



REGENERATION

# Sanctuary

»»» PLAYBOOK

CREATE YOUR PERSONAL SANCTUARY  
AND GET YOUR LIFE-FORCE BACK



# » Welcome to your Sanctuary «

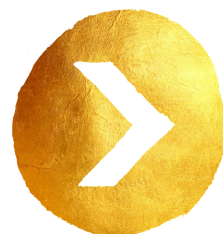
**Hello Gorgeous!**

This playbook has been designed to help you create a safe space to explore your emotions. To transition from one phase of your life to the next.

**It's not a magic pill and there is no one path - that's ok, this playbook is unique as you make it. Dip in and out when you choose, switch things up. If a word or emotion doesn't work for you CHANGE IT!**

One important note, the aim of this playbook is not to heal, it's to connect you with your emotions effectively rather than suppressing them  
- which is sooo not healthy for you.

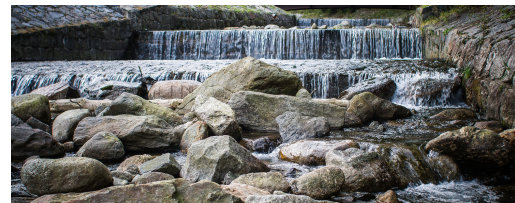
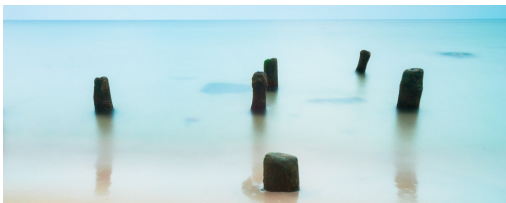
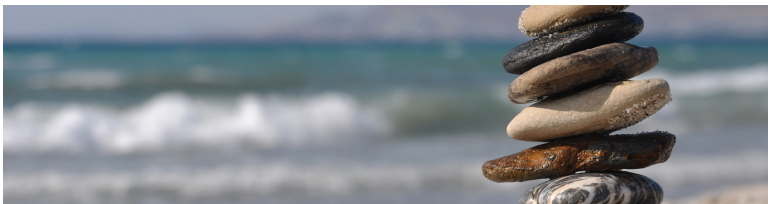
**Press play let's get started.**



**WHEN YOU SEE THIS SYMBOL,  
THERE'S AN AUDIO FOR YOU.**

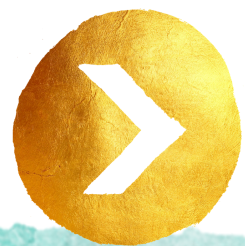
# Building your Sanctuary ESSENTIALS

There are a couple of tools you need to build a sanctuary - you can, of course, build a pillow fort, but that isn't always practical - these are like your medicine bag, available at any time, anywhere.



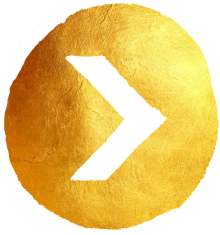
## XANAX BREATH

A simple breathing technique where the exhale is longer than the inhale. This helps to slow down your mind.





# GOLDEN LIGHT VISUALISATION



DON'T FORGET  
PRESS PLAY

A quick breathwork exercise to empower and refresh no-matter what is going on!

**And finally, a journal. Keeping your emotions and thoughts locked in your mind has a similar effect to suppressing them. Writing them down allows you to review and reflect effectively and means you are less likely to bottle them up.**

You can choose a physical journal or do it digitally, whatever works for you. Me? I prefer paper, but it is your call.



