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 9: Reconnecting with Purpose

THEME: Realigning with Values + Remembering What Matters

[Grounding Practice]

- Sit comfortably, palms open.

- Inhale: "I remember who I am. I return to what matters."

- Visualize a thread from your heart to your truth. Breathe into that connection.

[Journaling Prompts]

- What matters most to me in this season of life?

- What am I passionate about, even if unexpressed?

- Where do I feel aligned or disconnected?

- When do I feel most alive or purposeful?

- What values do I want to live by moving forward?

Optional: Make a values list and circle your top five.

[Art Directive - Create a "Values Canvas"]

MATERIALS: Canvas, paints, collage, markers, cutouts

INSTRUCTIONS:

1. Write your five core values across your canvas.

2. Add color, shapes, images, and symbols for each value.

3. Include quotes or affirmations that reflect your purpose.

4. Use bold elements around values you want to strengthen.

[Reflection Prompts]

- Which value feels most alive? Most neglected?

- What can I do this week to live more in alignment?

- What am I no longer willing to compromise?

[Closing Ritual]

- Light a candle and whisper your values aloud.

- Say: "These are the truths I choose to live by."

- Place your artwork where it can guide and inspire you.

[Optional Enhancements]

- Music: Uplifting or emotionally stirring instrumentals

- Crystals: Clear quartz or citrine

- Scents: Rosemary, lemongrass, or peppermint

- Bonus: Use this piece as a screensaver, altar art, or daily reminder