



Create your own Soul Sanctuary 12-day journey

Grab a cup of tea, light a candle, play some soft music, burn some incense, and dive in.

1. What is your Soul Sanctuary intention?
2. What does the word sacred mean to you?
3. What types of things, places, experiences, people, etc., do you regard as sacred?
4. Who and what inspires you? (places, people, experiences, etc.)
5. Who and what do you love? (think about everything from the types of clothing / fabrics you wear, places you enjoy visiting, how you like to connect with people, how do you enjoy spending your time, etc.)