

10 DAYS OF DEEP CLEANING REIKI WORKSHEET

Mark the images below with the appropriate symbol to represent the shifts you have felt. You can take further notes below.

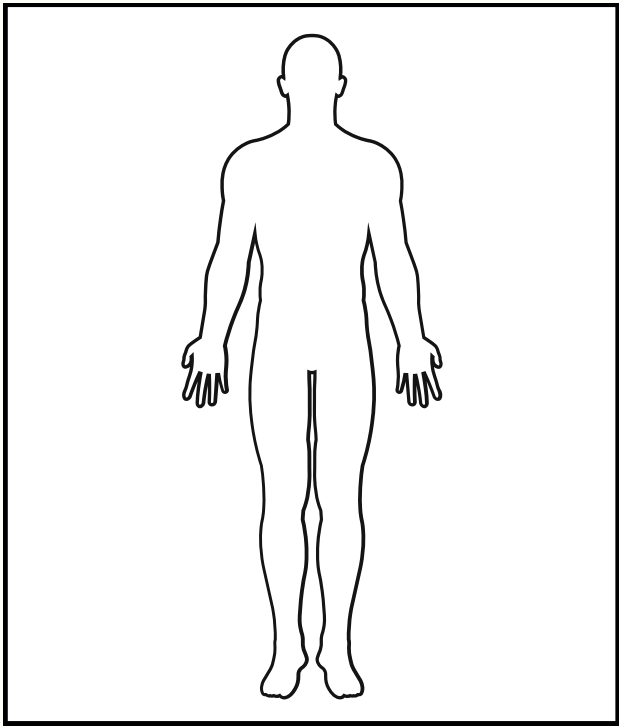
△ = CHANGE ○ = BLOCKED ENERGY □ = STRONG ☆ = WEAK

Name

Day 1

Clearing Environmental Energy

What energy am I holding that isn't mine and how can I let it go?

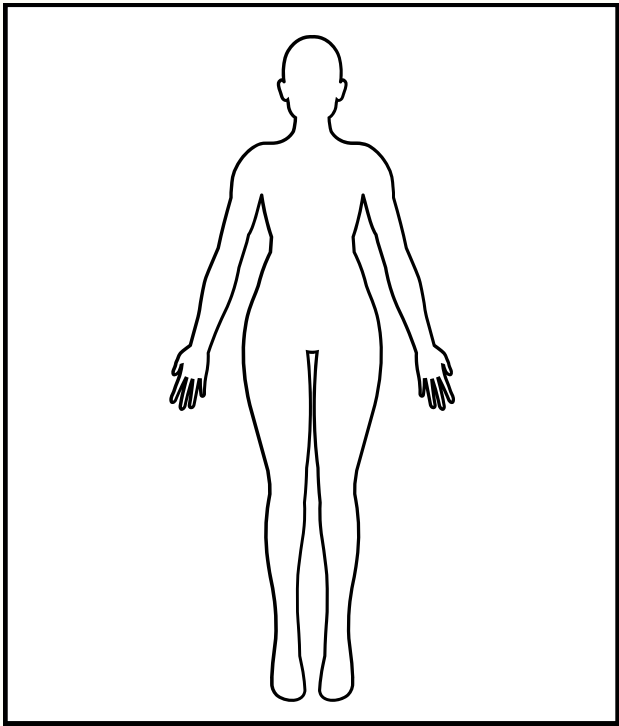


NOTES

Day 2

Soothing the Nervous System:

What part of my life feels overwhelming, and how can I soften it?



