

FEB. 2026 10 DAYS OF REIKI WORKSHEET

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

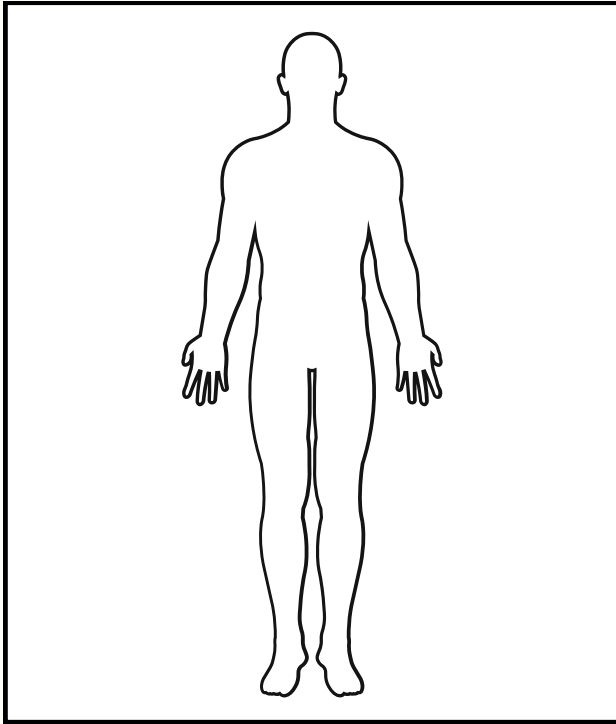
△ = CHANGE ○ = BLOCKED ENERGY □ = STRONG ☆ = WEAK

Name _____

Day 1

Build the Dream:

Where in my life am I clinging to an outdated identity & what new way of being is ready to emerge if I let it go?

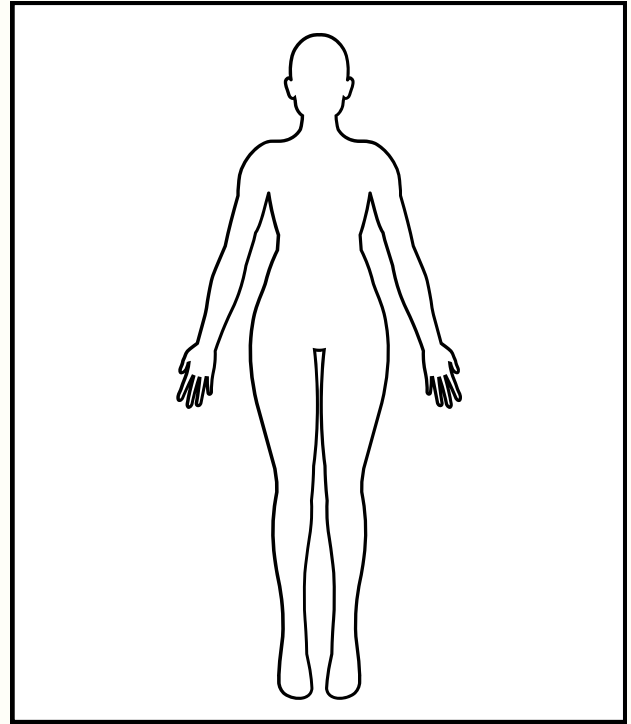


NOTES

Day 2

Heart Fire Courage:

What truth or creative impulsive have I been holding back and how would my life feel if I expressed it fully?



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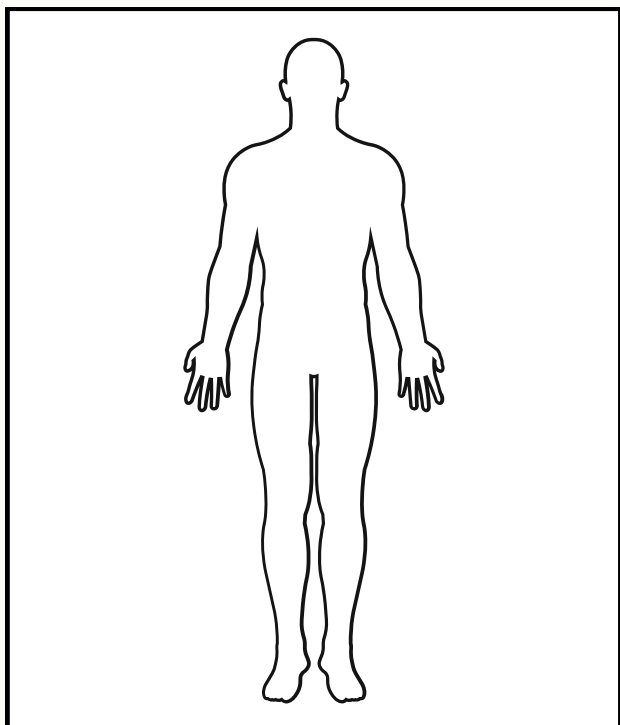
10 DAYS OF DEEP CLEANING REIKI WORKSHEET

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Day 3

Surrender to Flow:

What is my intuition asking me to soften or release control around right now?

