


Engaging in solitude brings our attention back
to what we really need

How to create a Pop-Up Sanctuary



My own
prescription for
health is less
paperwork and
more running
barefoot through
the grass.
-Terri Guillemets

Sparking creativity to disrupt
unfulfilling patterns.

Kaneshia Baynard

There is something about adulthood and whether or not we give ourselves permission to breathe, stretch, pause, and grow.

We often thrust ourselves into numerous social interactions with good intentions, but we may not protect our energy or time in a way that doesn't cause us to become depleted. We may not realize this depletion causes an increase in our desire or need for solitude.

As most of my clients are women and mothers, we often talk about ways to boost self-care when others are demanding their time, attention, energy, blood, sweat and tears. There seems to be an unspoken code to not talk about the parts of adult-life or parenting they struggle with or do not enjoy. These bold women don't want to be ungrateful, whiny, or weak.

As a recovering overachiever, it took me a while to understand the importance and necessity of solitude. Engaging in solitude brings our attention back to what we really need – and many of us need constant reminders.

I have to catch myself when I become distracted and obsessed by getting things done, checking things off, taking care of others, and connecting with others. Even though I'm super social and love people – solitude is also something I need to keep myself firing on all cylinders.

Do I feel guilty about this? No.

Do I feel silly for not recognizing it sooner? YES!

When I was thinking about how to strike the proper balance to keep my flow of consciousness in line with social activities and solitude – I had to remind myself of the tools I provide my clients during coaching sessions, workshops, and events.

I encourage my clients to create a sanctuary they can visit everyday. The point of this is to create a retreat where a person can go, relax, do nothing and refuel.

I often do not use the word “solitude” because that raises the hairs on some people’s neck. They think I want them to take a vow of silence, grab a monk’s robe, and meditate for 8 hours each day.

That’s all fine and dandy – but that’s not what I’m talking about here.

Creating a sanctuary allows a person’s brain to take a break, connect with their emotions, reignite their spirits, and just breathe.

We all have a tremendous amount of information coming at us – from people – through a lot of formats. That pushes us into overload when we try to keep up with all of that.

There is this external expectation that we should try to keep up, but why?

Really –have you asked yourself WHY you are trying to keep up with it all?

To keep our flow of energy sustainable and serving us – we have to be aware and conscious that where we place our energy and attention – that's what shows up.

If we create a sense of purpose in our interactions with others – it will not be hard to courteously excuse ourselves to have a moment of solitude.

We will be fully aware of what's OK and not OK in relationships – which increases our mindfulness in stepping back or away from what relationships that are under-serving us.

“Sometimes solitude is a real heaven for the tired minds and a marvelous sanctuary for the wounded souls!”

– Mehmet Murat ildan

Why create a Pop-Up Sanctuary?

The top 4 benefits of visualization are:

- ✓ Reducing stress
- ✓ Optimizing your productivity
- ✓ Increasing or jump-starting your creativity
- ✓ Decreasing your procrastination habits

Sanctuary Assessment

How are you currently **being present for yourself**?

What does **whole and fulfilled living** look like for you?

How does it feel?

What does it involve?

At this moment – how close are you to following your **whole and fulfilled living goals/desires**?

Not close at all

Progressing

Super close

Doing it!

What do you **need or want** to...?

- change
- shift
- toss out
- grow
- purge
- _____:

Getting Busy

List 4 action items that you will use to upgrade daily interactions or happenings for **whole and fulfilled living**?

“To seek approval is to have no resting place, no sanctuary. Like all judgment, approval encourages a constant striving. It makes us uncertain of who we are and of our true value. Approval cannot be trusted. It can be withdrawn at any time no matter what our track record has been. It is as nourishing of real growth as cotton candy. Yet many of us spend our lives pursuing it.”

- Rachel Naomi Remen

Having a sanctuary allows a person's brain to:

- ✓ take a break,
- ✓ connect with their emotions, reignite their spirits,
- ✓ and just breathe.

A **Pop-Sanctuary** is something that:

- ✓ is always accessible
- ✓ you can visit everyday
- ✓ serves as a retreat where you can go, relax, do nothing and refuel.

The concept of total wellness recognizes that our every thought, word, and behavior affects our greater health and well-being. And we, in turn, are affected not only emotionally but also physically and spiritually.

-Greg Anderson

A **Pop-Up Sanctuary** mainly focuses on emotions and feelings.

