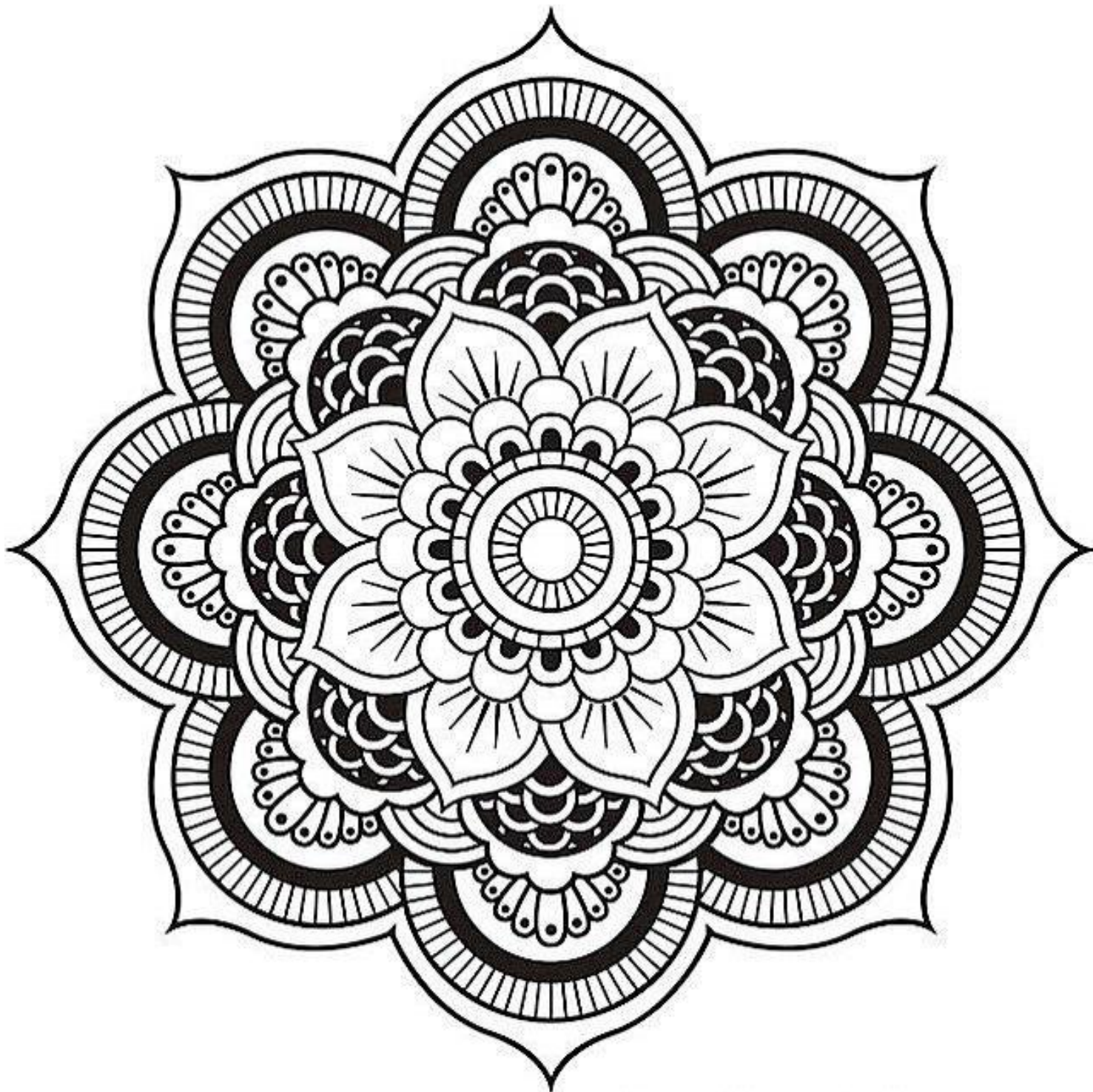
2. **TOOLS I NEED:** \_\_\_\_\_

3. **My "inner song" that I need to reclaim is:**  
\_\_\_\_\_



**Mandalas represent the Positive Healing Life Force or Light. It can also represent Divine Presence or perhaps Inner Sacred Wisdom that guides us out of our darkness. What healing wisdom do you need in in your journey right now? What tools do you need? What is your "inner song"? See the list in the back of this page for possibilities. Write your answers below:**

1. **WISDOM I NEED:** \_\_\_\_\_
2. **TOOLS I NEED:** \_\_\_\_\_
3. **My "inner song" that I need to reclaim is:**  
\_\_\_\_\_



**Mandalas represent the Positive Healing Life Force or Light. It can also represent Divine Presence or perhaps Inner Sacred Wisdom that guides us out of our darkness. What healing wisdom do you need in in your journey right now? What tools do you need? What is your "inner song"? See the list in the back of this page for possibilities. Write your answers below:**

1. **WISDOM I NEED:** \_\_\_\_\_

2. **TOOLS I NEED:** \_\_\_\_\_

3. **My "inner song" that I need to reclaim is:**  
\_\_\_\_\_



**Mandalas represent the Positive Healing Life Force or Light. It can also represent Divine Presence or perhaps Inner Sacred Wisdom that guides us out of our darkness. What healing wisdom do you need in in your journey right now? What tools do you need? What is your "inner song"? See the list in the back of this page for possibilities. Write your answers below:**

1. **WISDOM I NEED:** \_\_\_\_\_

2. **TOOLS I NEED:** \_\_\_\_\_

3. **My "inner song" that I need to reclaim is:**  
\_\_\_\_\_

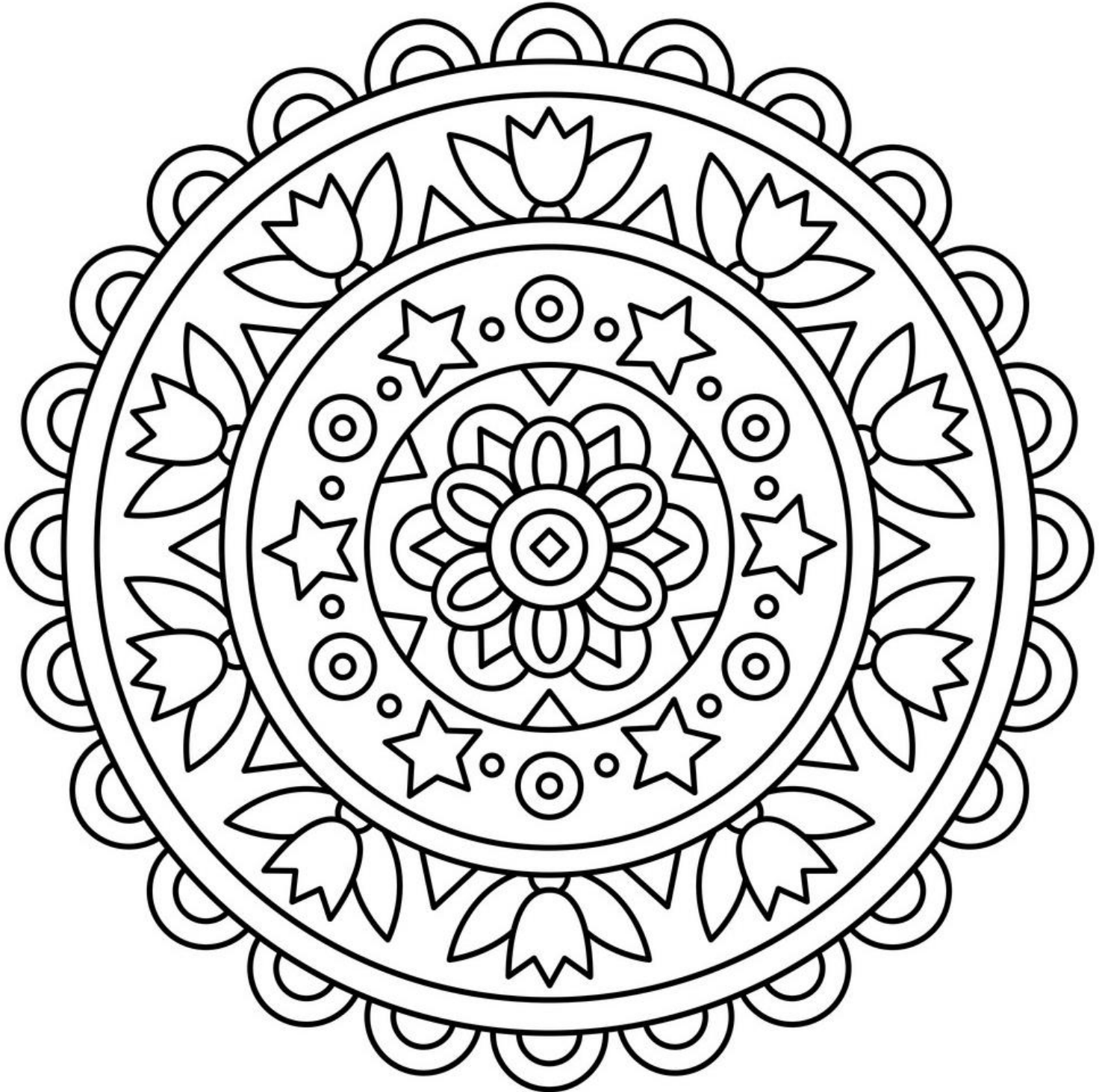


**Mandalas represent the Positive Healing Life Force or Light. It can also represent Divine Presence or perhaps Inner Sacred Wisdom that guides us out of our darkness. What healing