NOTES

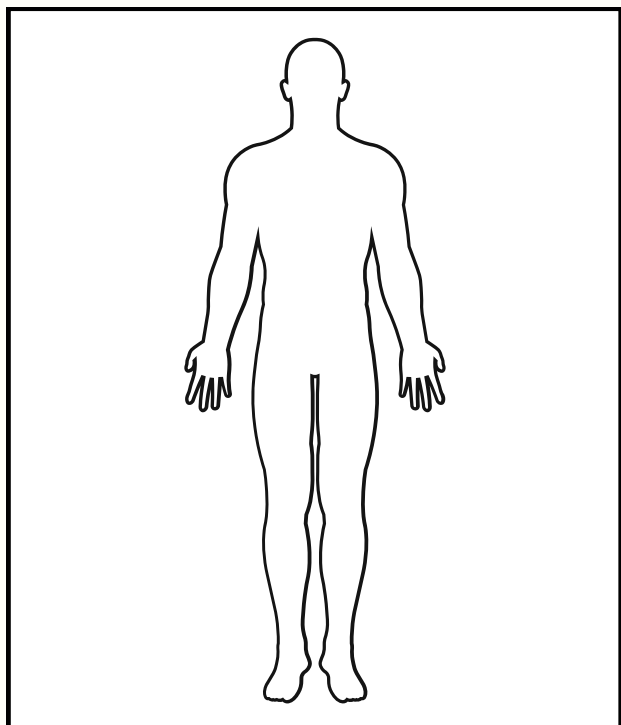
10 DAYS OF DEEP CLEANING REIKI WORKSHEET

△ = CHANGE ○ = BLOCKED ENERGY □ = STRONG ☆ = WEAK

Day 3

Lightning the Aura:

What is weighing down my energy field and how can I lift it?

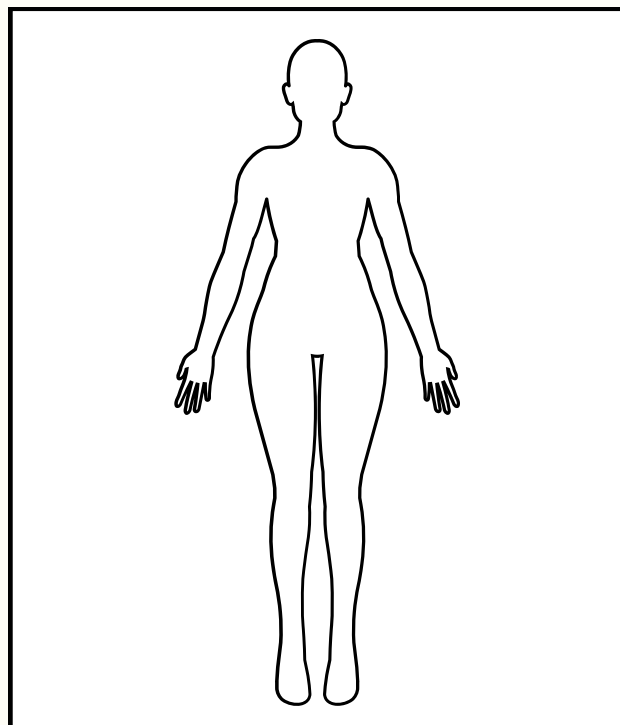


NOTES

Day 4

Harmonizing Feminine & Masculine:

Where in me is the feminine and masculine energies out of sync?



NOTES

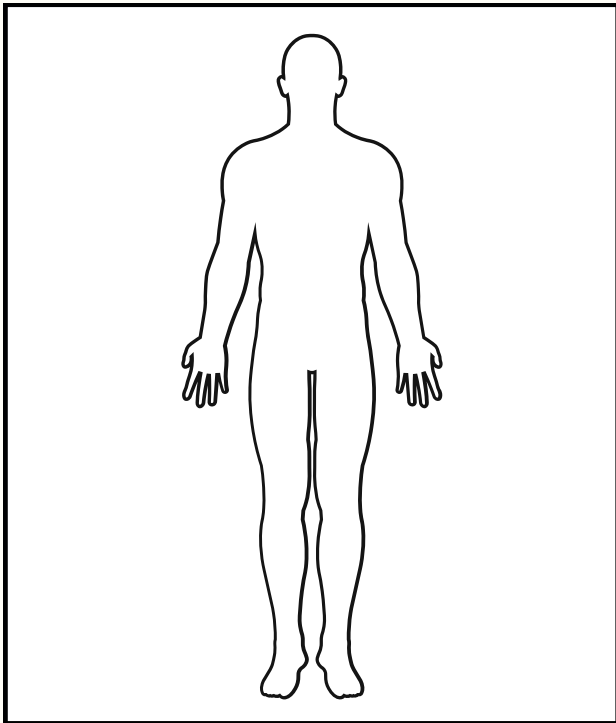
10 DAYS OF DEEP CLEANING REIKI WORKSHEET

△ = CHANGE ○ = BLOCKED ENERGY □ = STRONG ☆ = WEAK

Day 5

Releasing Spiritual Debris:

What past spiritual or energetic experiences still linger and me?

