



mind.body alchemy checklist

MY INTENTION:

SET GOALS

- 1.
- 2.
- 3.

MY SACRED SPACE AND HOW I CREATE IT:

MY GROUNDING RITUAL AND PRACTICE:

WHAT I WILL USE FOR CLEANSING AND SMUDGING:

WHAT NEEDS TO BE CLEANSED IN MY:

Body:

Home:

Car:

Workspace:

Other:

QUESTIONS I HAVE FOR THE GROUP CALL:

WHAT I HAVE LEARNED ABOUT MYSELF THROUGH THIS PROCESS:

