




GET YOUR SPARK BACK - STARTER PACK

Take back control and light up your life in
7 days or less.

SOUL SANCTUARY

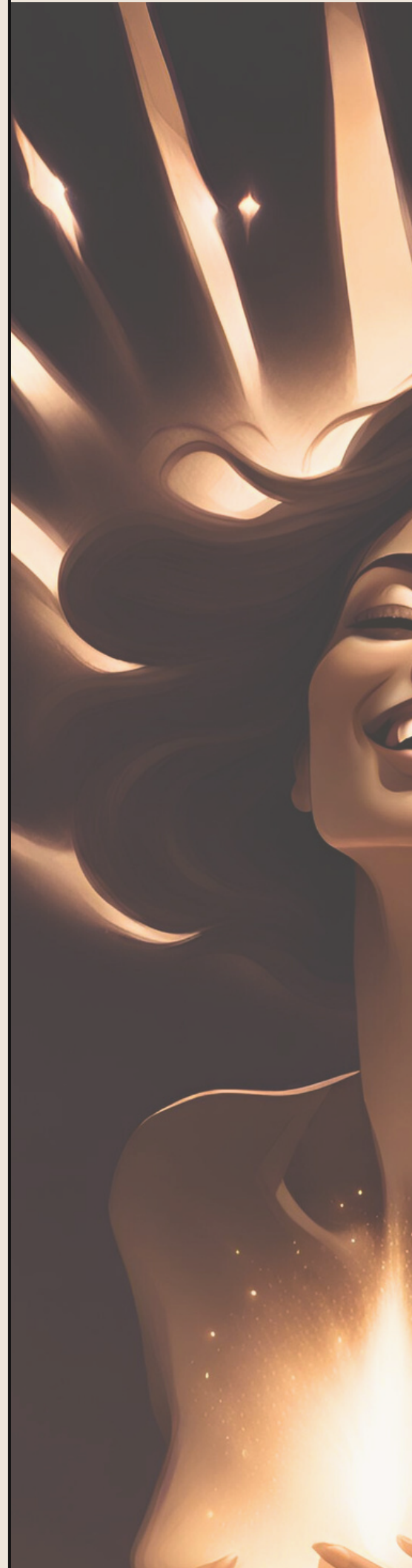
A woman with long dark hair, wearing a white off-the-shoulder dress, is sitting in a field of tall grass and dandelions. She is looking down and to the left with a thoughtful expression. The background is a soft-focus field of greenery and flowers. The overall mood is serene and contemplative.

**To shine your brightest
is to be who you truly
are.**

soulsanctuarywellness.com

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GET YOUR SPARK BACK

HOW TO USE THIS STARTER PACK

- Watch the videos first.
- Some will include a somatic practice. All can be done sitting and are short. There is also a meditation.
- Go to the section of your workbook to integrate.
- This is totally self-paced tune into your body. Binge or cruise both work just as well.

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MEET ANNA



MINDSET MASTER & HOLISTIC HEALER

Hi friend! I'm so happy you are on this journey of reigniting your spark and getting the clarity and confidence you need to start

living instead of simply existing!

I've been helping women from all over the globe to discover their true selves, ditch their emotional baggage/trauma, and create a brand-new story by mastering their mindset and healing holistically! Let's do this!



1) CLEARING VIDEOS 1-3

1) AWARENESS

what am I feeling right now? (be honest)

Which emotions do I tend to avoid?

What am I really good at?

What are my weaknesses?



What is something I would like to change about my life?

What are the very first 3 baby steps to get there?

Where in life am I holding myself back?

What is going well in my life right now?

What outdated armor am I taking off to feel more?

2) EMOTIONAL REGULATION

Grab a separate piece of paper. Write and write and write until your body feels light as a feather. **Feel free to really let loose and go freestyle for this one!** But here are some prompts if you prefer.

- Write someone who hurt you a letter (e.g.: a parent, a friend, an ex-partner, a current partner) you will never send it and, let them have all your unfiltered emotion.
- Write a list of things you wish others knew about you.
- What do i really think about myself, its ok to be super honest
- When was the last time i felt anger?