wisdom do you need in in your journey right now? What tools do you need? What is your "inner song"? See the list in the back of this page for possibilities. Write your answers below:**

1. **WISDOM I NEED:** \_\_\_\_\_

2. **TOOLS I NEED:** \_\_\_\_\_

3. **My "inner song" that I need to reclaim is:**  
\_\_\_\_\_



**Mandalas represent the Positive Healing Life Force or Light. It can also represent Divine Presence or perhaps Inner Sacred Wisdom that guides us out of our darkness. What healing wisdom do you need in in your journey right now? What tools do you need? What is your "inner song"? See the list in the back of this page for possibilities. Write your answers below:**

1. **WISDOM I NEED:** \_\_\_\_\_

2. **TOOLS I NEED:** \_\_\_\_\_

3. **My "inner song" that I need to reclaim is:**

\_\_\_\_\_





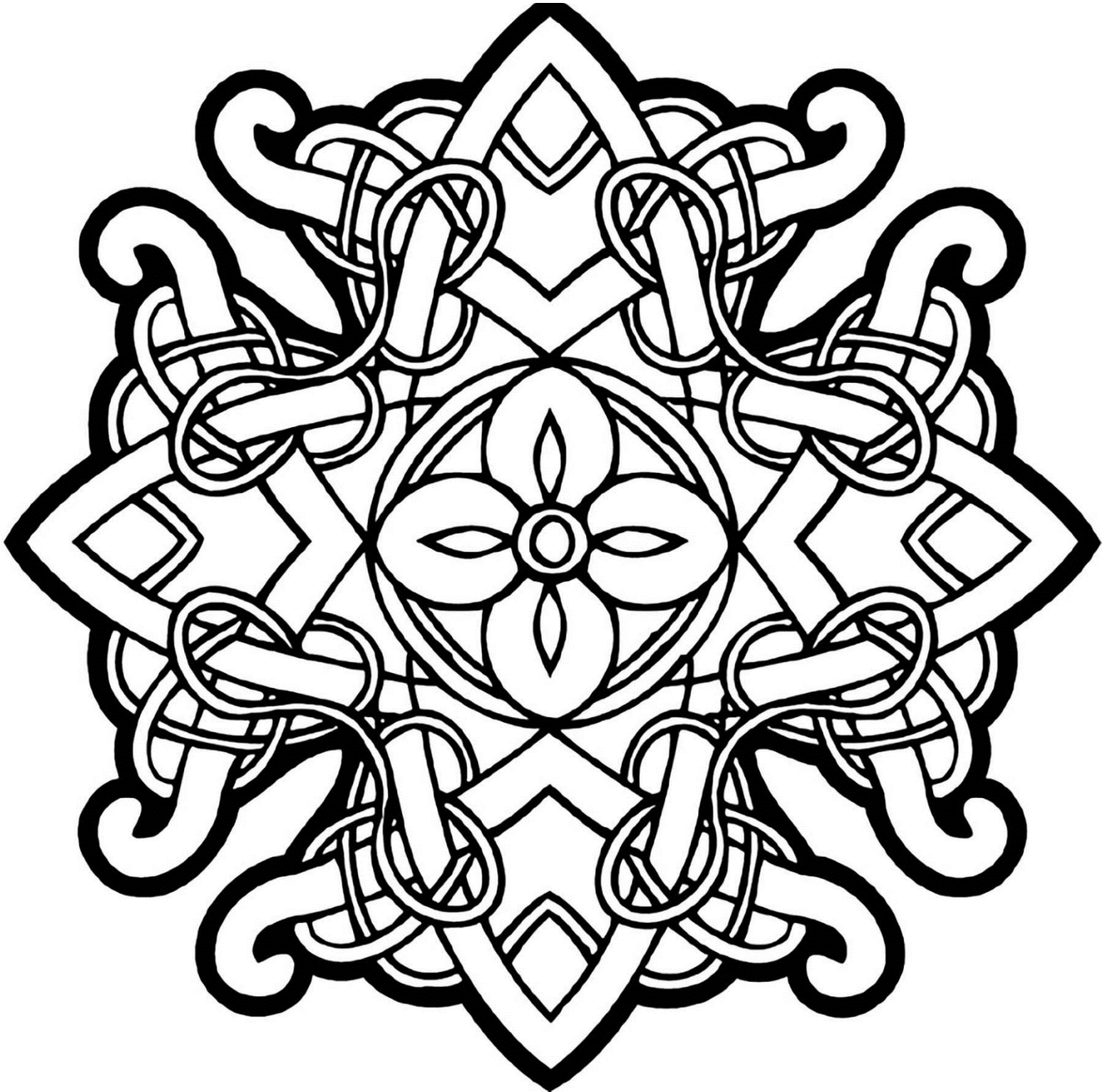
**Mandalas represent the Positive Healing Life Force or Light. It can also represent Divine Presence or perhaps Inner Sacred Wisdom that guides us out of our darkness. What healing wisdom do you need in in your journey right now? What tools do you need? What is your "inner song"? See the list in the back of this page for possibilities. Write your answers below:**

