

# 21 DAYS OF SERVE & NURTURE WORKSHEET

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

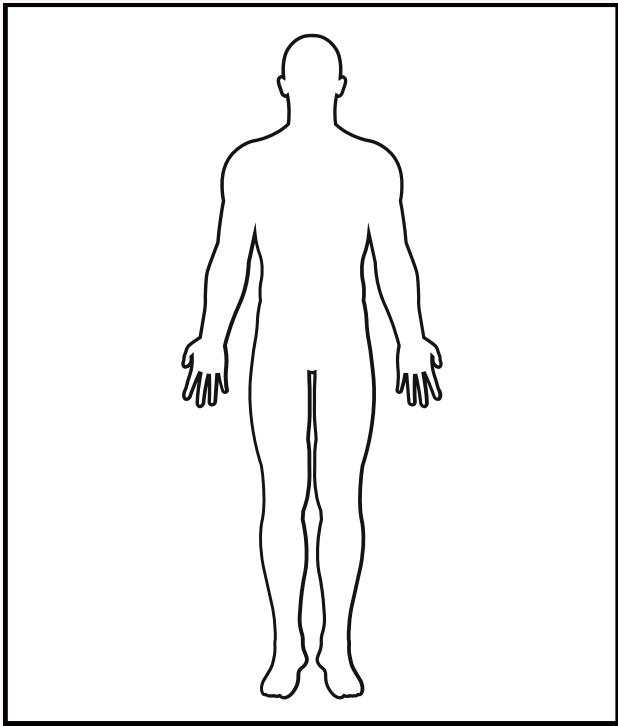
△ = CHANGE    ○ = BLOCKED ENERGY    □ = STRONG    ☆ = WEAK

Name

## Day 1

### Power & Digestion

Where am I giving away my power or taking on too much? How can I support my gut by standing more fully in my truth?

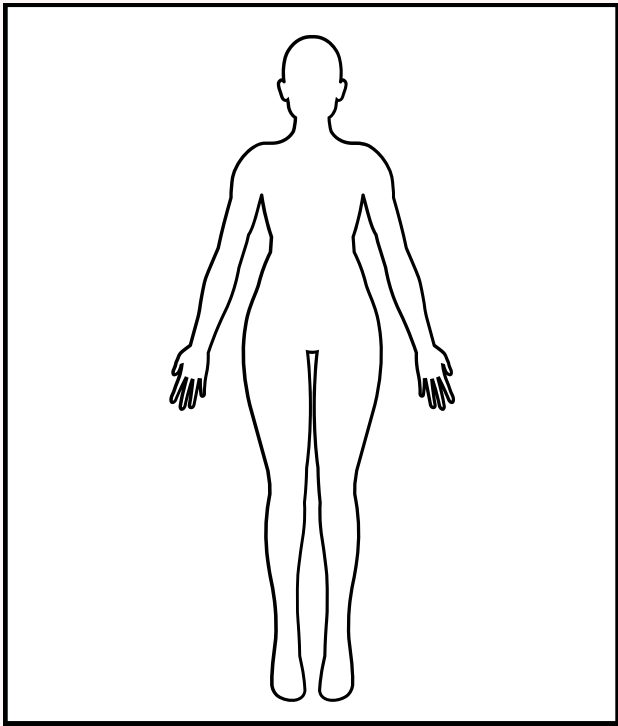


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## Day 2

### Aligning Thought & Digestion

What belief or mindset shift could help me digest life more peacefully?



