The Inner Canvas

A Guided Creative Awakening for Women in Midlife and Beyond



Maryam N. Sardari, MA, ATR
Certified Life Coach
The Insight Whisperer

Phase 3: Reimagining the Future

Week 12: Celebration and Reflection

THEME: Honoring the Journey + Claiming Your Growth

[Grounding Practice]

- Sit tall with hands in lap.

- Inhale: "I honor the path I've walked."

- Visualize walking a spiral, returning home to your truth.

[Journaling Prompts]

- What surprised me most during this journey?

- What parts of myself have I released?

- What truths or strengths have emerged?

- What new beliefs do I now carry?

- What does wholeness feel like to me?

Optional: Write a letter from your highest self to you.

[Art Directive - Soul Mirror / "I Am" Page]

MATERIALS: Paper, mirror material, paint, photo, collage items

INSTRUCTIONS:

1. Create a piece that reflects your inner self.

2. Use colors, symbols, or personal images.

3. Add affirmations (e.g., "I am wise. I am whole.")

4. Celebrate your journey through this expressive reflection.

[Reflection Prompts]

- What does this piece reveal to me?

- How far have I come?

- How can I continue nurturing this self?

[Closing Ceremony]

- Light a candle. Surround yourself with your artwork.

- Place your hand over each piece and say: "Thank you."

- Whisper: "I am here. I am whole. I am ready."

- Breathe and close the journey with deep love.

[Optional Enhancements]

- Music: Empowering or emotional tracks

- Crystals: Amethyst or rose quartz

- Scents: Vanilla, rose, sandalwood

- Bonus: Host an art show of your creations, solo or with others