

21 DAYS OF PEACE & HARMONY REIKI WORKSHEET

Name _____

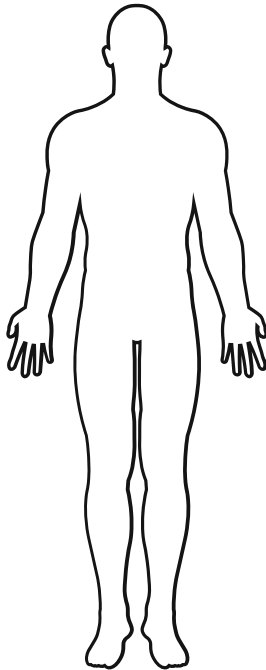
Mark the images below with the appropriate symbol to represent the shifts you have felt. You can take further notes below.

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

Day 1

Self-Acceptance

Embrace who you are without judgment. Self-acceptance allows you to release inner conflict and fosters a sense of peace.

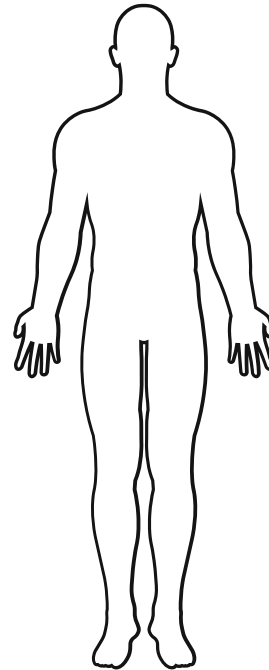


NOTES

Day 2

Gratitude

Cultivating gratitude for life's blessings, even in difficult times, promotes an attitude of harmony and contentment.



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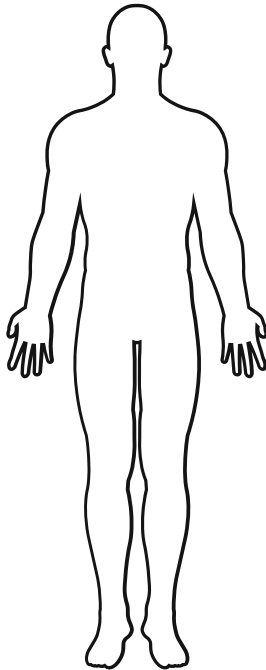
Weekend healings will support the week's topics.

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Day 3

Kindness

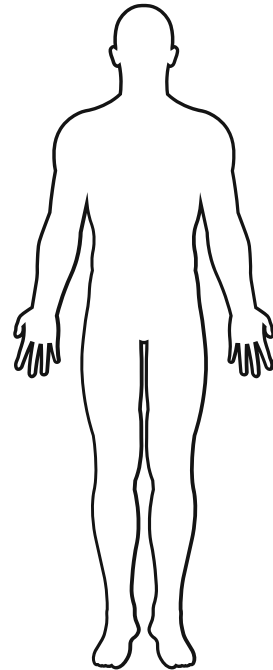
Practicing kindness to self in all manners brings forward peace and harmony.



NOTES

Day 4

Self-Acceptance, Gratitude, & Kindness



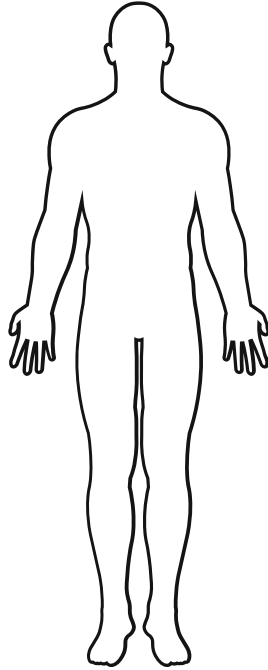
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Day 5

Self-Acceptance, Gratitude, & Kindness

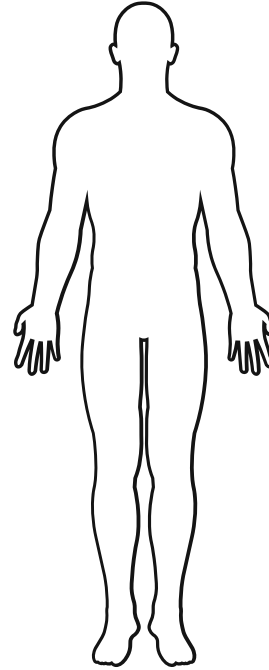


NOTES

Day 6

Breathwork

Using breathwork helps regulate your nervous system, reducing stress and anxiety, and inviting peace within.