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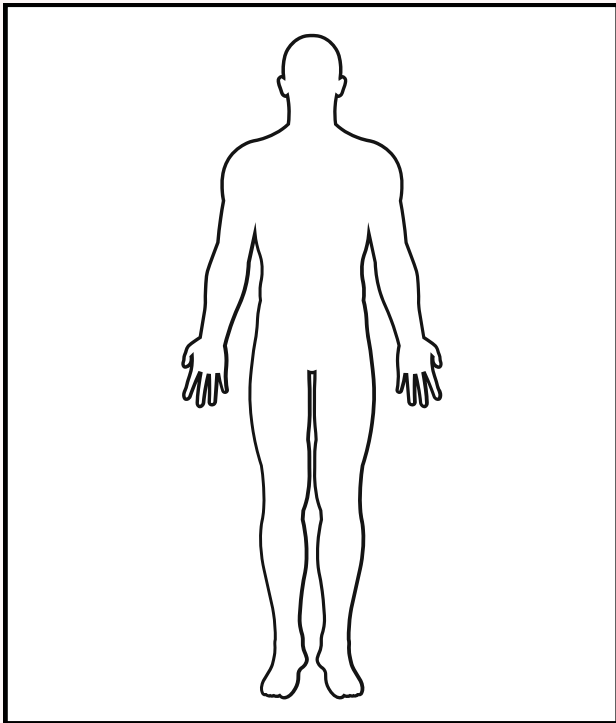
Weekend healings will support the week's topics.

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## Day 3

### Feeling to Heal: Emotional Digestion

What emotions am I currently holding in my belly? What would it feel like to gently let them be seen and released?



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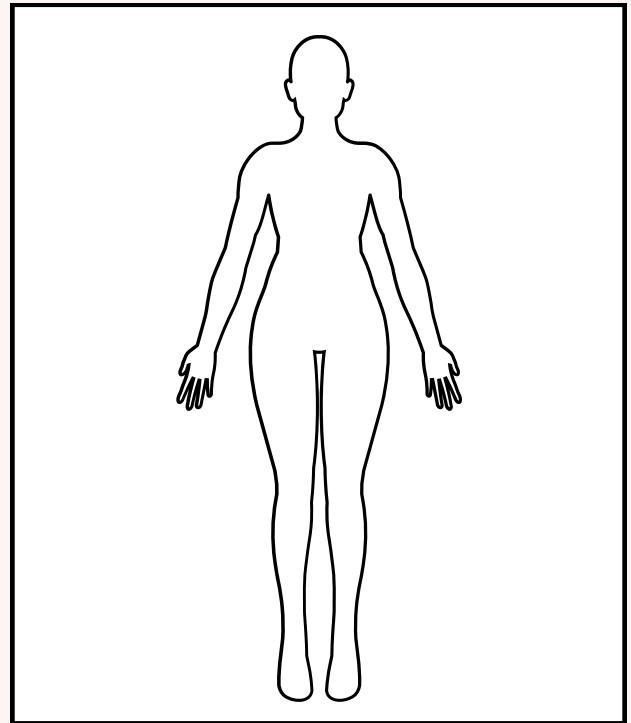
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## Day 4

### Weekend Session



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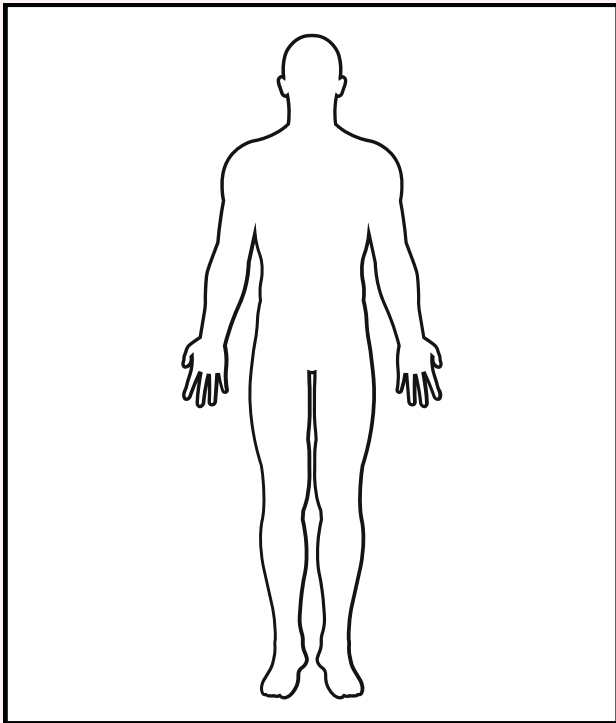
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*Day 5*

