

Painting your Soul:

Thinking about what we are feeling is often a difficult task, especially when it comes to tying our emotions to our actions.

Imagine yourself as a paper doll that needs to be colored in.

- ✗ What color would you use for your head (ability to think) and why?

- ✗ What color would you use for your heart (ability to feel) and why?

- ✗ What color would you use for your arms (ability to love) and why?

- ✗ What color would you use for your legs (ability to move forward) and why?

On a sheet of white paper, draw yourself as a paper doll. Fill in the places with the colors you have chosen. Let the colors guide you and color how you feel. Maybe there are arrows or question marks, etc....