The Inner Canvas

A Guided Creative Awakening for Women in Midlife and Beyond



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Phase 3: Reimagining the Future

Week 10: Crafting New Narratives

THEME: Visioning the Future + Writing a Story That Aligns

[Grounding Practice]

- Sit with your eyes closed, visualizing a blank book.

- Say: "I choose the story I tell about my life."

[Journaling Prompts]

- What limiting narratives or labels no longer serve me?

- What story do I want to retire, rewrite, or reclaim?

- What themes guide my new story?

- What does my future self believe about her life?

- What does the next chapter of my life feel like?

Optional: Write a letter from your future self to your present self.

[Art Directive - Future Self Collage]

MATERIALS: Magazines, scissors, glue, paint, canvas or journal page

INSTRUCTIONS:

1. Choose affirmations for your next chapter.

2. Collect images and words that reflect your vision.

3. Arrange with intention-this is your life story in symbols.

4. Add handwriting, drawing, and detail.

[Reflection Prompts]

- What story does my art tell?

- What surprised me about what I created?

- What truth do I now feel ready to live?

[Closing Ritual]

- Light a candle and say: "I claim this new story."

- Place your collage somewhere visible or sacred.

[Optional Enhancements]

- Music: Cinematic or empowering tracks

- Crystals: Fluorite or aquamarine

- Scents: Mint, sandalwood, bergamot

- Bonus: Read your future-self letter aloud and record it for yourself