## Weekend Session



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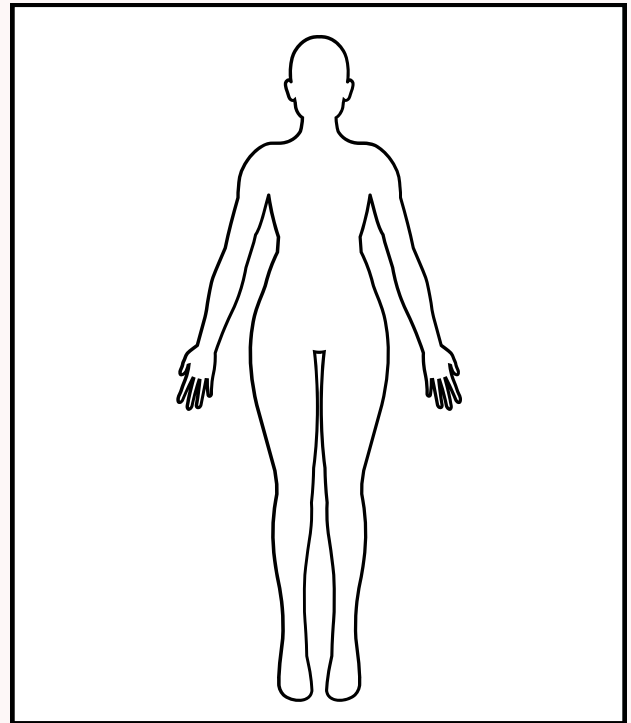
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*Day 6*

## Listen to Your Inner Currents

What signals has my nervous system been sending me lately, and how can I better honor its need for safety, space, or stillness?



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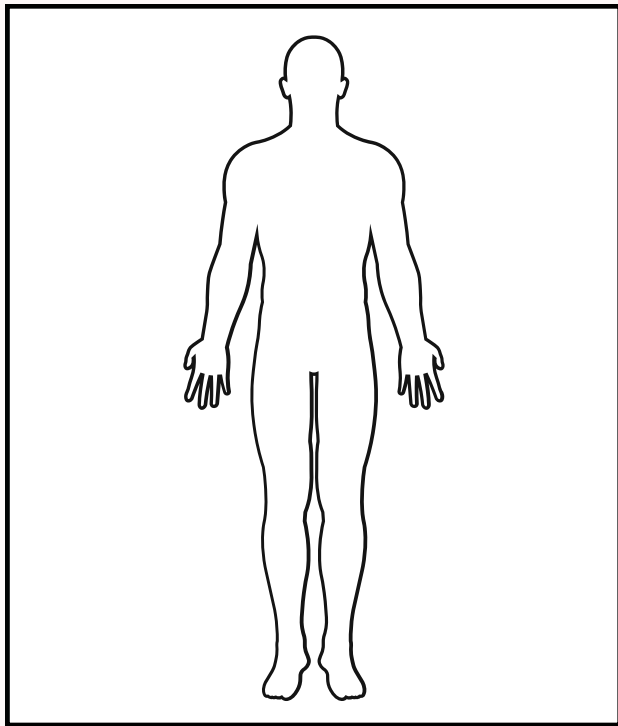
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## Day 7

### Tune In to Your Hormonal Harmony

Where in my life am I forcing against my natural rhythm? What would hormonal balance feel like?



