



SAKURA SOUL BY ANKITA

A GUIDED DIGITAL WORKBOOK

Emotional Reset

A guided workbook to help you reconnect with your feelings, notice emotional patterns, and create space for clarity.



CREATED BY
Energy Coach Ankita



A letter from Ankita

I'm so glad this workbook has found its way to you.

Many of us move through our days responding to what needs to be done, while our own feelings wait quietly in the background. We may know that something feels heavy, restless or "off", without giving ourselves the time to understand what it is.

I created this Emotional Reset as a gentle space for you to pause and reconnect with yourself.

You do not need to solve everything here. You do not need to produce the perfect answer. My hope is simply that you finish these pages feeling more aware of what you have been carrying, and a little clearer about what you need now.

Take what resonates. Leave what does not. Return whenever you need to.

With warmth,

Ankita





BEFORE YOU BEGIN

This workbook belongs to you

Nothing you write here will be submitted, evaluated or seen by me.

These pages are for your private reflection. You may type into a notes app, annotate the PDF, circle choices on your screen, or simply answer quietly in your mind.

There are no correct answers. Your first honest response is more useful than an answer that sounds sensible or impressive.

01 MOVE QUICKLY

Choose what feels true before your mind begins editing it.

02 STAY CURIOUS

You are noticing yourself—not judging yourself.

03 PAUSE WHEN NEEDED

A blank answer is allowed.
Resistance is information too.

04 MAKE SPACE

Longer writing exercises include room for whatever needs to come through.



Sakura Note

Do not answer as the person you think you should be. Answer as you are today.



EXERCISE 1

Arriving here

Before looking deeper, notice where you are right now.

Choose one answer in each row. Circle it, highlight it, or note it mentally.



My mind feels

☐ clear

☐ busy

My body feels

☐ settled

☐ tense

My emotions feel

☐ close

☐ distant

My energy feels

☐ steady

☐ scattered

RIGHT NOW, THE ONE WORD THAT BEST DESCRIBES ME IS:



Sakura Note

This is a snapshot, not a permanent definition of who you are.



EXERCISE 2

Circle what fits

Choose every word that feels present today, even when two feelings seem to contradict each other.



- | | | | |
|---------------------------------------|--------------------------------------|------------------------------------|----------------------------------|
| ☐ calm | ☐ frustrated | ☐ hopeful | ☐ tired |
| ☐ resentful | ☐ grateful | ☐ anxious | ☐ numb |
| ☐ restless | ☐ tender | ☐ angry | ☐ lonely |
| ☐ relieved | ☐ overwhelmed | ☐ confused | ☐ content |
| ☐ disappointed | ☐ uncertain | ☐ supported | ☐ guilty |
| ☐ motivated | ☐ irritable | ☐ peaceful | ☐ unseen |
| ☐ joyful | ☐ guarded | ☐ sad | ☐ stuck |

WHICH THREE WORDS FEEL STRONGEST?





PAUSE

Close your eyes. Take three unhurried breaths.
Ask yourself:

“What feeling have I been trying NOT to feel?”



Do not force an answer.
Notice the first word, memory, sensation or silence
that appears.



EXERCISE 3

What do I do with my feelings?

Tick anything you recognize.

This is not about labelling yourself, it is about response.

☐ I say "I'm fine" quickly.

☐ I comfort everyone else first.

☐ I keep busy so I do not have to feel.

☐ I scroll, eat, shop or distract myself.

☐ I withdraw and become quiet.

☐ I replay conversations repeatedly.

☐ I over-explain what happened.

☐ I blame myself for feeling too much.

☐ I become irritated with small things.

☐ I wait until I feel completely overwhelmed.



THE RESPONSE I USE MOST OFTEN IS:



Sakura Note

A coping response may have helped you once. Noticing it now gives you choice.



EXERCISE 4

What is taking the most from me?

Choose up to three.

Fewer choices help you see what needs attention first.

☐ Work or responsibility

☐ A decision I am avoiding

☐ A relationship

☐ Lack of rest

☐ Uncertainty about the future

☐ My own inner criticism

☐ Financial pressure

☐ Something unresolved

☐ Family expectations

☐ Trying to keep everyone happy

WHAT MAKES THIS FEEL ESPECIALLY HEAVY RIGHT NOW?





