

Sacred Space Starter Kit

A gentle, contemplative guide to creating your personal space for reflection, prayer, and renewal



What is a Sacred Space?

Any intentional space. It doesn't have to be a whole room. Any intentional corner will do. It is a place dedicated to silent reflection, contemplation, and prayer.

Why Do I Need One?

It will be a place designed to provide peace, clarity, peace, and connection.

This same posture of listening forms the foundation for discerning next steps in work, calling, and life.

Step One

Find the Location

Don't overthink it. Your Sacred Space should be relatively quiet. Select a space that is not a high-traffic area. Most of all, it should feel good, it will feel 'right.'

It can be the corner of a room, a cushion on the floor, even a chair inside a closet if that is the only quiet place you can find.



Step Two

Clear the Energy

Open a window, let the stale air and energy **out**, invite the Spirit, fresh air, energy, and inspiration **in**.

Play inspirational music, diffuse some essential oil, light a candle with a refreshing scent.

Visualize the presence of the Spirit filling the space.



Step Three

Setting Intentions

Gather and Arrange Core Items. Focus on the **Three I's**:

Intention: What is this place for? What is a symbol of that purpose?

Inspiration: Something meaningful - inspirational book, Bible, candle, essential oil.

Introspection: A journal, cards, markers, paper.

Step Four

The 10-minute Ritual

One simple, tangible thing to do daily: Sit for 10 minutes of quiet. Light a candle, breath in the scent of essential oil or whatever else helps you to gather your senses to the present moment. Close your eyes, focus on your breathing. Then read a passage of scripture or other inspiration text. Write one sentence of gratitude in your journal, or a card of thanks to someone who has been important in your life.



Congratulations!

Creating a sacred space is the first step toward meaningful transformation. When you design an environment that reflects peace, intention, and authenticity, you begin to shift internally as well — gaining clarity about who you are and what truly matters.

This inner alignment becomes the foundation for the *Purposeful Life Method*, gently guiding you forward with confidence and calm, so your work and life reflect your deepest values and highest purpose.

The Sacred Space Inventory

Make your space your own be intentional, mindful, and reflective

This inventory is not a checklist to complete, but an invitation to notice.

You are not required to have every element present,
and there is no “right” way for a sacred space to look or feel.

As you move through the prompts below,
simply notice what is present, what is absent
and how each element affects your attentiveness.

There is nothing to fix or decide.

Curiosity is enough.

The Elements

The Space

- ◇ A quiet corner free from distraction
- ◇ A comfortable chair or cushion
- ◇ A small table

What do you notice about the space you are using?

How does your body feel in the place where you are sitting?

As you look at this space, what feels supportive of listening?

Objects and Symbols

- ◇ A Candle
- ◇ Journal
- ◇ Bible or Inspirational book
- ◇ Prayer Beads
- ◇ Incense or essential oil

Do any of these objects draw you toward stillness or prayer?

Are there any you might set aside for now?

Time

What time of day feels most receptive for you right now?

What do you notice about your energy or distractions?

You may return to this inventory over time.

Your responses may change with the seasons of your life.

This is a sign of attentiveness, not inconsistency.

Sacred Space
Affirmations

I enter this space
with openness
and peace.

Sacred Space
Affirmations

I am
welcome here
just as I am.

Sacred Space
Affirmations

I release hurry
and arrive fully
in this moment.

Sacred Space
Affirmations

Clarity grows
as I reflect
and listen.

Sacred Space
Affirmations

Stillness
is enough
for this moment.

Sacred Space
Affirmations

I notice what
arises
without
judgment.

Sacred Space
Affirmations

I carry this
posture of
attentiveness
with me.

Sacred Space
Affirmations

What I need
will unfold
in its time.

Sacred Space
Affirmations

I remain open
to guidance
as I return
to my day.



Sacred Space Affirmation Cards

How to Use These Cards

These cards are an invitation, not an assignment.

They are designed to support the creation and use of a sacred space—a place to pause, listen, and become attentive to what is stirring within you. There is no need to use every card or to follow them in order.

You may wish to choose one card at the beginning of your sacred space time and sit with it quietly. You might return to the same card for several days, or allow a different card to meet you each time you enter the space.

The cards naturally move through three rhythms: entering the space, dwelling in the space, and returning from the space. Over time, you may notice that different cards speak to you in different seasons. This is a sign of attentiveness, not inconsistency.

If a card feels unclear or unhelpful, you are free to set it aside without judgment. Discernment unfolds through noticing and listening, not through effort or certainty.

Simply notice what you notice. There is no need to decide or fix anything yet.