

10 DAYS OF RADIANT RESET REIKI WORKSHEET

Name

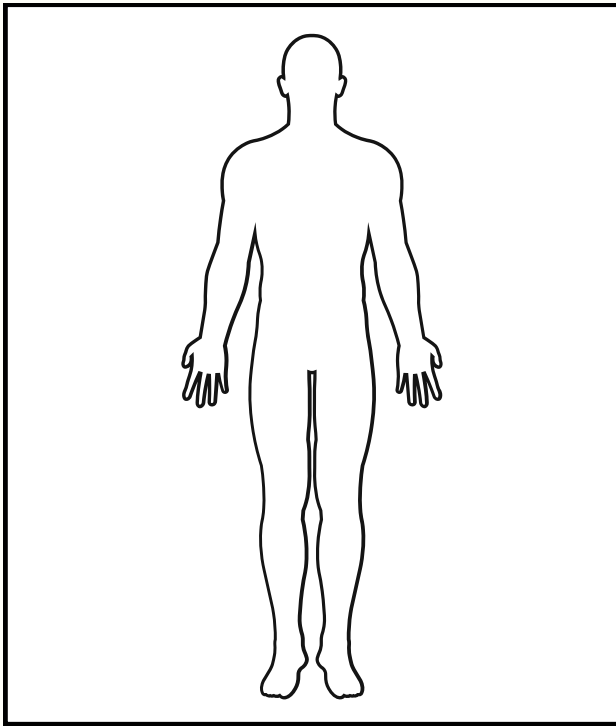
Mark the images below with the appropriate symbol to represent the shifts you have felt. You can take further notes below.

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

Day 1

Root Reset:

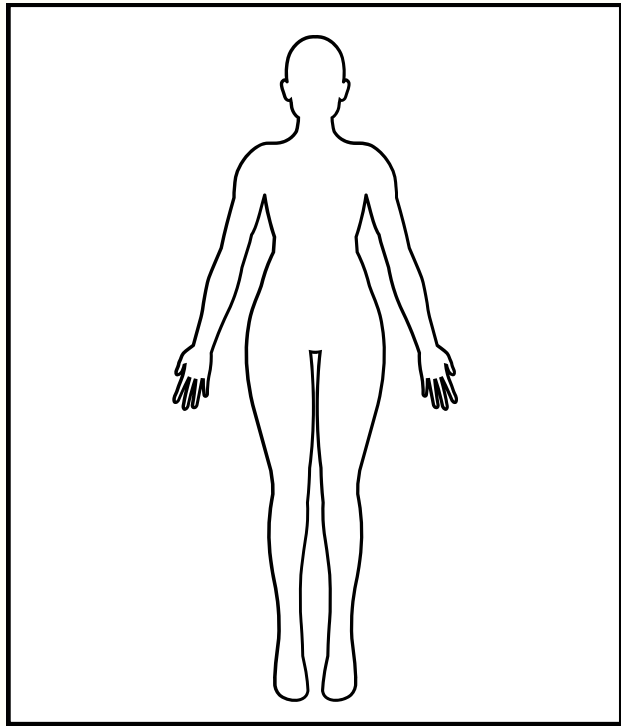
Where do I still feel unsafe, and what would it feel like to trust that I am safe now?



Day 2

Sacral Flow:

What emotions keep repeating, and what are they asking me to feel or release?