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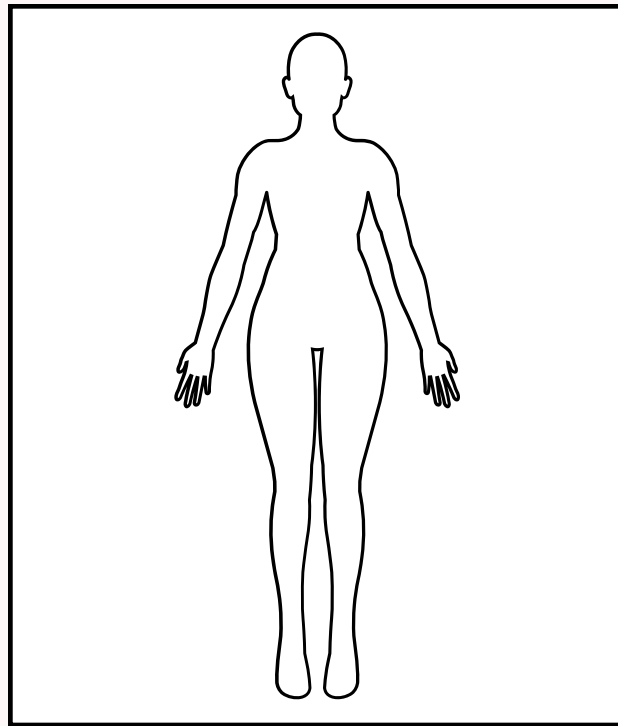
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## Day 8

### Clear, Cleanse, Release: Lymphatic

What emotional or energetic weight am I ready to release? How can I support my body in feeling lighter, clearer, and more free?



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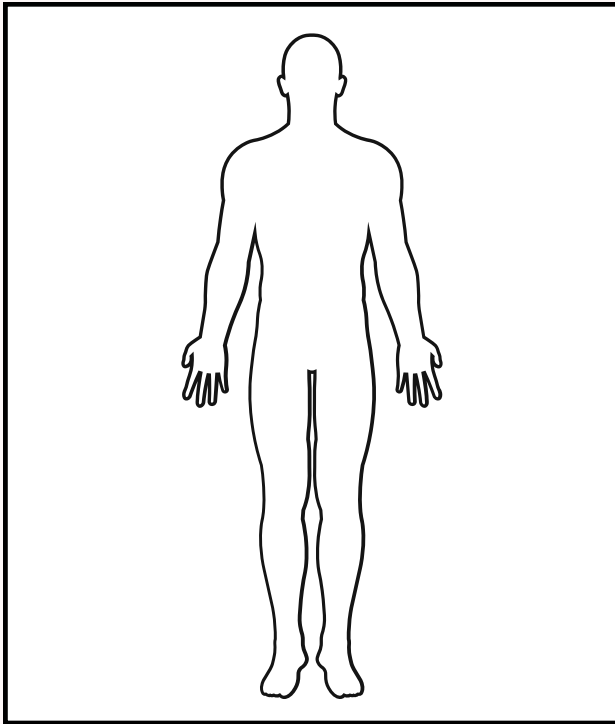
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## Day 9

### Let Life Move Through You

Where am I holding back the flow of love in my life? How can I open more fully to give and receive with ease?



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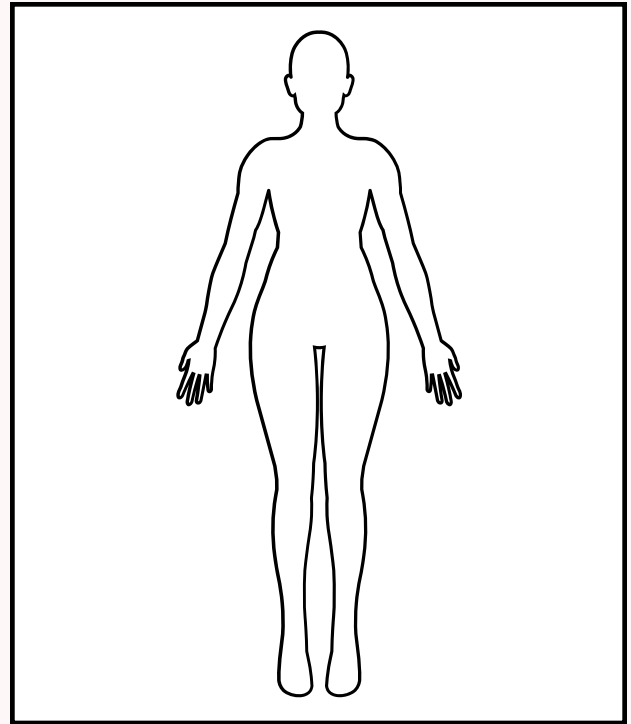
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## Day 10

### Breathe into Release & Expansion

What am I ready to exhale, emotionally or energetically that I've been holding onto?