A **Pop-Up Sanctuary** can help you:

- ✓ Identify triggers that cause procrastination or stress
- ✓ Make connections to what feels great about your life and daily task-list
- ✓ Serve as a daily oasis to keep daily life upbeat
- ✓ Allow room for habits that promote connections, harmony, self-love habits, and self-care
- ✓ Stay mindful and open even when things seem too busy and out of control

- ✓ focus on meaningful connections, magic moments, mantras
- ✓ focus on open communication, own your boldness, omit self-sabotage
- ✓ focus on creating an oasis, organize your bold mindset, and observe daily thoughts
- ✓ focus on daily intentions, dedicated self-love habits, downtime

Creating your Pop-Up Sanctuary

No rules – All creativity

Format

- Index cards
- Small sheet of paper
- Mobile/Electronic
- In journal
- Large poster board

Materials

- Glue
- Scissors
- Old magazines
- Stickers
- Markers, crayons, colored pencils, pens, etc.
- Glitter
- Your creativity

Create

- tap into your feeling states
- select pictures/images, colors, words, letters, etc– that draw you in
- select pictures/images, colors, words, letters, etc– that elicit calming and relaxing feelings, thoughts, emotions – etc.
- select words, pictures/images, objects that help you slow down and breathe deeply
- have fun with this
- play
- create
- laugh
- be conscious

Assembling your Pop-Up Sanctuary

No rules – All creativity

After you have gathered your materials, set aside 30-to-60 minutes to get started. You may need more time, but the most important part is to get going on your creation.

Using your selected adhesive (e.g. tape, glue, glue dots, etc.) to secure your pictures, drawings, visuals, etc. to your poster board (e.g. index card, paper, journal, etc.).

You may want to place all your visuals on your poster board before you use the adhesive. This way you can move things around before you make the final decision on placement location.

Be sure to leave space for any writing and drawings.

Using your own photographs is a great personal touch.

You may want to update the visuals on your Pop-Up Sanctuary at different times of the year.

If you are on the go, be sure to take a picture of your Pop-Up Sanctuary so it can travel with you on your mobile device.

Have fun and do not limit yourself. You cannot do this process wrong because it's personalized and designed to support you.

Journal Prompts to use when you visit your Pop-Up Sanctuary

Developing a new habit takes time. Taking a moment to capture your ideas and thoughts is often part of this process.

As you are fold in daily visits to your **Pop-Up Sanctuary**, use these journal prompts to help calm you and slow you down.

You can capture your thoughts in an actual journal or just visit the ideas in your mind.

The **number** refers to the **date on the calendar**.

Example:

If the prompt is **energy** – you can focus your time in your Pop-Up Sanctuary thinking about how to protect or restore your energy.

1 – Connection

2 – Balance

3 – Playfulness

4 – Being present

5 – Forgiveness

6 – Doing nothing

7 – Change

8 – Wishes

9 – Gratitude

10 – Hunger

11 – Rest

12 – Time-out

13 – Cozy

14 – Seeking solace

15 – Now and then

16 – Beauty

17 – Nature

18 – Love

19 – Possibilities

20 – Blessings

21 – Create

22 – Anger

23 – Color

24 – Positive memories

25 – Family

26 – Intimacy

27 – Service

28 – Sharing

29 – Morning ritual

30 – Inner dialog

31 – Wellness habits

Notes | Thoughts | Ideas | Doodles

A large, empty rounded rectangular frame with a dark green border, intended for writing notes, thoughts, ideas, or doodles.

Kaneshia Baynard

Author | Speaker | Creativity Coach



TOPICS:

Self-Care / Self-Love

Navigating Career Transitions

Mothers' Day / Ladies' Nights

Pop-Up Creativity Meet-Ups

Vision Boards + Goal Setting

College Funding - Scholarships 101

Back-to-School C.H.A.O.S.

Pleasure + Passion + Purpose

Thriving as an Imperfect Parent

Customized Themes

In addition to working with local organizations, Kaneshia's work has been featured in:



With over 20 years of experience in the field of education and leadership development, Kaneshia has supported educators, families, students, and leaders navigate big and small transitions through one-to-one coaching, workshops, retreats, and listening attentively as they expressed what they needed the most.

Kaneshia specializes in bringing women together, in unique locations, to help them relax, network, refuel, and breathe life and action into their dreams and goals.

She also supports teens and their parents through Creativity Summits that allow them to connect (or re-connect) through inquiry based activities focused on creativity.

Kaneshia's presentations and workshops are highly interactive and engaging. Participants can safely learn how to nurture themselves, disrupt unfulfilling patterns, and leave the events with tangible tools they can use immediately.

Book her for your next event!

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Sparking creativity to disrupt unfulfilling patterns + navigate transitions with grace, power, and boldness.