



# A GUIDE TO *wellness*

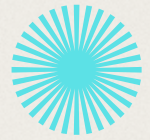
BY NATALIE A. SOLOMON, MPH, AED



SACRED SELFCARE GUIDE:  
A GUIDE TO WELLNESS PRACTICES AND CREATING  
SOULFUL SPACES



# WELCOME FRIEND



## **Sacred Self-Care: A Guide to Wellness Practices and Creating Soulful Spaces**

Congratulations on taking the first step toward a more balanced and intentional life! This guide is your roadmap to integrating simple, effective wellness practices into your daily routine while designing a sacred space that nurtures your well-being.

At Meraki Life & Style, we believe that true wellness stems from a balance of self-care and intentional living.

*Natalie A. Solomon*





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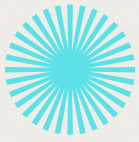
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# HOW TO USE THIS WORKBOOK

## Explore Each Section

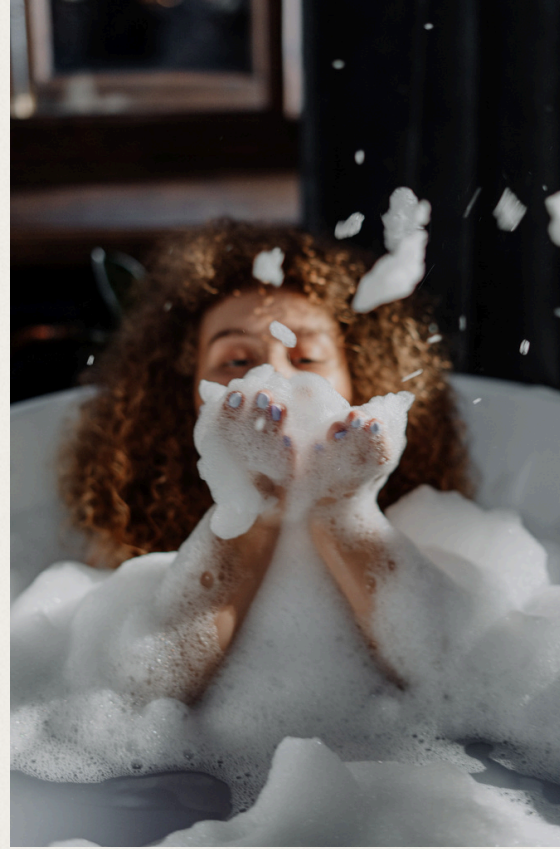
Begin by reading through the wellness rituals, tips for creating a sacred space, and suggestions for aligning these practices. Identify which ideas resonate most with your current needs.

## Start Small

Choose one wellness practice or sacred space idea to implement today. Build consistency by integrating it into your daily routine before adding more.

## Personalize Your Journey

Use the self-care plan template to outline your goals, intentions, and rituals. Adjust the plan to fit your unique lifestyle and challenges.



## Create and Use Your Sacred Space

Dedicate a corner of your home to your wellness journey. Use it for mindful breathing, journaling, or meditation, reinforcing your commitment to self-care.

## Reflect and Adjust

Periodically review your progress and make changes to your rituals or space as needed. Wellness is a dynamic journey—let this guide evolve with you!

QUESTIONS?

@NATALIEASOLOMON

NSOLOMON08@MERAKE-EMPOWERMENT-COLLECTIVE.COM





# WHO IS NATALIE?



I'm Natalie A. Solomon, MPH, a public health analyst, wellness advocate, and founder of Meraki Life & Style LLC. With over two decades of experience in public health and a deeply personal journey through chronic health challenges, I've discovered the transformative power of self-care and intentional living.

This guide is a reflection of my philosophy: prioritizing your well-being isn't selfish—it's essential. It's about creating sacred spaces, embracing resilience, and empowering yourself to thrive in every aspect of life.

I'm honored to join you on your journey to reclaim balance, joy, and purpose. Let's Secure Your Oxygen Mask First and make your self-care sacred!

*Natalie A. Solomon,*



A close-up portrait of a woman with dark skin and voluminous, curly black hair. Her eyes are closed, and she has a serene expression. She is gently holding her face with both hands, her fingers resting on her cheeks. She is surrounded by lush greenery and white flowers, including a large white daisy-like flower in the foreground. The background is softly blurred, showing more foliage and a hint of a white wall. The overall mood is peaceful and self-care oriented.

SELF CARE  
IS NOT  
SELFISH





## CHAPTER TWO

# SIMPLE WELLNESS RITUALS

Wellness practices don't have to be complicated to be effective. Here are three daily rituals to help you feel grounded and balanced:





# TIPS FOR WELLNESS RITUALS

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## 1. Mindful Morning Moment

- Take 5 minutes each morning to practice deep breathing. Sit comfortably, close your eyes, and inhale deeply through your nose for 4 counts, hold for 4 counts, and exhale through your mouth for 6 counts. Repeat 5 times to start your day with clarity.

## 2. Gratitude Journaling

- Each evening, write down three things you are grateful for. This practice shifts your mindset to focus on positivity and abundance, even during challenging times.

## 3. Body Scan Relaxation

- At the end of the day, take 10 minutes to do a body scan meditation. Lie down comfortably, close your eyes, and slowly bring your attention to each part of your body, starting from your toes and working up to your head. This helps release tension and promotes relaxation.