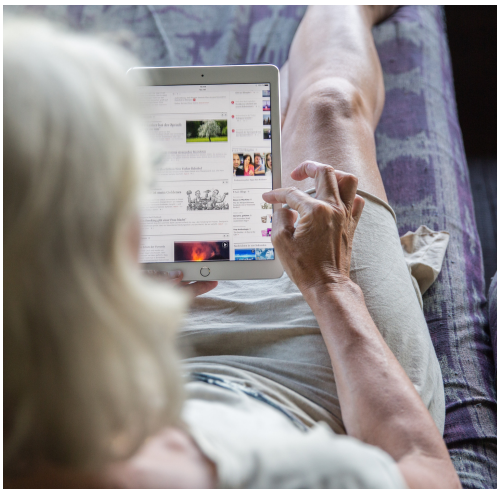


# Building your Sanctuary

## HOW TO...

You can create a physical sanctuary - a quiet room, maybe some candles and a blanket.

However, this is not the only way to create a sanctuary. Really, it's finding a quiet space so you can gain clarity.



A mental sanctuary is super simple. That is where the breathing comes in, helping you to slow your mind and ignore the everyday chatter, so no matter where you are, you can reconnect.



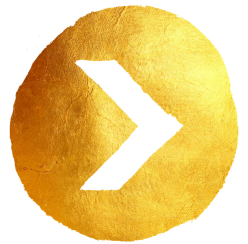
# Journaling

CONNECTING WITH  
YOUR EMOTIONS

"But I don't have time"....

Actually, you do. I was the BIGGEST sceptic of all, I would NOT journal. Until I paid £500 for a class where journaling played a huge part.

**Journaling allows you to really connect with your emotions and feelings, but it goes further than that, you can understand and explore them. This allows you to connect and accept them (more on this later!)**



**WANT MORE?  
HIT PLAY!**



**THE BIG WHY**



Journaling is at the heart of your sanctuary, it is the place where emotions and feelings are transformed.

**The breathwork and visualisation allow you to calm your mind and connect to your sanctuary. You could make it a morning or evening ritual if you like.**



For this to work, you have to show up for yourself. It's no good sitting there thinking you can do it all in your mind - IT DOESN'T WORK (voice of experience over here!)

**You will find you are triggered by things, you will connect with intense emotions. keep asking them questions:**

**This makes me feel...  
Why do I**

Trust yourself when you answer. You cannot get this wrong unless the answer is 'I don't know'. If that happens, take a breath and ask again.

Also, don't be afraid to gain additional support. I have been to therapy, taken meds all at the same time as using these techniques. Your sanctuary should be used in conjunction, not as a standalone.

**I wanted to introduce two types of journalling, basic prompt focused and bullet journalling. Both work, it's simply a case of using the one that appeals/works for you**

»» You choose ««

JOURNALLING  
PROMPTS

BULLET  
JOURNALLING



# USE THESE PROMPTS TO START YOUR JOURNALLING

- **When I'm \*really\* honest with myself, I want to...**
- I can't do that because...
- **When I'm in pain — physical or emotional — the kindest thing I can do for myself is...**
- I really wish others knew this about me...
- **If my body could talk, it would say...**
- Name a compassionate way you've supported a friend recently. Then write down how you can do the same for yourself.
- **What always brings tears to your eyes? (As Paulo Coelho has said, "Tears are words that need to be written.")**
- I am...
- **Using 10 words, describe yourself.**
- Three things that my 'best self' would do that I'm currently not are...
- **What can you learn from your biggest mistakes?**
- I feel most energised when...
- **If I eat when I'm not physically hungry, it's because...**
- Write the words you need to hear.



**Journaling can bring up feelings and memories that make us feel crap. You may come across things that really trigger you. That's ok, There are tools you can use to help.**



THIS IS A DEEP SESSION WHICH WILL TRIGGER BIG  
STUFF. TAKE YOUR TIME AND WORK THROUGH THE  
»»» FULL PROCESS «««

How has this trauma or issue influenced other aspects of your  
life: work, family, personal relationships, living situation?

In what ways has this emotional upheaval made you more  
vulnerable, and in what ways has it make you less vulnerable?



What have you learned by going through this trauma that now affects the way you make decisions? Write about positive decisions you've made or believe you will make as a result of what you went through.

USE THIS SPACE TO DOODLE!