Really let all of your feelings out onto the paper. All the gunk that has been weighing you down or you have not felt safe enough to express.

When you have finished continue to the next page.

2) EMOTIONAL REGULATION

WELL DONE! That wasn't easy, but notice how your body feels after letting it all out.

Now its time to rip that piece of paper up and throw it away in the bin.

When you throw it away intentionally allow all that built up emotion to be released.

3) LIMITING BELIEFS

First we will be identifying your limiting beliefs

where in life do I make up excuses?

Is there an area of my life i tend to procrastinate?

What do i complain about?

Is there a topic i tend to jump to assumptions about or what tends to spark by negative thinking?



Now its time to re-write them

List your top 3 limiting beliefs

Am I positive they are true?

What is the consequence of each limiting belief?

Time to switch them up!

You will now rewrite your top 3 limiting beliefs into empowering statements. Bonus points if you then write them on a sticky note and place it somewhere you will see often like your bathroom mirror!

examples :

- **“I’m not good enough: “I’m not good enough to manage this project.”**

This would be rewritten to, I am a hard worker and no matter what happens I will handle it!

- **“I don’t have enough time to invest in myself.”**

I prioritize my time well and spend 15 mins of self-reflection journaling each evening.

- **I’ll never be successful: “I’ll never be successful in my industry.”**

I am constantly growing and evolving, if i fail i know i am one step closer to success and even wiser than before.

Re-write your top 3 limiting beliefs into empowering statements.

A woman with long dark hair, wearing a white, off-the-shoulder, long-sleeved dress, stands with her back to the camera in a lush green field of purple flowers. Her arms are outstretched to the sides. In the background, a large, rugged, brown mountain rises against a cloudy sky. The overall mood is serene and expansive.

2) RECALIBRATION VIDEOS 4-5

4) WHO ARE YOU?

Identifying your core values (instructions in video no.4)

10 People I admire	Qualities I Admire	Tally
1)		
2)		
3)		
4)		
5)		
6)		
7)		
8)		
9)		
10)		



What showed up the most?

How can i bring more of that into my life?

What small step can i do tomorrow that is alignment with my values?

5) BECOMING 'HER'

Do the meditation first then come to the workbook to jot down what came up?

How does she feel on a day to day basis?

How does she speak?

How does she look after herself?

What is she like on a 'bad day'?



INTEGRATING AS 'HER'

On this scale mark how much space there is between you now and being HER.



She feels far away

I embody HER

How can you bring yourself one step closer to becoming HER?

A woman with long dark hair, wearing a light green dress, is sitting on a rocky ledge. She is looking down and to the left. The background is a vast, hazy mountain range under a soft, overcast sky. The overall mood is contemplative and serene.

3) CLARITY & CONFIDENCE VIDEOS 6&7

6) EXPANDING YOUR COMFORT ZONE

How are is your current comfort zone preventing you from succeeding?

What scares me about things outside my comfort zone?

What is something i really want/want to do that is outside my comfort zone?

6) EXPANDING YOUR COMFORT ZONE

What are 6 little 'risks' i could take to expand my comfort zone?
e.g. making an appointment, booking a meeting, solo travel.

Come back and check them off when you do them (it feels incredible)

Woo, I did it!

1) _____

2) _____

3) _____

4) _____

5) _____

6) _____

7) EXPAND YOUR CAPACITY FOR PLEASURE

Creating room for the divine feminine to play

How am I going to slow down more to make room for pleasure?

What movement feels good to me?

How can I prioritize expressing myself?



Planning my ritual.

Pick an example and try it out or create your very own! Don't self-sabotage by putting it off, you can for sure do at least one tomorrow!

- Putting on music and dancing any way my body wants to move
- Giving myself a massage in the mirror with some candles lit
- Divine Feminine Activation Meditation (linked on my website) www.soulsanctuarywellness.com
- Spending silent time in nature
- Taking a day of total rest and rejuvenation
- Sip on some cacao and listen to some music
- Self pleasure
- Get creative do some painting etc.
- Make my favorite meal, slowly and intentionally.
- Wear my favorite outfit that makes me feel amazing!