## CHAPTER THREE

# CREATING YOUR SACRED SPACE

A sacred space is a physical area dedicated to your personal growth, relaxation, or mindfulness practices. Here's how to create your own:





# TIPS FOR CREATING YOUR SACRED SPACE

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## 1. Choose Your Space

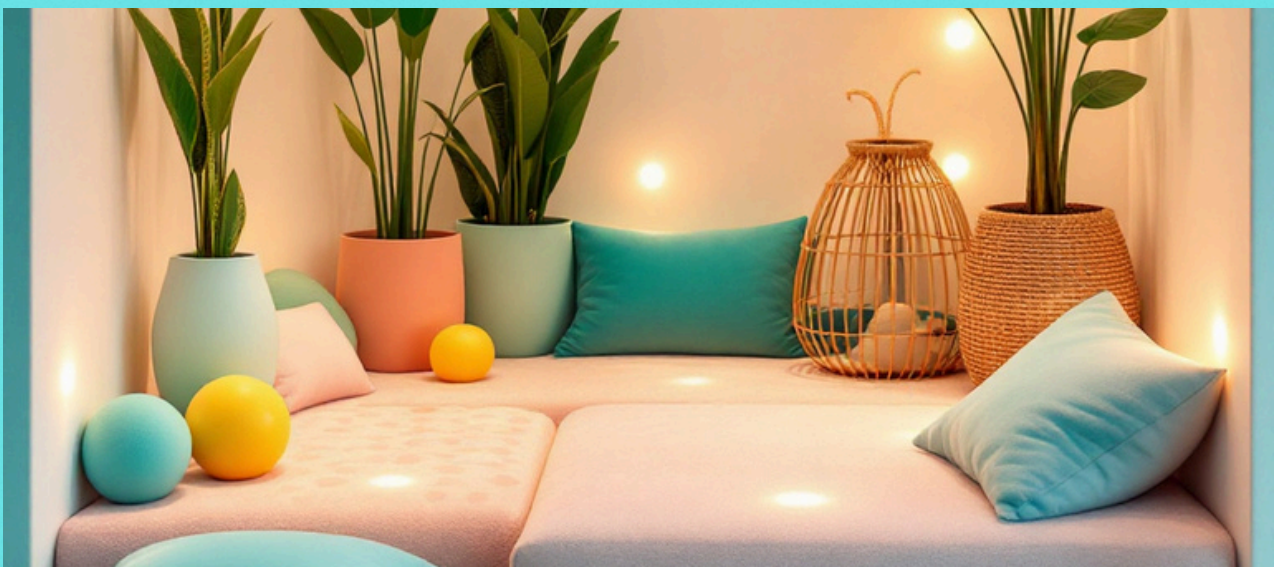
- Find a quiet corner or nook in your home where you can retreat without distractions. It doesn't need to be large—just a space that feels personal and comforting.

## 2. Set an Intention

- Dedicate your sacred space to a specific purpose, such as relaxation, journaling, or meditation. Let this intention guide how you use the space.

## 3. Incorporate Elements That Soothe

- Add items that bring you peace, such as:
  - Soft lighting (e.g., candles or string lights)
  - Comfortable cushions or a cozy chair
  - A small table for your journal, books, or tea
  - Natural elements like plants, crystals, or a water feature





# ALIGNING WELLNESS PRACTICES WITH YOUR SACRED SPACE

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To maximize the impact of your sacred space, integrate your wellness rituals into it. Here are a few ideas:

- **Morning Routine:** Start your day with mindful breathing in your sacred space. Light a candle to signify the beginning of your wellness practice.
- **Journaling Corner:** Use your space for gratitude journaling. Keep your notebook and a favorite pen easily accessible.

- **Meditation Zone:** Practice your body scan meditation in your sacred space to reinforce relaxation and peace.





# BONUS: PERSONAL SELF-CARE PLAN TEMPLATE



Use this simple template to outline your personalized self-care plan:

Wellness Practice	Time of Day	Purpose
Mindful Breathing	Morning	Clarity and focus
Gratitude Journaling	Evening	Positive mindset
Body Scan Meditation	Night	Relaxation and stress relief





# HOW TO START YOUR JOURNAL JOURNEY

Sacred Space Intention

Key Elements:

Meditation

Candle, cushion, plants

Journaling

Notebook, cozy chair





DATE

MOOD



# DAILY JOURNAL

YOUR THOUGHTS

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GOALS

TO DO



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MOOD



# DAILY JOURNAL

YOUR THOUGHTS

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# DAILY JOURNAL

YOUR THOUGHTS

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GOALS

TO DO



# CONGRATULATIONS

CONGRATULATIONS ON  
FINISHING THIS WORKBOOK!

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Your wellness journey begins with small, intentional steps. By combining simple practices with a sacred space, you create a foundation for lasting balance and joy. Start today and watch how these small changes transform your life.



NSOLOMON08@MERAKE-EMPOWERMENT-COLLECTIVE.COM  
[WWW.MERAKE-EMPOWERMENT-COLLECTIVE.COM](http://WWW.MERAKE-EMPOWERMENT-COLLECTIVE.COM)  
@NATALIEASOLOMON