Write a letter to your past self—the self that went through the loss or trauma—from your today self. What would you say to comfort them? What advice would you give? Offer your past self the acceptance and love they need.



Write about the event in the third person, as though it happened to someone else. Change the location and, if possible, the gender. After you've described the event and its effects on the person, read your story aloud. How does reading and hearing about the event as though it happened to someone else change your perspective?



If you've suffered as a result of someone else's actions, write about the event from their perspective. What was their background and what was going on in their life at the time? What does forgiving another person mean, and what would it take for you to forgive them?



**Write for twenty minutes, beginning with, "If that hadn't happened, I ..." let whatever comes up, come up, write about it.**

# Bullet JOURNALLING

**Bullet Journaling is a rapid tracking method. It sounds more complex than it is. The awesome thing here is you can record and track anything, make it complex or simple. This is really handy when you are going through a transitional period or working on developing a habit.**

It provides a little more structure to your process - which can be useful if you are scatterbrained like me! Here are two of my favourite guides to get you started.

**WTF IS A BULLET  
JOURNAL?!**

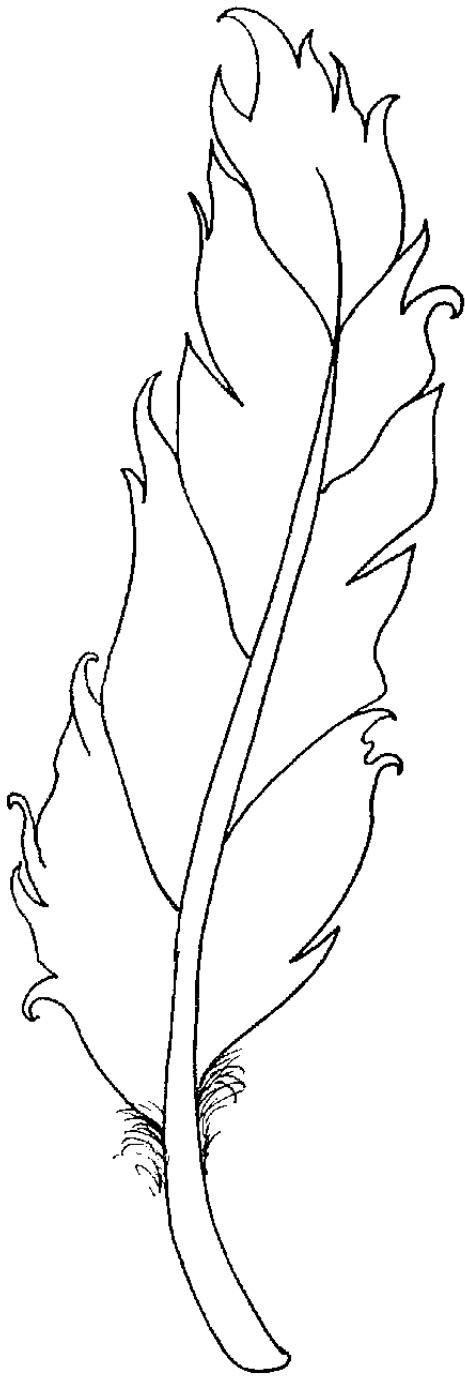
**I like to make my tracking pretty, so I have included some of my trackers on the following pages. I prefer to use colours rather than bullets or symbols.**

Pop them in your journal and develop a new habit or just track those little wins (like leaving the house or making it to work). It doesn't need to be extravagant.