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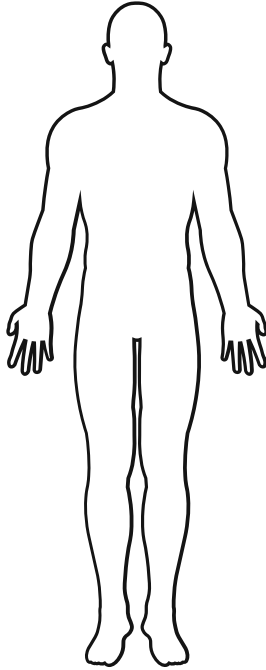
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Day 7

Emotional Release

Allow yourself to feel and release emotions.
Repressed emotions can create inner tension, releasing them restores balance.

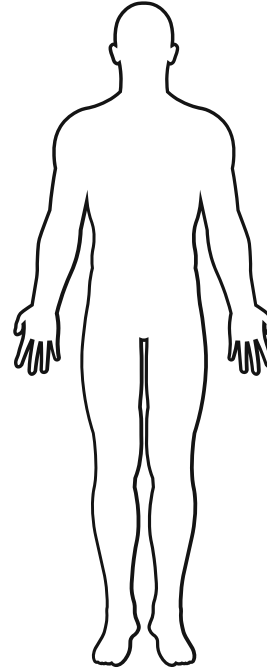


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Day 8

Body-Mind Connection

Paying attention to the connection between your body and mind, promote physical and mental harmony.



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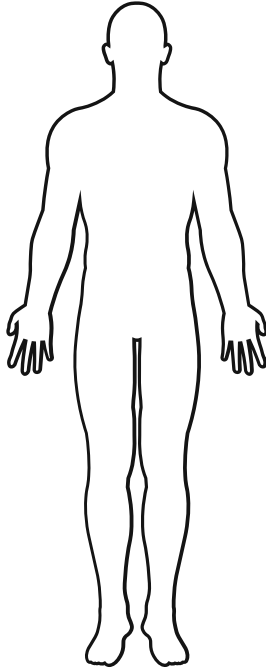
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Day 9

AhoMitakuye Oyasin

The interconnectedness of all beings, the importance of living in harmony with nature, each other, and the universe as a whole.

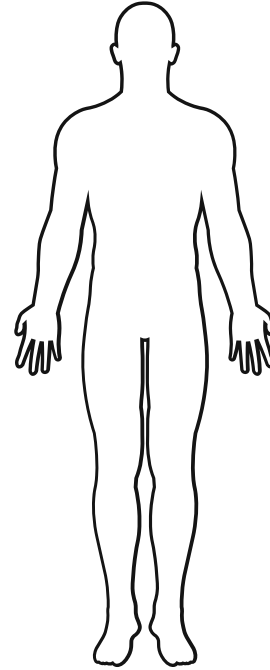


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Day 10

Boundaries/ Filters

Learn to establish healthy boundaries with others. Boundaries create a safe space for self-care, nurturing inner harmony.



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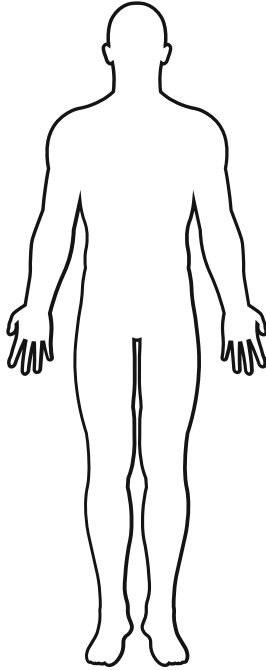
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Day 13

Forgiveness

Letting go of past/ past life hurts, whether toward yourself or others, is essential for emotional healing and inner balance.

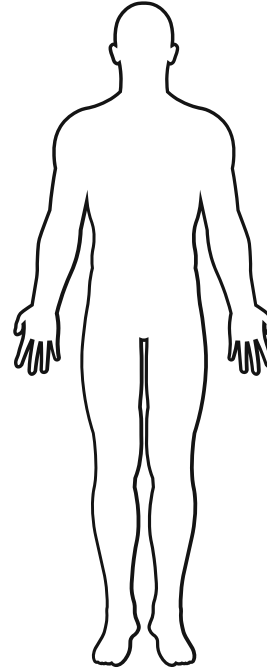


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Day 14

In The Flow

Release attachment to outcomes, control, or old patterns. Letting go creates space for peace and new growth.