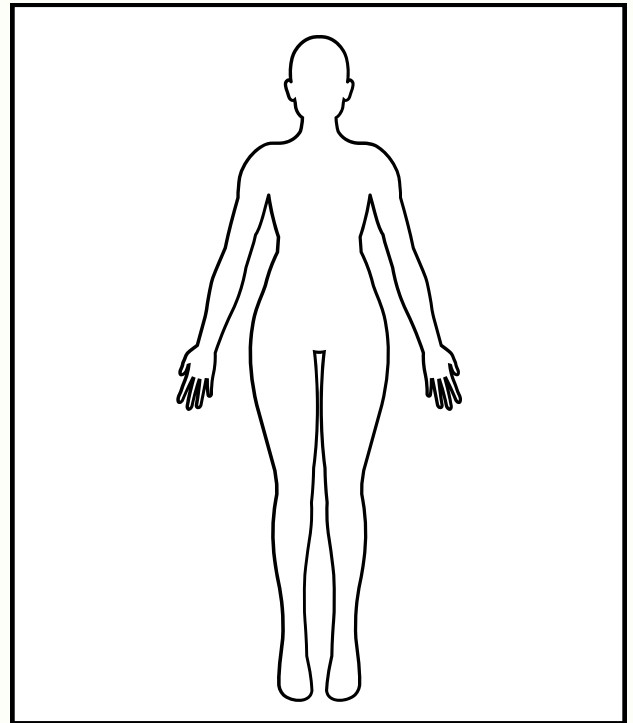


NOTES

Day 6

Resetting Heart Energy:

What part of my heart is calling for healing and compassion?



NOTES

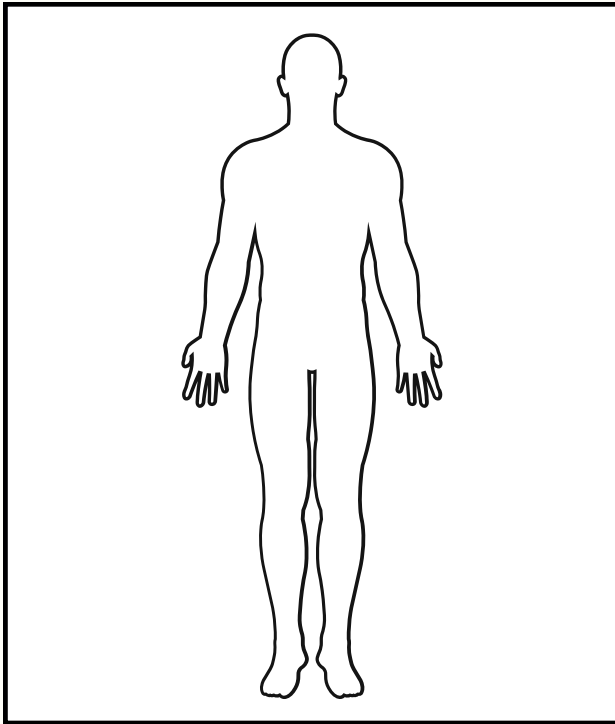
10 DAYS OF DEEP CLEANING REIKI WORKSHEET

△ = CHANGE ○ = BLOCKED ENERGY □ = STRONG ☆ = WEAK

Day 7

Repairing Energy Leaks:

Where have I been leaking energy through people, thoughts, or actions?

