




# QueensBuild & The Grounded Collective Presents



# A Sacred Wellness Workbook



A sacred self-practice resource inspired by the transformational work of Queens Build workshops and retreats.



# *Introduction*

# WHAT IS WELLNESS



Wellness is more than green juice, gym routines, or checking off a self-care box. At Queens Build, we define wellness as the sacred alignment of your mind, body, and spirit. It's the lifelong journey of coming home to yourself—releasing what no longer serves you and building daily practices that restore your wholeness.

In a world that often asks women, especially Black women, to perform strength at the cost of softness, wellness becomes a radical act. It is the decision to choose rest over burnout, healing over hustling, and intention over perfection.

This guide is your invitation to reimagine wellness as a return to self. Here, you'll find tools rooted in breath, ritual, stillness, and community.

—Let it be your first  
step, or your next  
step, toward  
reclaiming your  
peace, your power,  
and your divine  
rhythm.  
Welcome to your  
reconnection.

# Section 1

## SETTING YOUR INTENTIONS

Each morning, write one word that reflects how you want to feel today. Speak it aloud.

Why: Setting an intention shifts your energy and aligns your day with purpose.

Tip: Use words like "peace," "clarity," "softness," "abundance," "receiving."

### 7 DAYS

AFFIRMATION

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### 14 DAYS

AFFIRMATION

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### 21 DAYS

AFFIRMATION

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## Section 2

## LET'S ASSESS

Let's check in with our bodies and behavior. Answer the assessment questions below so that we have a practical understanding of how well we to ourselves daily.

How will you rate the following				
PHYSICAL	Never	Rarely	Sometimes	Always
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How will you rate the following				
EMOTIONAL	Never	Rarely	Sometimes	Always
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



# Section 3

## BREATHWORK

Practice:

Try a 4-4-4 breath (inhale for 4, hold for 4, exhale for 4). Repeat for 5 minutes.

Why: Breath is life. It grounds your nervous system and brings you back into your body.

Tip: Light a candle and play soft frequency music as you breathe.

**Journal Entry:** Below write how this breathwork exercise felt in your mind, body and spirit. You can be detailed or write one word responses.



A series of horizontal dotted lines for journaling, overlaid on a background image of a woman meditating with her hands in a prayer position.

# Section 4

## CREATE A SACRED ALTAR

Choose a quiet corner with a cloth, a candle, crystals, water, or images of ancestors. This anchors your spiritual self. It becomes your go-to space for stillness.

Section 1: write your list of things on your altar, Section 2: write how often you plan to sit at your altar and what your time will be used doing. Section 3: write how your altar makes you feel.



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# Section 5

## SOUNDHEALING

Practice: Play 528 Hz frequency music or use a sound bowl/chime for 15 minutes daily.

Why: Sound helps release stored trauma and re-aligns your body's vibration.

**Journal Entry:** Below write how the soundbath was received in your body.



A series of horizontal dotted lines for writing.

# Section 6

## REBIRTH

Use this Queens Build checklist to bring intention, softness, and sacred routine into your everyday life.



- ☐ Take 3 deep, conscious breaths upon waking
- ☐ Drink a full glass of water to hydrate your body
- ☐ Set a daily intention (write it down or speak it aloud)
- ☐ Move your body with love (walk, stretch, dance, etc.)
- ☐ Take a moment of stillness (meditation or quiet time)
- ☐ Light a candle or incense to start your day with purpose
- ☐ Spend time at your altar (or a designated sacred space)
- ☐ Journal, or reflect on your emotions
- ☐ Practice gratitude: list 3 things you're thankful for
- ☐ Use affirmations to speak life over yourself
- ☐ Check in with your feelings—name them without judgment
- ☐ Use sound healing (singing bowls, music, or humming)
- ☐ Take a salt bath or shower to energetically reset
- ☐ Say "no" or set a boundary where needed today
- ☐ Connect with water: drink it, touch it, or visualize flow
- ☐ Reach out to a friend or sister for a heart-centered check-in
- ☐ Attend (or schedule) a Queens Build healing circle, event, or retreat
- ☐ Share your truth with someone safe
- ☐ Celebrate something about yourself out loud
- ☐ Reflect: What did I learn, release, or reclaim today?
- ☐ Practice forgiveness (for yourself or others)
- ☐ Say a prayer or affirmation before sleep
- ☐ Thank your body for carrying you
- ☐ Rest deeply without guilt—you deserve it













# About THE AUTHOR

Jahleeka Morris-Jones is a visionary leader, spiritual guide, and advocate for collective healing. As the founder of Queens Build, Jahleeka has created a sacred movement rooted in softness, sovereignty, and self-reclamation for Black and brown women ready to heal, rise, and thrive.



Raised in the heart of Boston's housing projects and East Atlanta, Ga., Jahleeka shaped by personal trials, she turned her pain into purpose. After navigating her own journey through trauma, brokenness, and burnout, she committed herself to building spaces that affirm our wholeness as a lived reality. Jahleeka's work weaves together ancestral wisdom, modern wellness practices, and radical love. She is known for curating transformative workshops, healing circles, and retreats that invite women to return home to themselves - mind, body, and spirit. With roots in corporate strategy and a soul deeply anchored in community and liberation, Jahleeka bridges the spiritual and the practical to show women how to lead from within, reclaim softness as power, and build lives and legacies rooted in truth and alignment.

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