Remember the key is to open yourself up to receiving more pleasure, however feels good to you, and getting to know yourself on a deeper level!

YOU ARE ONE STEP AWAY FROM TOTAL TRANSFORMATION!

This starter pack has scratched the surface but now you have a choice whether to make it a full being uplevel or not.

Here is what could be yours.

- **Emotional Healing:** Release the grip of past traumas and limiting beliefs, finding forgiveness and acceptance for a lighter, brighter future.
- **Mindset Mastery:** Reframe limiting narratives, cultivate positive affirmations, and develop an unstoppable growth mindset to conquer any challenge.
- **Energy healing:** The missing puzzle piece! Get aligned and rid yourself of the old.
- **Physical Wellbeing:** Nourish your body with mindful movement, healthy habits, and self-care practices that radiate wellness from within.
- **Manifestation Magic:** Learn powerful techniques to attract your desires, align with your purpose, and co-create the life you truly crave.

Testimonials

*"Anna has been an absolute blessing in my life. After going through a series of devastating tragedies, I found myself completely lost and a mere shadow of my former happy self. I felt disconnected from both myself and my body, and happiness seemed like a distant memory. That's when Anna, a true angel, entered my life and saved me in more ways than I can express. Through her expertly crafted 8-week 1-1 coaching program and reiki sessions, **Anna guided me back to myself with such love and care. Now, I feel more grounded, rooted, and connected to my true essence than ever before. Understanding my emotions and realizing that they don't define or control me has been transformative. I've embraced my authentic self with newfound pride and strength.** Anna's safe and supportive space allowed me to explore the darkest corners of my soul, and she was there for me every step of the journey. While my 1-1 sessions have tended to continue with Reiki, as it has had a dramatic impact on my life. If you're unsure about taking this leap, let me wholeheartedly encourage you to trust Anna and her incredible abilities. You won't regret it, and a new life full of possibilities awaits you. Anna, thank you for being the guiding light I needed."*

