

## **Writing Essentials**

- High-quality journals (lined, dotted, or blank depending on format)
- Extra loose-leaf paper (for messy drafts or emotional releases)
- Smooth-flow pens (gel + fine-tip black)
- Colored pens for emotional mapping
- Pencils + erasers
- Highlighters (soft, neutral tones feel grounding)
- Note: A composition notebook and pen will do.

## **Optional: Creative Expression Tools (For Deeper Integration)**

These help participants access non-verbal insight.

- Mildliner-style markers
- Watercolor brush pens
- Washi tape
- Stickers (symbols: butterflies, doors, moons, keys, roots, etc.)
- Glue sticks
- Old magazines (for vision collage)
- Small scissors
- Stamps + ink pads

Creative journaling activates different neural pathways than linear writing—helpful in identity shifts.

## **Ritual & Intention-Setting Items**

These elevate the experience beyond “just writing.”

- Blank cards for “Release & Reclaim” exercises
- Envelopes (for letters to future self)
- Tarot or Affirmation cards
- Shadow Work Journals

- Crystals
- Candles (For home use only) They foster a calm environment, reduce stress, and boosts mood)

**Atmosphere Enhancers (Highly Recommended for At-Home use)**

Transformation happens more safely in regulated environments. Create your own space (quiet, free from distractions and feels safe).

- Soft lighting
- Neutral tablecloths
- Comfortable seating
- Background instrumental music
- Water station