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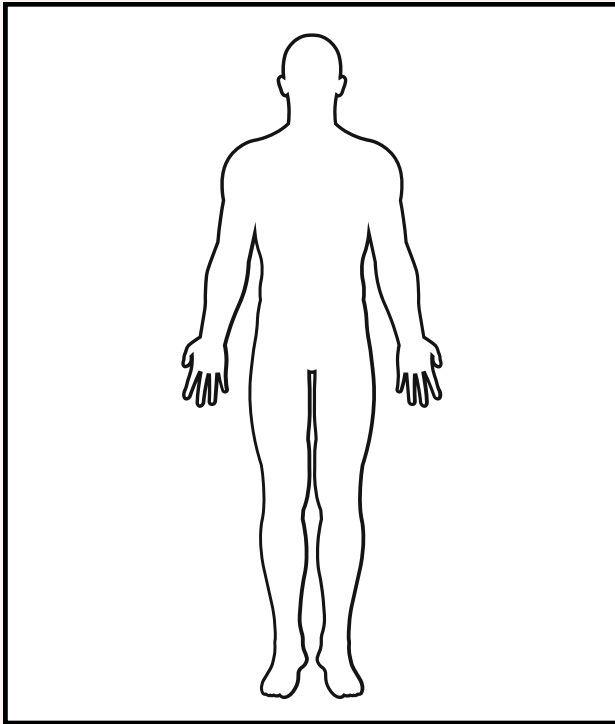
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*Day 11*

**Weekend Session**



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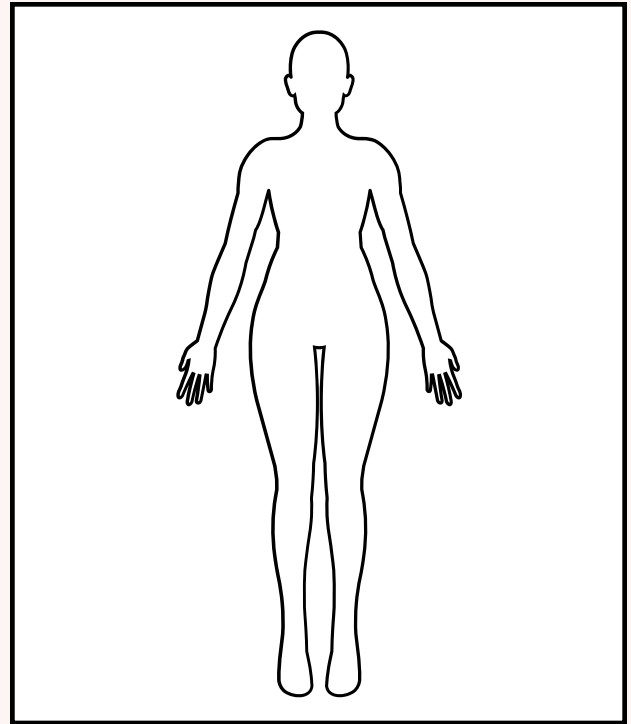
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*Day 12*

**Weekend Session**



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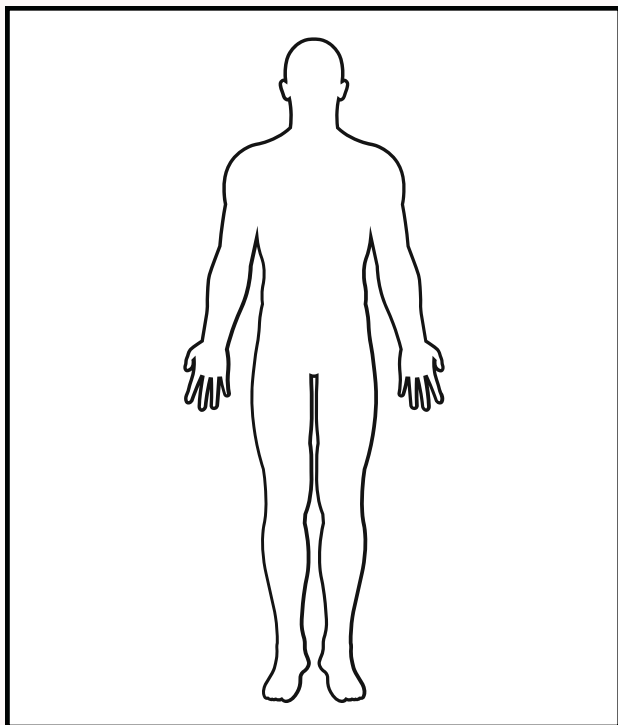
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## Day 13