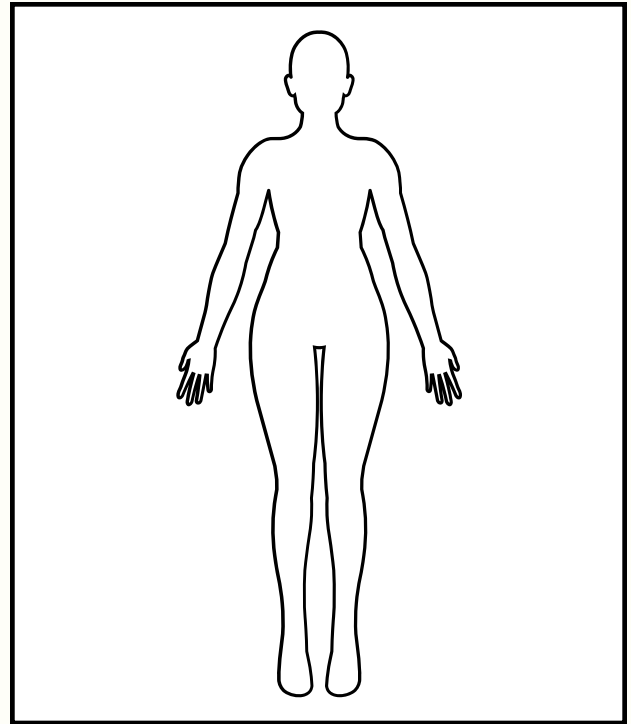


NOTES

Day 8

Clearing Mental Clutter:

What thoughts run on repeat in my mind and where did they begin?



NOTES

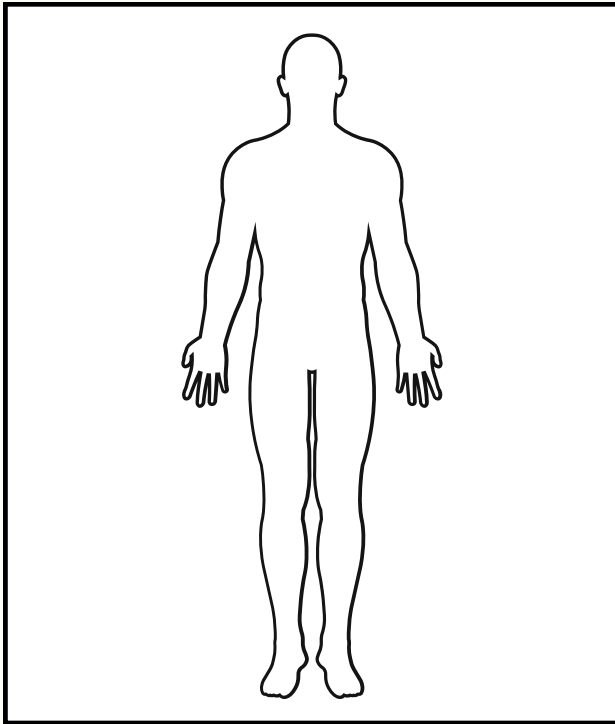
10 DAYS OF DEEP CLEANING REIKI WORKSHEET

△ = CHANGE ○ = BLOCKED ENERGY □ = STRONG ☆ = WEAK

Day 9

Releasing Resistance:

What would happen if I fully surrendered to what is?

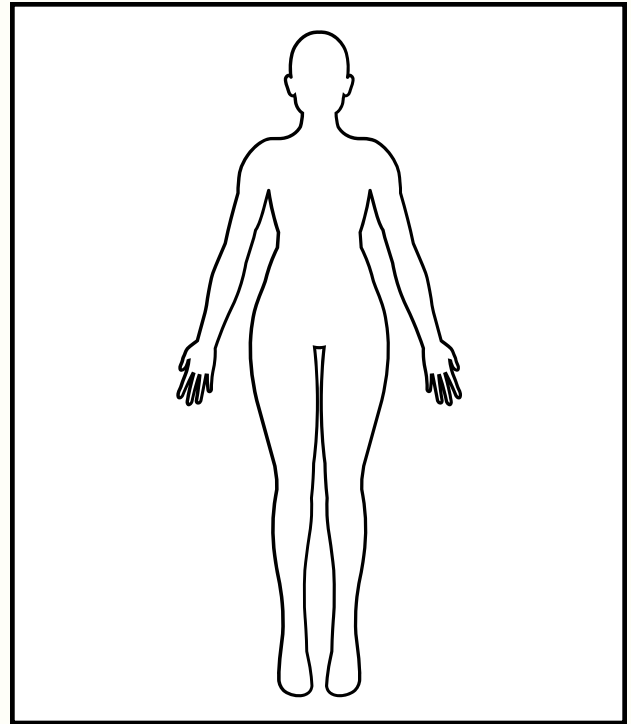


NOTES

Day 10

Strengthening the Light Body:

What helps me hold and embody more light in my everyday life?



NOTES

△ = CHANGE ○ = BLOCKED ENERGY □ = STRONG ☆ = WEAK

This image shows a single sheet of white paper with horizontal black ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

List what you will continue to foster beyond the 10 Days of Reiki.