

## How to Use Your Sacred Space Printables

These visual reminders are more than just decor—they're declarations. You've spent so long answering to "Mom," showing up for everyone else, and putting yourself last. These pages are your gentle way of saying: "I matter, too."

Here's how to use them:

### Page 1: Your Name Belongs Here

Write your name proudly on the line. Place it somewhere visible—on your bedroom door, your desk, or even your bathroom mirror. This is your sacred space. You get to claim it.

### Page 2: Coffee/Tea Break Sign (for the kids)

Use this as a visual cue for little ones: "When Mommy's drinking coffee, that means it's her quiet moment. She'll be ready to play again soon." Keep it simple, loving, and consistent. Over time, they'll begin to understand—and respect—that you're allowed space, too.

### Page 3: Daily Reminder (Affirmation Poster)

Tape this somewhere you'll see it often. Let it remind you: "I am becoming more me every day." Even five seconds of breathing this in can reconnect you to your center.



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Sacred Space







I am  
becoming more  
ME  
every day.