### Stillness as a Gift

What arises when I sit in stillness without needing to change anything?



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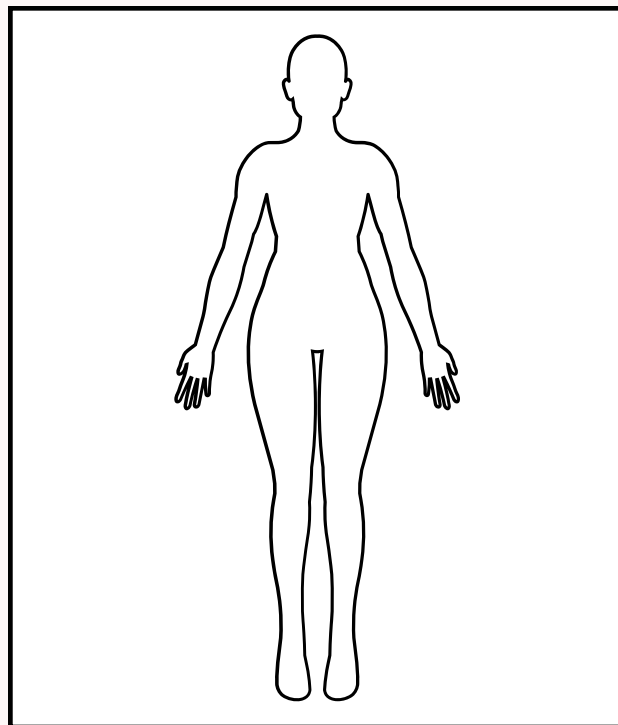
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## Day 14

### Nourish with Intention

What would it feel like to eat in a way that fully nourishes my body and spirit?



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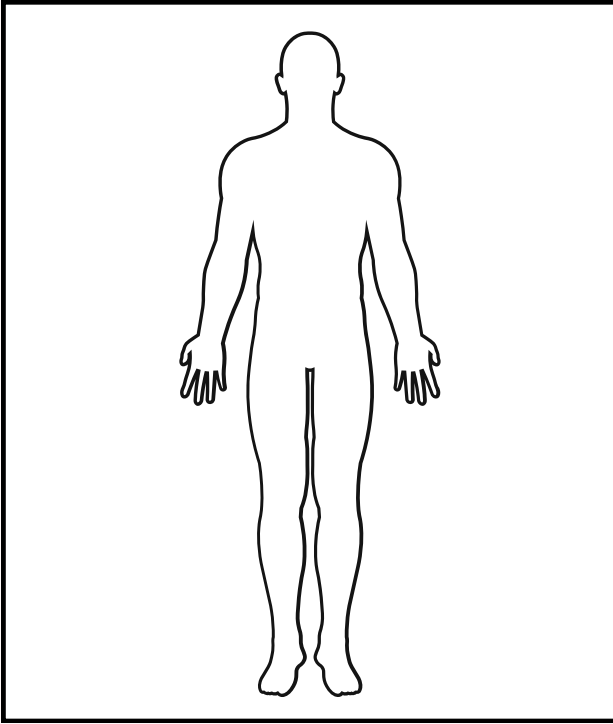
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## Day 15

### Speak with Intention

What words feel most healing to say to myself or someone else today?