NOTES

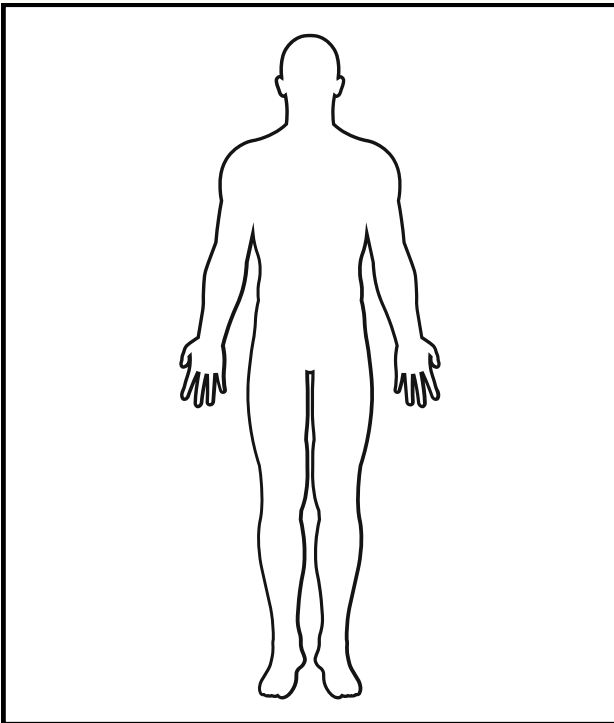
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Day 3

Solar Plexus Reclamation:

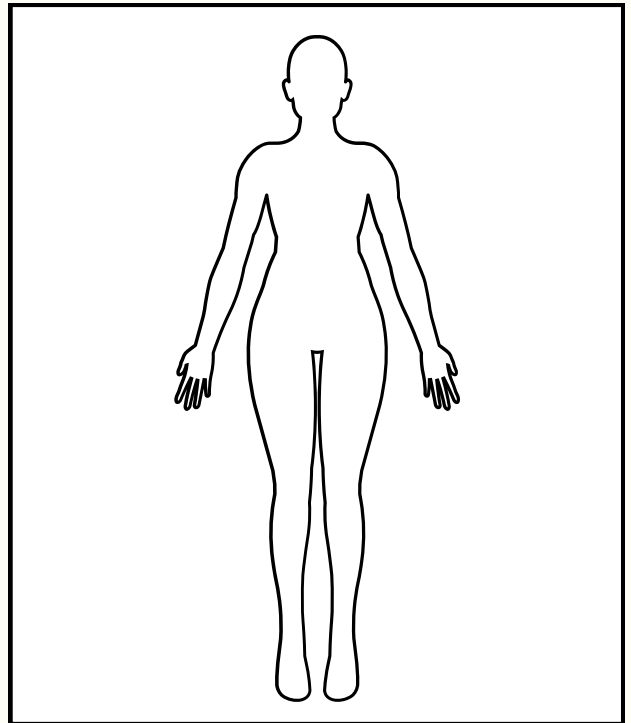
Where have I given my power away, and what does it feel like to call it back?



Day 4

Heart Field Expansion:

What am I holding that isn't mine, and am I ready to release it with love?



NOTES

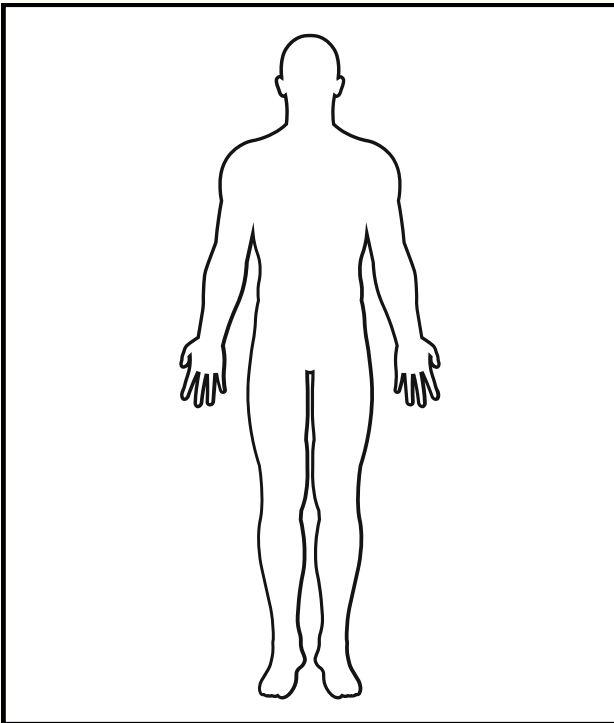
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Day 5