JASMINE

Testimonials

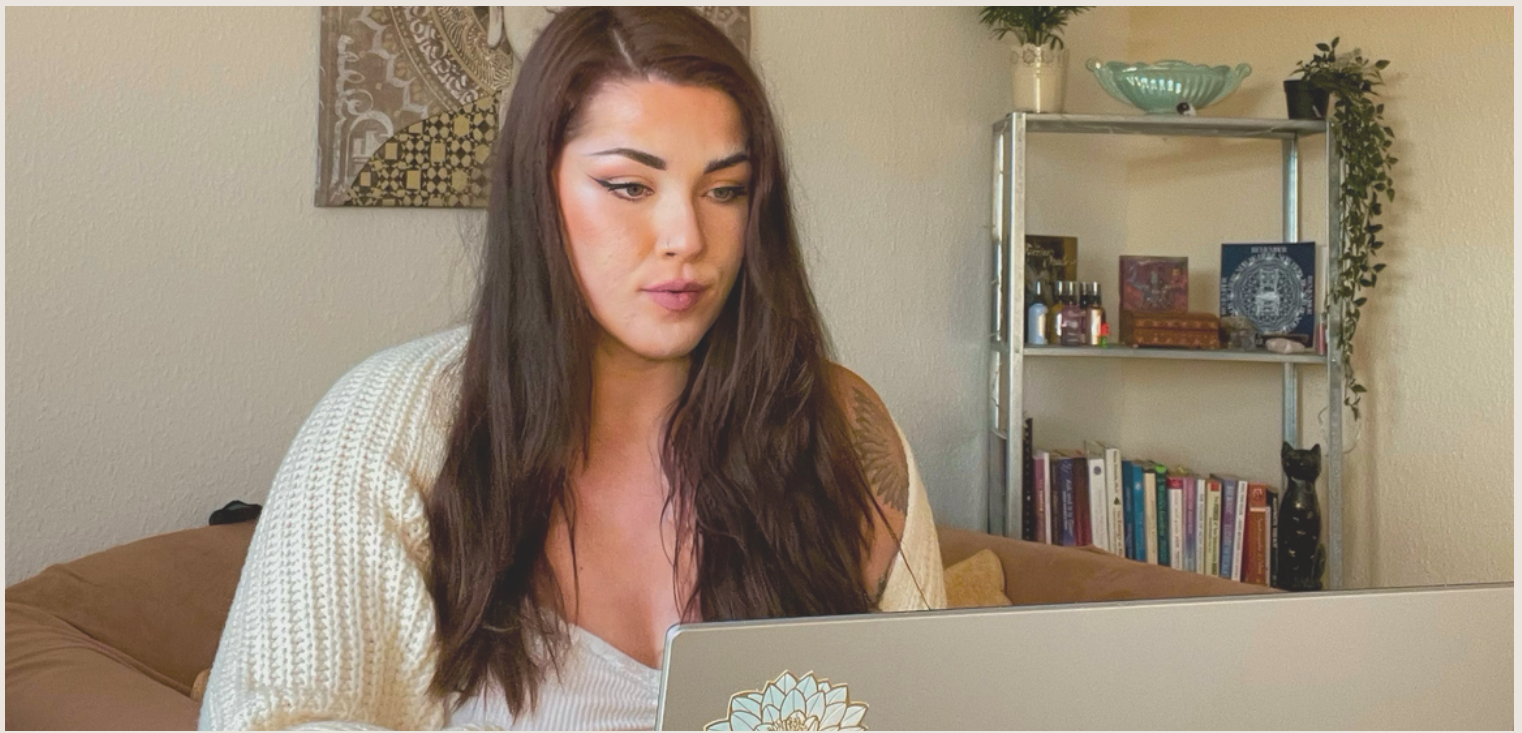
*"I recently wrapped up my 8-week 1:1 course with Anna after going through a really traumatic time in my life. **She was able to do what 3 other therapists couldn't do in months** which was to help guide me back to the person I was 5 years ago. We knew that person was in me and I could access her when I needed to... but we needed to bring her forward into the light and allow these different parts of me to really blend together to **become this brand-new, confident, joyful person.***

*From the very first interaction, her friendly and warm demeanor made me feel instantly at ease. Throughout our sessions, it became evident that she possessed a remarkable ability to connect with others on a deep level. Her genuine care and compassion created a safe space for me to open up and explore my true self. Under her guidance, I embarked on a journey of self-discovery that I never thought possible. **Her expertise and insightful questioning led me to recognize my strengths, overcome my insecurities, and ultimately find the confidence that had just not been a part of me for so long.***

*She took the time to listen attentively, offering guidance tailored specifically to my needs. No problem was too big or too small for her to address, and I always felt supported and validated. **Her holistic approach to wellness encompassed not just my mental and emotional health, but also took into account my physical health. I learned to prioritize self-care, embrace mindfulness practices, and make positive lifestyle changes that have had a lasting impact on my overall happiness.***

I cannot recommend Anna enough to anyone seeking guidance, support, and transformation. She has not only helped me discover my true self, but has also empowered me to lead a more meaningful and joyful life. If you are looking for someone who will inspire, uplift, and bring out the best in you, look no further."

AMANDA




GET PERSONALIZED PRIVATE COACHING

With the bottom up approach, addressing the root (not just treating symptoms) you are saving money, time and speeding up your growth! I coach you holistically, i see you as you, a beautifully complex human so i incorporate mind, body and spirit guidance and healing!

**GET 8 PRIVATE COACHING CALLS
5 DISTANCE REIKI SESSIONS
A CUSTOM HYPNOSIS TRACK
A PERSONALISED WORKBOOK**

**APPLY ON THE WEBSITE OR DM ME ON
INSTAGRAM @SOULSANCTUARYWELLNESS**



**You are made of
starstuff you were
made to shine**

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