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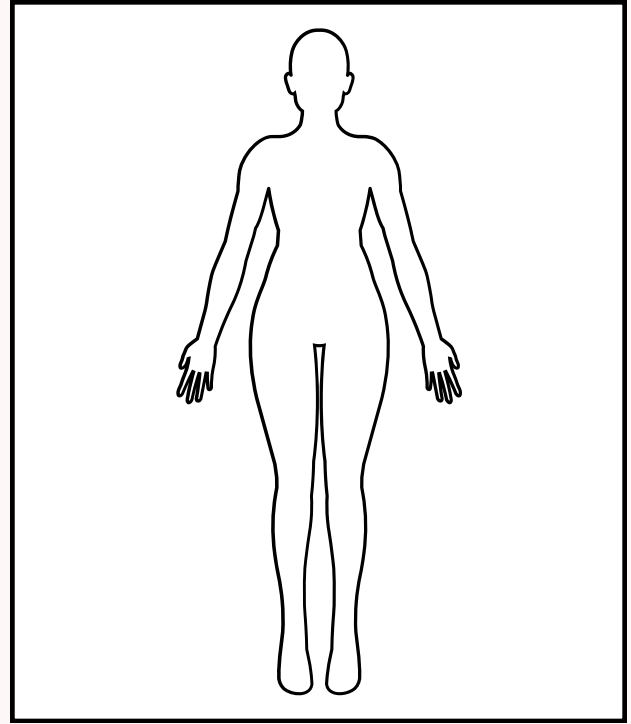
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## Day 16

### Mind Body Coherence

What tone do I use when I am speaking with myself? Is it helpful?



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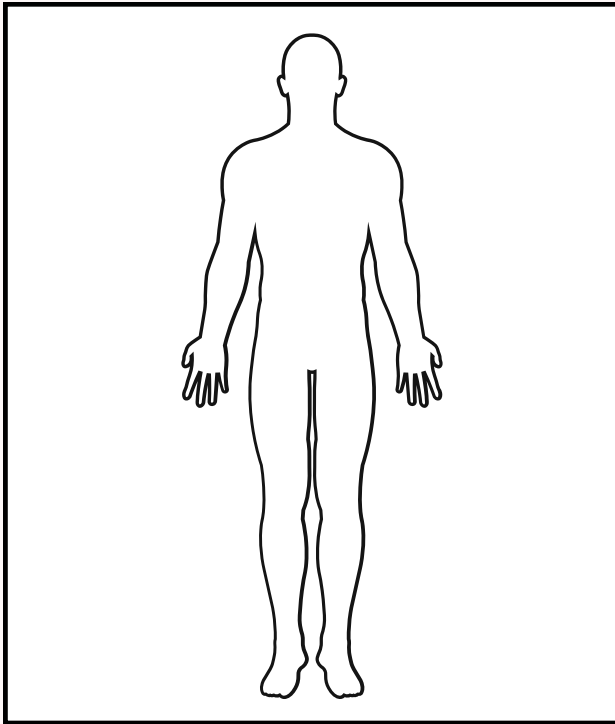
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## Day 17

### Mind Heart Coherence

What types of self-love do I allow to flow freely and what do I withhold from self?



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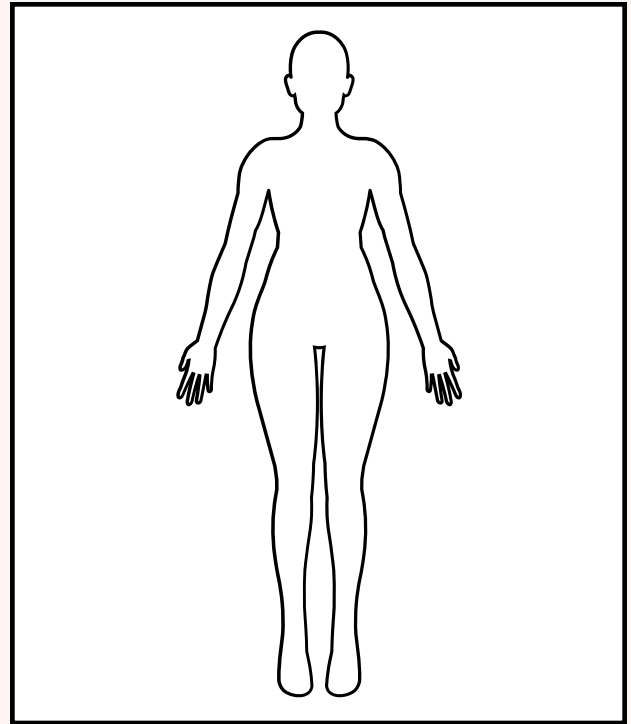
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## Day 18

