

THE
HOLISTIC
lifestyle
MAKEOVER



CREATE SACRED SPACE

Print out the worksheet

fill it out

Set intentions

Burn candles

Create a nest

Get creative

Journal

Get clear

Focus

Take action

Manifest

Love

SACRED SPACE WORKSHEET

intention for space: _____

how I want to feel in my sacred space: _____

how I want to cleanse my space:
(circle one)

sage palo santo sweetgrass salt water incense

other: _____

crystals + stones I want to use for my sacred space crystal grid:

morning ritual ideas: _____

evening ritual ideas: _____



Which crystals + gemstones will you use?

Focus:

clear quartz

fluorite

labradorite

Grounding:

black tourmaline

onyx

red jasper

Clarity:

celestite

tourmaline

Connection:

rose quartz

malachite

Intuition:

ametrine

rutilated quartz

Creativity:

citrine

carnelian

blessings!

xo, Anne

»» annehayman.com

»» theholisticlifestylemakeover.com

»» sacredsistersociety.com

»» themoonsisterhood.com