1. **WISDOM I NEED:** \_\_\_\_\_

2. **TOOLS I NEED:** \_\_\_\_\_

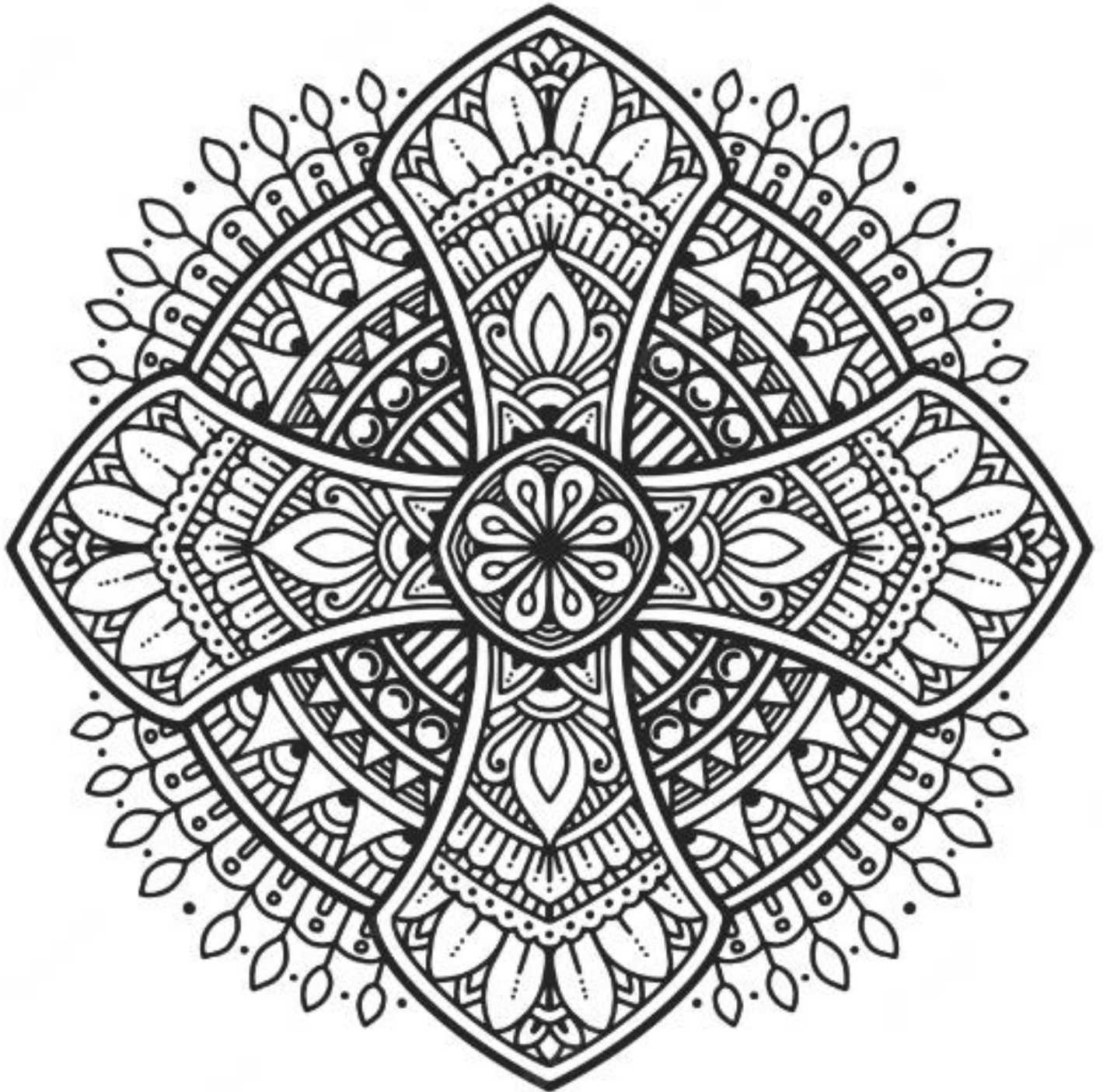
3. **My "inner song" that I need to reclaim is:**

