

HEART HEARD JOURNAL

DAY 1

BEFORE MEDITATION

What is your intention/objective for this 7-day Challenge?
What is your question today?
How do you currently feel about this situation?

~ PLAY MEDITATION ~

Free write for 60 seconds:
What were your main insights?
Define a specific action you will take today from your heart's guidance:
How do you feel now about the situation?

DAY 2

BEFORE MEDITATION

What was the outcome of taking action from your heart's guidance from yesterday?

What is your question today?

How do you currently feel about this situation?

~ PLAY MEDITATION ~

Free write for 60 seconds:

What were your main insights?

Define a specific action you will take today from your heart's guidance:

How do you feel now about the situation?

DAY 3

BEFORE MEDITATION

What was the outcome of taking action from your heart's guidance from yesterday?

What is your question today?

How do you currently feel about this situation?

~ PLAY MEDITATION ~

Free write for 60 seconds:

What were your main insights?

Define a specific action you will take today from your heart's guidance:

How do you feel now about the situation?

DAY 4

BEFORE MEDITATION

What was the outcome of taking action from your heart's guidance from yesterday?

What is your question today?

How do you currently feel about this situation?

~ PLAY MEDITATION ~

Free write for 60 seconds:

What were your main insights?

Define a specific action you will take today from your heart's guidance:

How do you feel now about the situation?

DAY 5

BEFORE MEDITATION

What was the outcome of taking action from your heart's guidance from yesterday?

What is your question today?

How do you currently feel about this situation?

~ PLAY MEDITATION ~

Free write for 60 seconds:

What were your main insights?

Define a specific action you will take today from your heart's guidance:

How do you feel now about the situation?

DAY 6

BEFORE MEDITATION

What was the outcome of taking action from your heart's guidance from yesterday?

What is your question today?

How do you currently feel about this situation?

~ PLAY MEDITATION ~

Free write for 60 seconds:

What were your main insights?

Define a specific action you will take today from your heart's guidance:

How do you feel now about the situation?

DAY 7

BEFORE MEDITATION

What was the outcome of taking action from your heart's guidance from yesterday?
What is your question today?
How do you currently feel about this situation?

~ PLAY MEDITATION ~

Free write for 60 seconds:
What were your main insights?
Define a specific action you will take today from your heart's guidance:
How do you feel now about the situation?