**BULLET  
JOURNAL 101**

**The final grid tracker is more traditional and you pop the activity in the top row and your chosen symbol in the box for that day.**





# Feather

EMOTIONS TRACKER

COLOUR 1 SECTION  
EACH DAY

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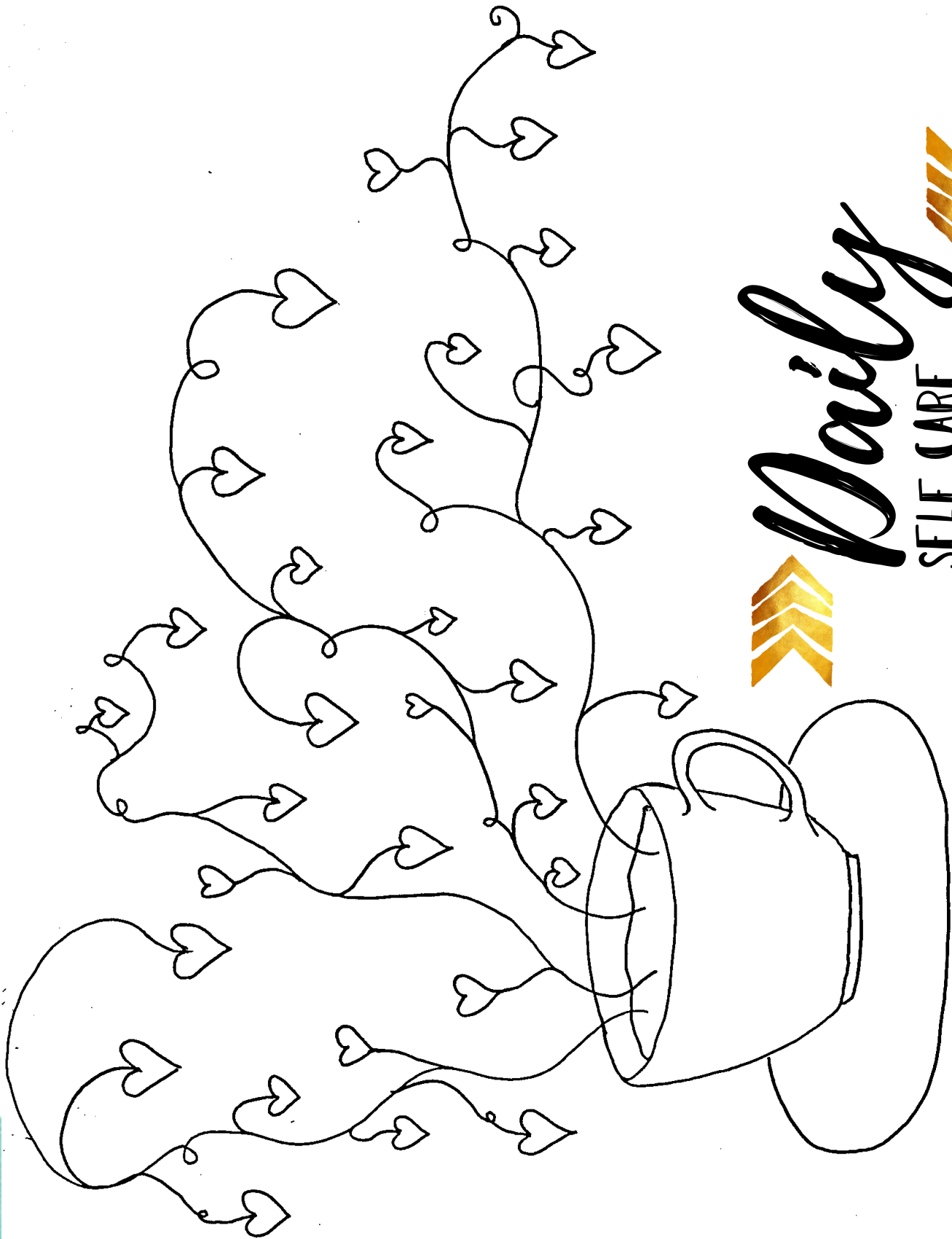