\_\_\_\_\_



**Mandalas represent the Positive Healing Life Force or Light. It can also represent Divine Presence or perhaps Inner Sacred Wisdom that guides us out of our darkness. What healing wisdom do you need in in your journey right now? What tools do you need? What is your "inner song"? See the list in the back of this page for possibilities. Write your answers below:**

1. **WISDOM I NEED:** \_\_\_\_\_
2. **TOOLS I NEED:** \_\_\_\_\_
3. **My "inner song" that I need to reclaim is:**  
\_\_\_\_\_



**Mandalas represent the Positive Healing Life Force or Light. It can also represent Divine Presence or perhaps Inner Sacred Wisdom that guides us out of our darkness. What healing wisdom do you need in in your journey right now? What tools do you need? What is your "inner song"? See the list in the back of this page for possibilities. Write your answers below:**

1. **WISDOM I NEED:** \_\_\_\_\_

2. **TOOLS I NEED:** \_\_\_\_\_

3. **My "inner song" that I need to reclaim is:**  
\_\_\_\_\_



**Mandalas represent the Positive Healing Life Force or Light. It can also represent Divine Presence or perhaps Inner Sacred Wisdom that guides us out of our darkness. What healing wisdom do you need in in your journey right now? What tools do you need? What is your "inner song"? See the list in the back of this page for possibilities. Write your answers below:**

1. **WISDOM I NEED:** \_\_\_\_\_

2. **TOOLS I NEED:** \_\_\_\_\_

3. **My "inner song" that I need to reclaim is:**



# INNER SONG, WISDOM & TOOLS

## WISDOM I MIGHT NEED

that will lead me out of the darkness

towards the light.

Purpose / Goal / Direction

Vision

Mentor / Community Support / Guidance

Friendship / Companionship

Patience

Gratitude / Grace / Thankfulness

Hope

Recognition

Good communication

Cooperation

Kindness

Belonging

Appreciation

Acceptance

Connection

Respect

Nurture

Authenticity

Honesty

Creativity

Transparency

Commitment

Rest and Sleep

Solitude

Peace

Resilience / Perseverance

Mutuality

Laughter / Joy / Fun

Play

Presence

Freedom

Inspiration

Choice / Autonomy

Space

Meaning

Awareness

Tenderness

Inclusion

Learning & Growth

Self-Respect

Healing

Vision / Dreams

To Grieve

Love

Consideration

Empathy

Community

Understanding

Trust

Support

Stability

Safety

Exercise

Financial Security: Shelter, Food, Etcetera

### INNER SONG

Your "inner song" is your sacred vocation connected with your true, authentic self that is connected with Life. Here are possibilities:

THE PROTECTOR, THE TEACHER/GUIDE, THE NOURISHER/NURTURR, THE GIVER-OF-JOY, THE PEACEMAKER, THE-ONE-WHO-GIVES-HOPE, THE MUSIC-MAKER, THE DANCER, THE SEARCHER/ADVENTURER, THE HEALER, THE FIXER/BUILDER, THE ARTIST, (etcetera)



THE TOOLBOX PROJECT

### The 12 Tools

*Tools for Learning • Tools for Life*



#### Breathing Tool

*I calm myself and check-in.*



#### Listening Tool

*I listen with my ears, eyes, and heart.*



#### Personal Space Tool

*I have a right to my space and so do you.*



#### Garbage Can Tool

*I let the little things go.*



#### Please & Thank You Tool

*I treat others with kindness and appreciation.*



#### Patience Tool

*I am strong enough to wait.*



#### Quiet/Safe Place Tool

*I remember my quiet/safe place.*



#### Empathy Tool

*I care for others. I care for myself.*



#### Using Our Words Tool

*I ask for what I want and need.*



#### Taking Time Tool

*I use time wisely.*



#### Apology & Forgiveness Tool

*I admit my mistakes and work to forgive yours.*



#### Courage Tool

*I have the courage to do the "right" thing.*

rev. 3-6-13