### Weekend Session



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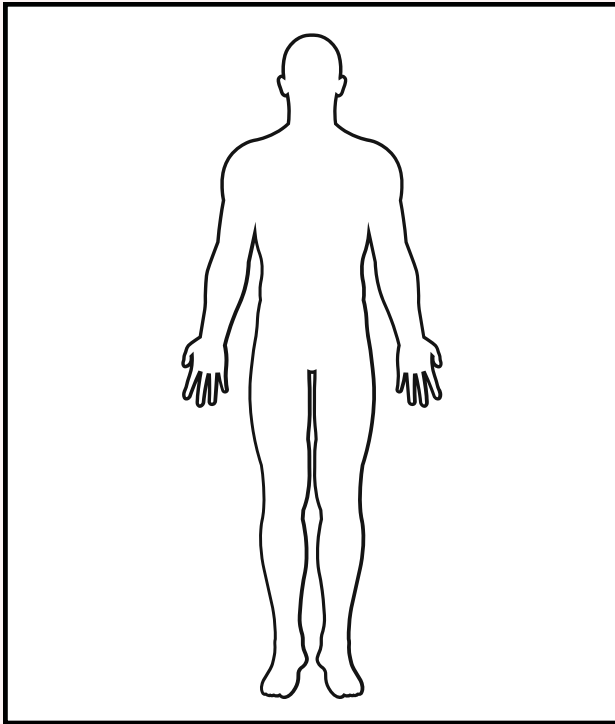
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*Day 19*

## Weekend Session



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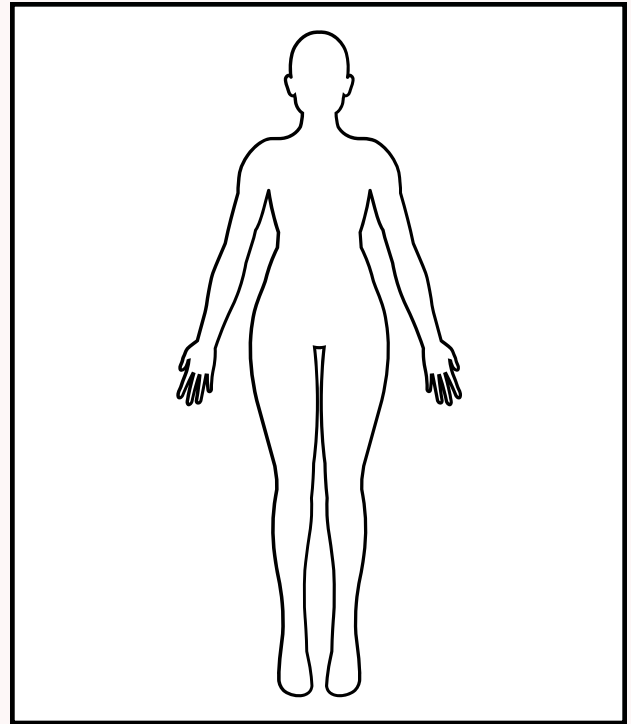
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*Day 20*

## Serve through Presence

What does it feel like to show up fully present with myself right now?



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= CHANGE



= BLOCKED ENERGY



## Integrate and Shine

A simple line drawing of a human figure from the back, showing the spine, shoulders, arms, and legs. The figure is standing upright with arms slightly away from the body. The drawing is composed of clean, black outlines on a white background.

## NOTES

[illegible]