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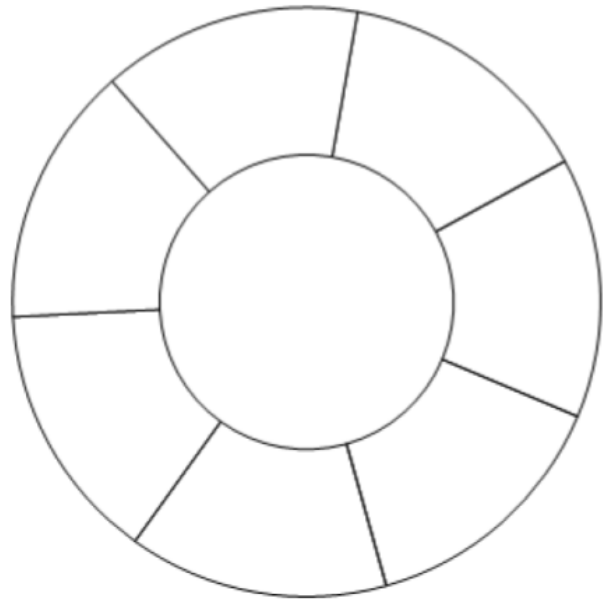
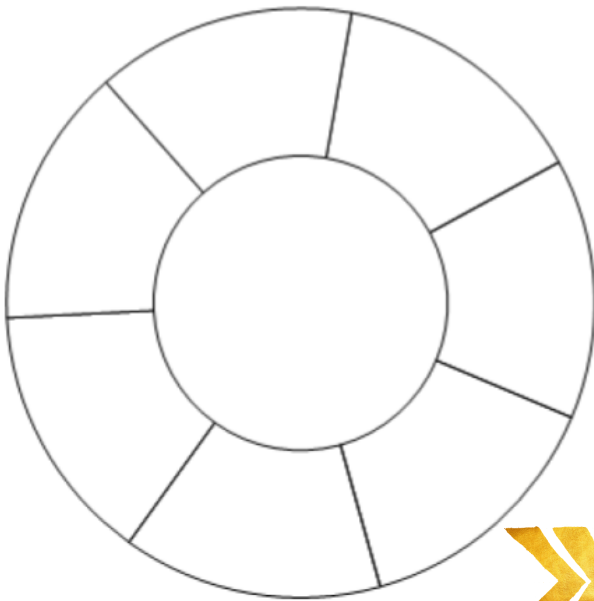
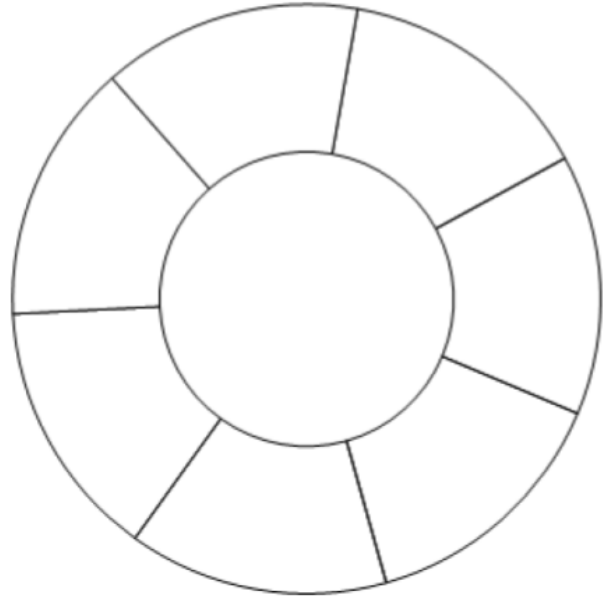
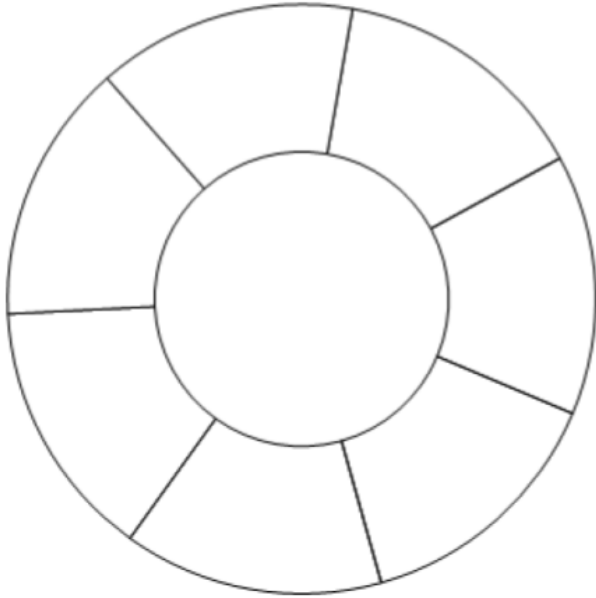
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# Daily

