# The Inner Canvas

## A Guided Creative Awakening for Women in Midlife and Beyond



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## Phase 3: Reimagining the Future

## Week 11: Building a Personal Empowerment Plan

THEME: Mapping Goals, Boundaries & Support with Heart

[Grounding Practice]

- Sit with feet flat on the floor.

- Breathe and say: "I am the creator of my life."

- Visualize a clear, empowered path unfolding in front of you.

[Journaling Prompts]

- What are my top 3 goals or dreams?

- What habits will support these?

- What boundaries protect my energy?

- Who or what supports me?

- What does living empowered look like for me?

Optional: Write a personal empowerment mantra.

[Art Directive - Empowerment Map]

MATERIALS: Poster board, markers, sticky notes, collage elements

INSTRUCTIONS:

1. Place your empowered self (word/image) at the center.

2. Create four branches:

- Goals & Desires

- Habits & Actions

- Boundaries & Non-Negotiables

- Support & Resources

3. Add words, drawings, symbols, affirmations.

4. Make it colorful and full of YOU.

[Reflection Prompts]

- What part of my map feels most exciting?

- What might be my first step?

- What can I commit to this week?

[Closing Ritual]

- Light a candle.

- Say: "I trust myself. I am ready. I walk in my power."

- Keep your map visible as a daily reminder.

[Optional Enhancements]

- Music: Motivational or rising-energy soundtracks

- Crystals: Tiger's eye or hematite

- Scents: Ginger, rosemary, patchouli

- Bonus: Convert your map into action steps in a planner