Throat Liberation:

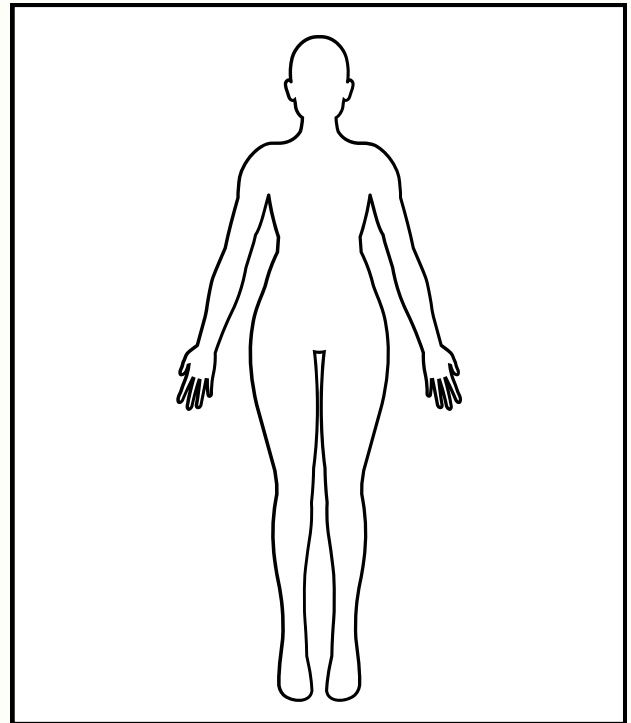
What truth have I been holding back, and what would it feel like to express it?



Day 6

Third Eye Clarity:

Where might I be seeing through fear, and what does my intuition know instead?



NOTES

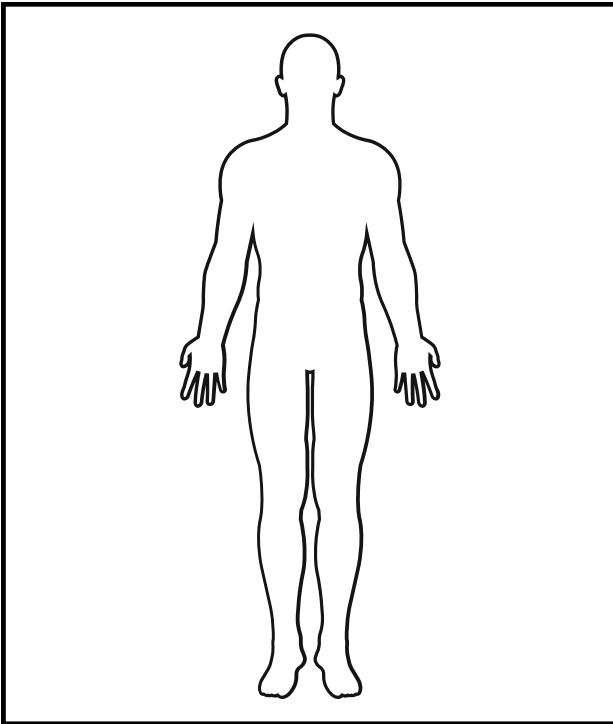
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Day 7

Crown Connection:

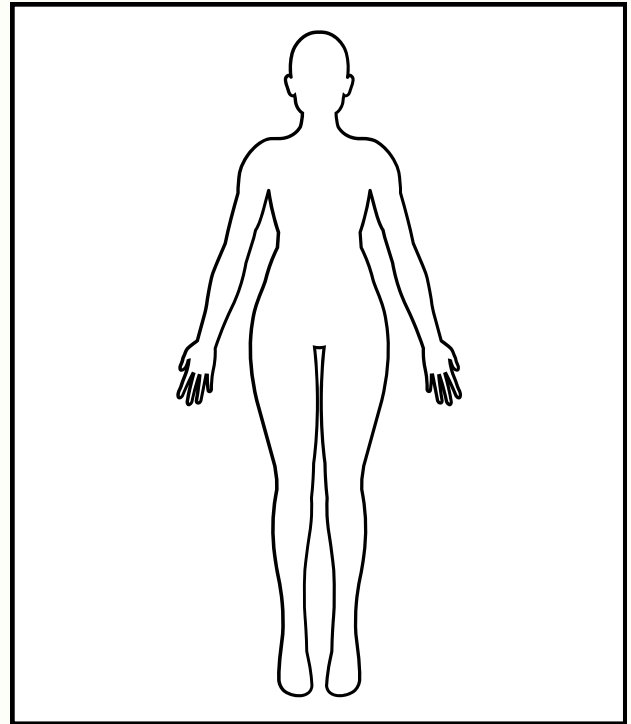
What beliefs am I ready to release to feel more connected and guided?