SELF CARE



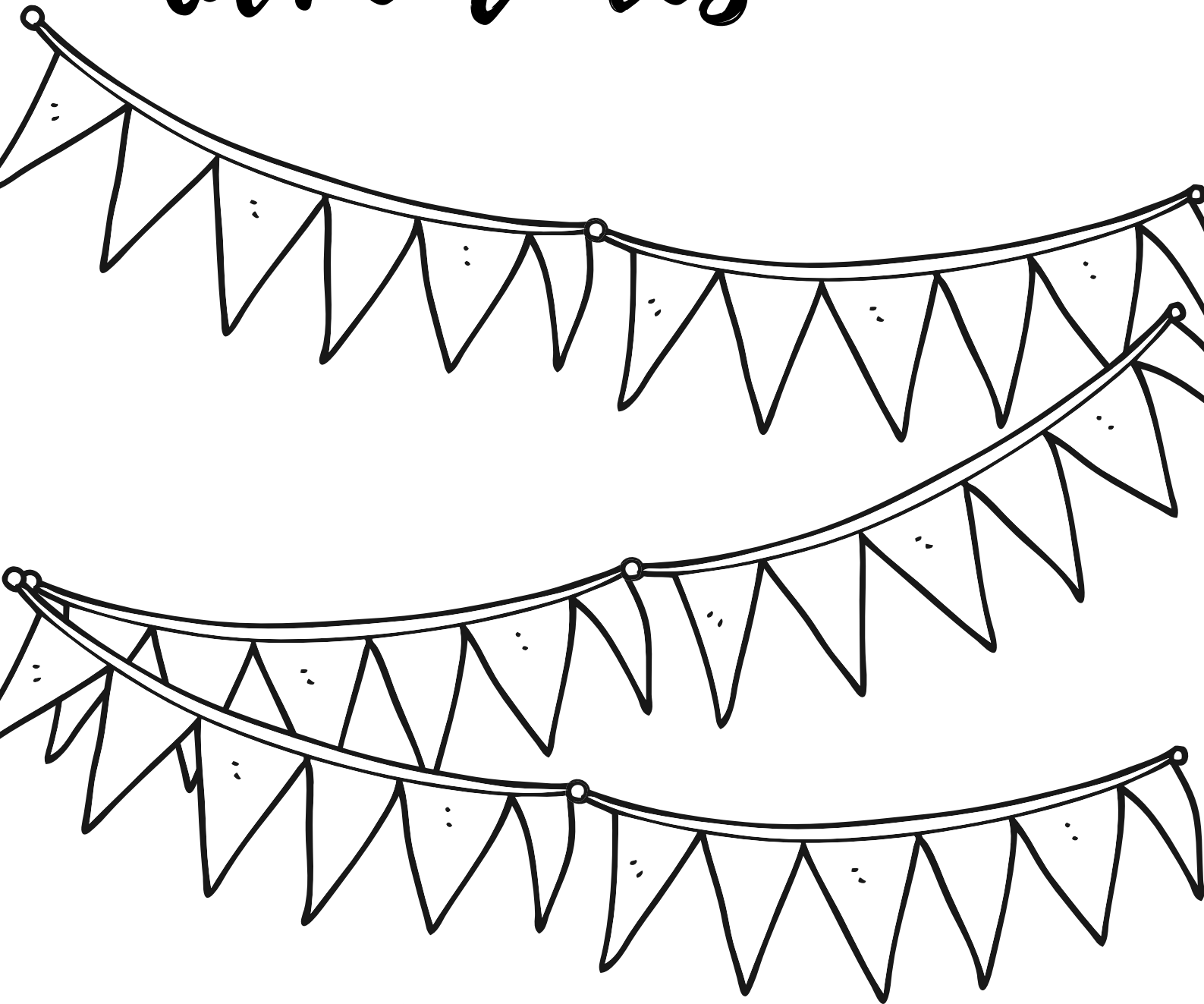


# Small VICTORIES



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# TINY Adventures



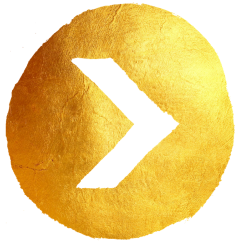


Inky Paws Art

(c) 2017

# Self Care

CHECK-IN



I love this exercise! It really helps you to pinpoint what you need.

ACTIONS...

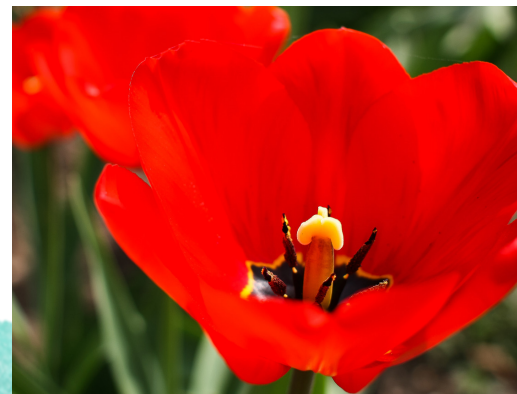
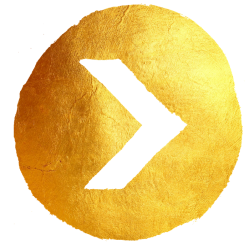




# Accepting YOUR EMOTIONS



The last part of creating our sanctuary is to accept these emotions are real and you are experiencing them. There is something incredibly powerful about this and it allows you to transform those emotions into something beautiful. Acceptance doesn't mean to enjoy or that you have to like them. It simply means acknowledging you are aware of their presence in your life.





# »» YOUR NOTES AND DOODLES ««





# »» YOUR NOTES AND DOODLES ««



# »» YOUR NOTES AND DOODLES ««



# »» About Inky Paws ««



HELLO!

I'M JENNY



Inky Paws is my journey of discovery, self care, giving you permission to move forward in your life.

**I have used art on many occasions to support my personal development and healing. I want to help you achieve the same, releasing old fears and issues to give you the freedom you deserve.