EXERCISE 5

What do I need more of?

Circle five words. Then narrow them down to the two you need most this week.



- | | | | |
|--------------------------------------|--------------------------------------|------------------------------------|-----------------------------------|
| ☐ rest | ☐ clarity | ☐ space | ☐ support |
| ☐ reassurance | ☐ movement | ☐ quiet | ☐ play |
| ☐ boundaries | ☐ connection | ☐ structure | ☐ courage |
| ☐ permission | ☐ comfort | ☐ honesty | ☐ hope |
| ☐ sleep | ☐ recognition | ☐ release | ☐ patience |

NEED ONE

NEED TWO



Sakura Note

A need does not become less valid because someone else may not understand it.





EXERCISE 6

What can I stop carrying today?

Cross out anything you are willing to loosen your grip on, even temporarily.

☐ the need to have every answer

☐ guilt for needing rest

☐ one awkward conversation

☐ fixing another person's mood

☐ someone else's opinion

☐ getting everything right

☐ being productive every minute

☐ proving my worth

☐ the version of today I had planned

☐ replaying the past



SOMETHING ELSE I AM READY TO PLACE DOWN:



EXERCISE 8

A letter to myself

Write what you need to hear today.

"I know you have been carrying..."





EXERCISE 9

What did I notice?

Do not search for a profound conclusion. Record what genuinely stood out.



ONE FEELING I NAMED MORE HONESTLY

ONE EMOTIONAL HABIT I RECOGNISED

ONE NEED I WANT TO RESPECT

ONE THING THAT SURPRISED ME





WHERE YOU GO FROM HERE

This is a beginning

Awareness does not make every feeling disappear. It changes the way you meet it.

You have taken time to notice your emotions, your responses, your needs and what has been draining you.

Some things may feel clearer. Other questions may still remain. That is natural.

Our emotions are one part of the picture. At times, the patterns we experience emotionally may also be reflected in our current energetic state.

The next page introduces a way to explore that layer.





EXPLORE THE NEXT LAYER

Chakra Status Scan

A personalised assessment of your seven primary energy centres.

This workbook helped you connect with what you are feeling. A Chakra Status Scan offers another perspective by looking at where your current energy may be depleted, overactive, carrying dense energy or out of balance.

YOUR SCAN INCLUDES

- Assessment of all seven primary chakras
- A personalised written report
- A one-to-one explanation call
- Simple recommendations based on your results



HOW IT WORKS

You share a recent same-day photograph. Your scan is completed remotely, followed by your report and a private walkthrough of what was observed.

Ready to understand what your energy is showing?

VISIT WWW.SAKURASOULBYANKITA.COM OR MESSAGE @SAKURASOULBYANKITA ON INSTAGRAM WITH "SCAN"

The Chakra Status Scan is a complementary spiritual wellness service and does not replace medical or psychological care.



MEET ANKITA

SOME KNOWLEDGE IS STUDIED.
SOME IS LIVED ACROSS GENERATIONS.

4 GENERATIONS BEFORE HER

Ayurveda. Astrology. Reiki.
A family history of spiritual and energetic practice, continued today through Ankita.

CREDENTIALS AT A GLANCE

UAE-Licensed Energy Coach
IAOTH-Certified Aura Expert
Master-level energy practitioner of 22+ modalities (including Egyptian, Indian & Angelic holistic therapies)
3rd-Generation Reiki Grandmaster
15+ Years of Personal Reiki Practice

GROUNDING IN MODERN LIFE

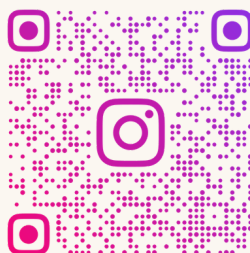
Her perspective is also shaped by nearly a decade in the corporate world.

A SPACE BUILT ON TRUST

Private. Discreet. Unhurried.

Every person's journey is met with care, respect and without judgement.
Your story is never rushed, reduced or treated as a problem to solve.

Reach out on Instagram/website/email.



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