Day 8

Aura Cleanse:

Where am I drained and what would it feel like to stay fully in my own energy?



NOTES

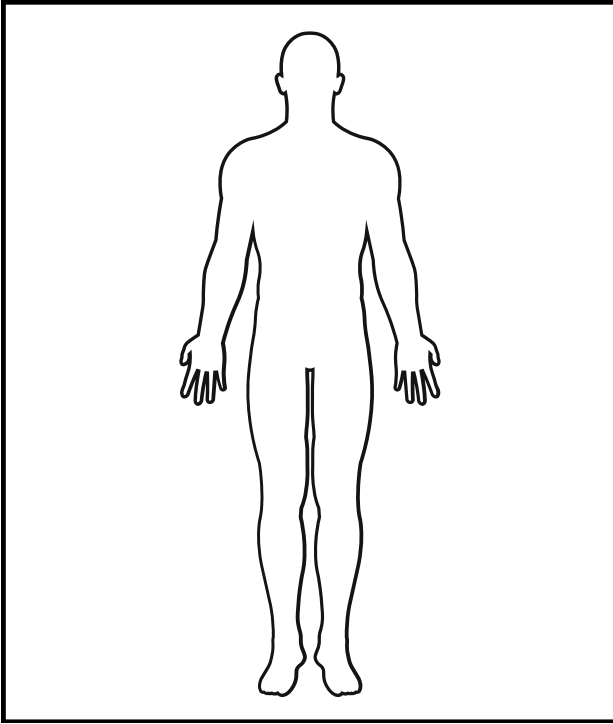
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Day 9

Soul Retrieval:

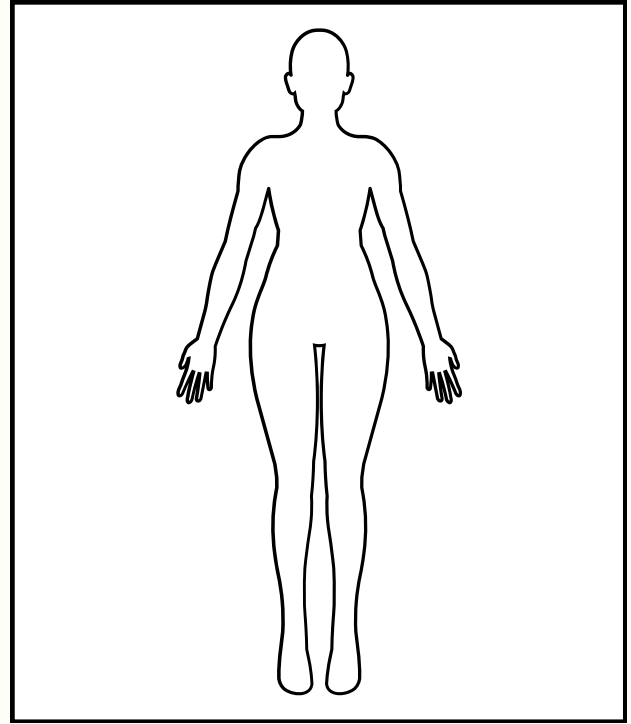
What part of me is ready to return and what does it need to feel safe?



Day 10

Embodiment of Light:

What does my self feel like and how can I choose that today?



NOTES