**

I've suffered more bereavements than I care to admit (I'm 31 at the time of writing, in the last 10 years, I've lost 7 close family members). I know first hand how painful loss can be, I've experienced so many emotions, no two bereavements have been the same. Over the years, I have reflected on my experiences and learnt a huge amount. I've observed family and friends reactions, experienced them first hand and in some cases, suffered for it.

**I know there is no simple, cookie cutter approach to grief, but with a little help, the process can be easier than it might otherwise be. This playbook is based on my experiences, the things that were BIG for me and if I had been aware of these things, I would have had an easier journey.**

You can find me at [www.inkypawsart.com](http://www.inkypawsart.com) where I teach stuck souls how to heal using creativity.



(c) 2017

# Resources



EFT TAPPING - KAI ASHLEY



JOURNALLING PROMPTS



BULLET JOURNALLING



HEAL YOURSELF WITH WRITING



HOW WRITING HEALS WOUNDS



WRITING TO HEAL: A GUIDED JOURNAL FOR  
RECOVERING FROM TRAUMA & EMOTIONAL UPHEAVAL



SETTING UP A BULLET JOURNAL

## Disclaimer

This document offers health, fitness and nutritional information and is designed for educational purposes only. You should not rely on this information as a substitute for, nor does it replace, professional medical advice, diagnosis, or treatment. It is based solely on the author's experiences and should not be used as an alternative to medical or professional advice.