



Creating Covenant Mandala

Instructions:

In this personal meditative activity, you will map out your various circles of belonging and your covenants and commitments to them.

- 1) In the inside of each circle, write the name of a community you belong to.
- 2) In the middle circle, add the commitments you make to this community
- 3) On the outer circle, note why you are grateful to this community.
- 4) Color and decorate the design elements according to your taste.