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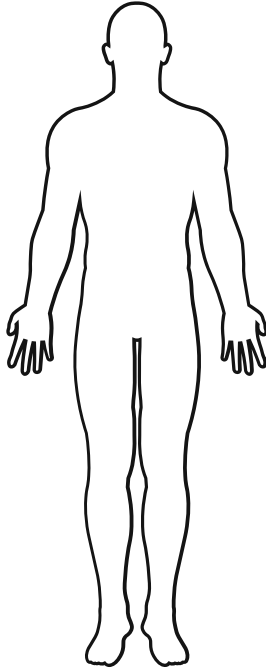
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Day 15

Nurturing Inner Child

By nurturing the wounded aspects of your younger self, you can achieve emotional release and cultivate a sense of wholeness.

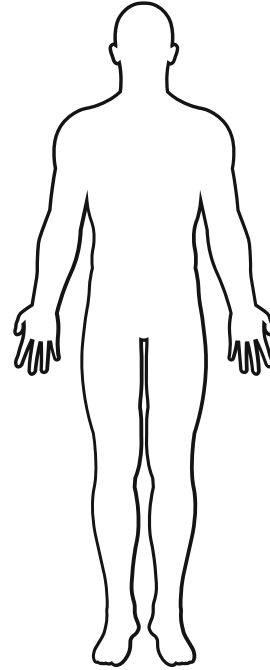


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Day 16

Self-Compassion

Self-compassion helps heal emotional wounds. Identifying emotions and needs brings compassion.



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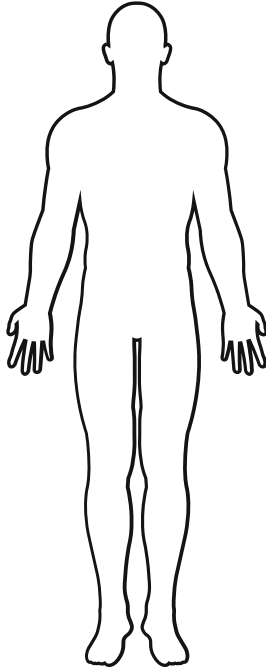
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Day 17

Connection to Nature

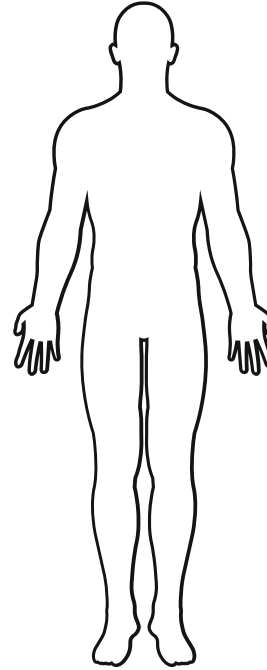
Reconnecting with nature's rhythms and energies can bring grounding, healing, and a deeper sense of harmony.



NOTES

Day 18

Forgiveness, In the Flow, Nurturing Inner Child, Self-Compassion, Connection to Nature



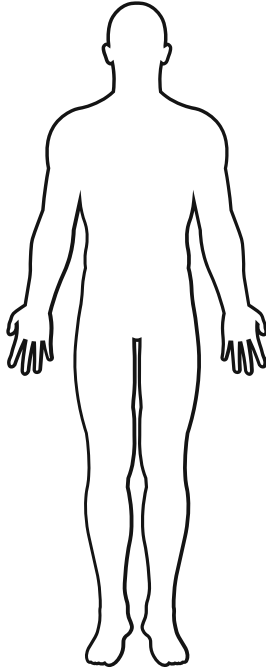
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Day 19

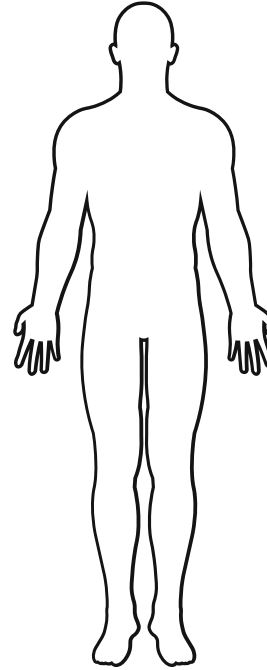
**Forgiveness, In the Flow,
Nurturing Inner Child, Self-Compassion,
Connection to Nature**



NOTES

Day 20

Spiritual Alignment
Aligning with your spiritual beliefs and
practices.



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