



# *Writing as Sanctuary*

A 3-Day Journey of  
Self-Discovery



## About the Author



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Carlana Charles is a writer, entrepreneur, business consultant, and certified journal therapist who believes in the transformative power of words. Her journey with writing began in one of the most challenging seasons of her life, where she discovered solace, clarity, and courage through the act of putting pen to paper.

As an entrepreneur and journal therapist, Carlana has designed writing programs for diverse groups—from teen mothers to C-suite executives—offering tools for self-awareness, resilience, and transformation. She believes that writing is more than expression; it's a bridge to connect with oneself and shape the future with intention.

*Carlana Charles*

### Contact and Resources

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### Thank You for Downloading

Thank you for taking the first step on this transformative writing journey. This guide is designed to help you create a personal sanctuary through the power of words.



# Introduction: Your Writing Sanctuary



Writing is more than just putting words on a page. It's a journey of self-discovery, a sacred space where you can meet yourself with compassion, honesty, and grace. This guide is an invitation—a gentle pathway to creating a writing practice that feels like coming home.

In our fast-paced, often chaotic world, we rarely give ourselves permission to slow down and listen. To truly hear the whispers of our inner wisdom. Writing can be that quiet refuge, that sanctuary where you can breathe, reflect, and reconnect with your deepest self.

## What This Guide Offers

Over the next three days, you'll explore:

- Mindful writing techniques
- Deep self-reflection practices
- Gentle approaches to personal exploration
- Ways to create a nurturing writing environment

# Before You Begin: Setting Up Your Sanctuary

## Creating Your Writing Space

A sanctuary is not just a physical location—it's a state of mind. However, your external environment can support your inner journey:

### Physical Considerations:

- Find a space where you feel safe and comfortable
- Minimize distractions
- Gather your writing tools (notebook, computer, or preferred method)
- Consider soft lighting, a comfortable seat, or a special candle

### Emotional Preparation:

- Release expectations of 'perfect' writing
- Commit to being kind to yourself
- **Remember:** There are no right or wrong ways to write
- Your only task is to show up and be honest





# Day 1: Arriving on the Page



## Prompt:

*Where am I right now—physically, emotionally, and mentally?*

## Settling In

Before you write, take a moment to ground yourself:

1. Take three slow, deep breaths
2. Notice the sensation of your body
3. Feel the pen in your hand or your fingers on the keyboard
4. Remind yourself: There is no right way to do this—only my way

## Exploration Exercise

Set a timer for 5-10 minutes. Write freely in response to the prompt, allowing your thoughts to flow without judgment.

## Guidance for Writing:

- Write continuously
- Don't edit or censor yourself
- If you get stuck, write 'I am stuck' and continue
- Follow your thoughts wherever they lead



# Reflection Questions

*How did this writing experience feel for you?*

*Did anything unexpected emerge as you wrote?*

*What does it mean to truly honor your thoughts and emotions?*

**Today's Affirmation:**

*There is no right or wrong way to write—just my way. Showing up is enough.*



## Day 2: The Stories We Carry



### Prompt:

*What's a story I tell myself often? Does it support or limit me?*

### Understanding Our Narratives

We all carry stories—narratives about who we are, what we deserve, and what is possible. Some of these stories lift us up, while others hold us back.

### Exploration Exercise

*Write down a recurring belief or story in your life*

*Ask yourself: Is this story serving me?*



***If not, how might I reframe or reimagine it?***

**Deeper Exploration:**

***Where did this story originate?***

***What emotions arise when you examine it?***

***What would it feel like to let go or transform this narrative?***





# Reflection Questions

*How did exploring this story feel?*

*What insights emerged?*

*What small step could you take to shift this narrative?*

**Today's Affirmation:**

*I am not bound to the stories of my past. I have the power to reshape them.*



## Day 3: Writing as Sanctuary



### **Prompt:**

*What does sanctuary mean to me, and how can writing be part of it?*

### **Creating Your Inner Refuge**

Sanctuary is a space of safety, peace, and self-acceptance. Today, we explore how writing can be a powerful tool for creating this internal haven.

### **Exploration Exercise**

*Imagine your ideal inner sanctuary—a place of complete peace*

*Describe this space in detail*

*Explore how writing can help build and sustain this space*



## Developing a Writing Ritual:

- Choose a consistent time
- Create a comforting environment
- Consider a small ritual (lighting a candle, brewing tea)
- Make your writing practice feel inviting and sacred

## Reflection Questions

*What emerged during today's writing?*

*How can writing become a regular sanctuary in your life?*

*What small, consistent step can you take to honor this practice?*

### Today's Affirmation:

*My words are my homecoming—a place where I meet myself with grace.*



# Continuing Your Journey

This 3-day guide is just the beginning. Writing is a practice, a continuous journey of self-discovery and healing.

## Suggestions for Moving Forward:

- Continue daily writing, even if just for 5 minutes
- Be gentle with yourself
- Explore different writing approaches
- Trust your process

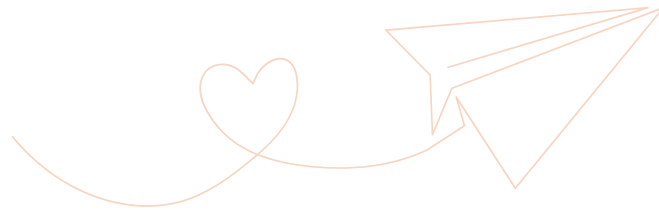
## Final Thoughts

Writing is a journey of becoming. With each word, you create space for healing, understanding, and transformation.

***Your words matter. Your story matters. You matter.***

Interested in diving deeper? The full Writing as Sanctuary 30-Day Guide offers an expanded exploration of writing as a tool for reflection, healing, and personal renewal. You can find it [here](https://carlanacharles.com/sanctuary/).

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# About the Author's Work

Carlana's approach to writing and healing is rooted in the belief that every individual has a unique story waiting to be discovered. Through her work as a journal therapist and business consultant, she has witnessed the transformative power of intentional writing across diverse contexts.

## Unlock Your Writing Potential

Ready to dive deeper into your writing journey? Carlana offers specialized services to support your personal and professional growth:

### 1. Writing Sanctuary Coaching

- One-on-one journal therapy sessions
- Personalized writing guidance
- Healing-focused writing workshops
- Custom writing programs tailored to your needs

### 2. Business Storytelling Intensives

- Narrative strategy for entrepreneurs
- Brand story development
- Leadership communication coaching
- Writing workshops for teams and organizations

### 3. Transformational Writing Retreats

- Immersive writing experiences
- Group healing writing workshops
- Online and in-person retreats
- Specialized programs for:
  - Women leaders
  - Entrepreneurs
  - Creatives seeking clarity



## Custom Writing Support Available

Whether you're:

- Seeking personal healing
- Looking to craft your professional narrative
- Wanting to unlock your creative potential

Carlana provides compassionate, strategic guidance to help you harness the power of your words.



### Book a Consultation

Take the first step in your writing transformation.



[www.carlanacharles.com/my-offerings/](http://www.carlanacharles.com/my-offerings/)



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