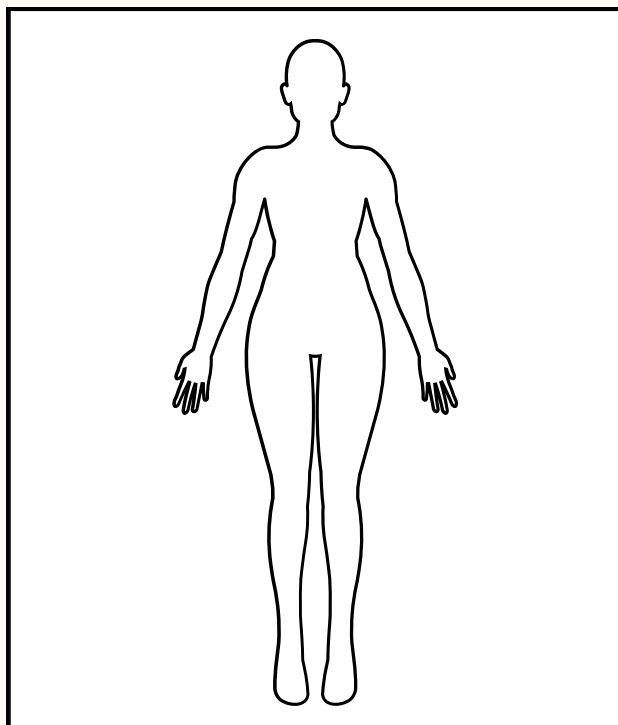


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Day 4

Embrace Gentle Vision:

What quite impressions have been repeating for me lately and what might they be revealing about my inner world?



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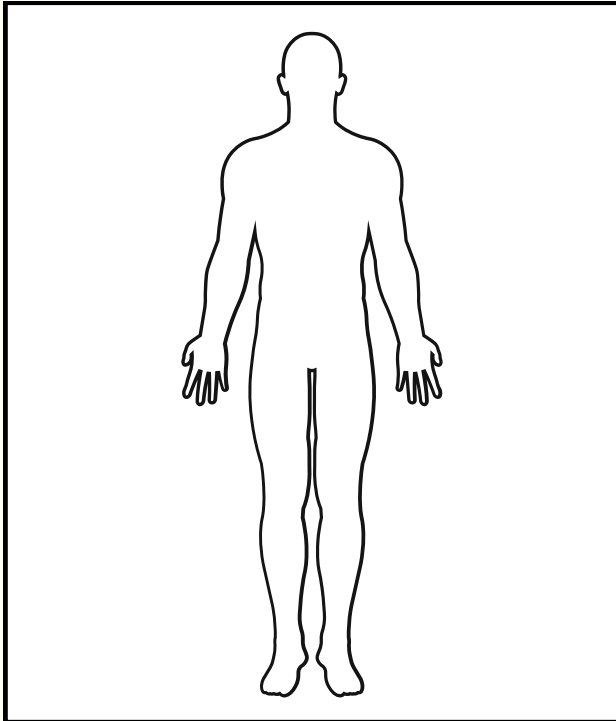
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Day 5

Waves of Compassion:

Where could I offer myself more grace instead of criticism and what would change if I did?

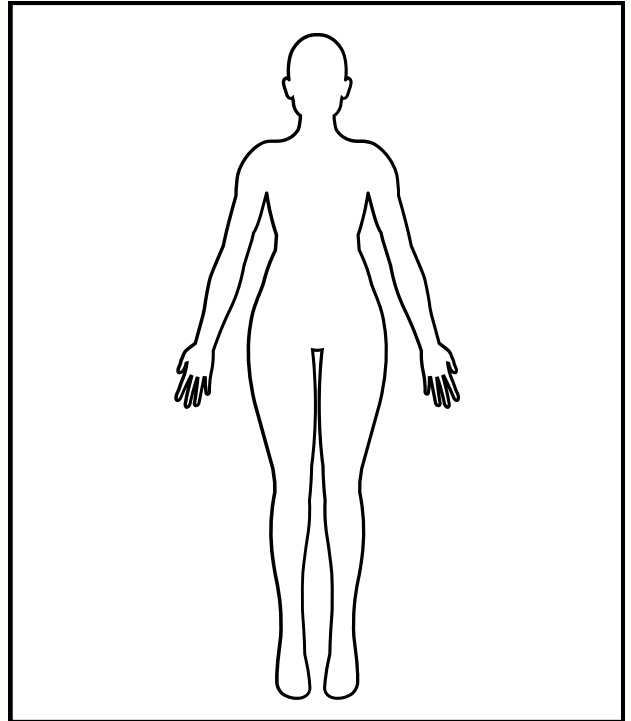


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Day 6

Echos of forgiveness:

What emotional weight am I ready to lay down, and how would my body feel without carrying it?



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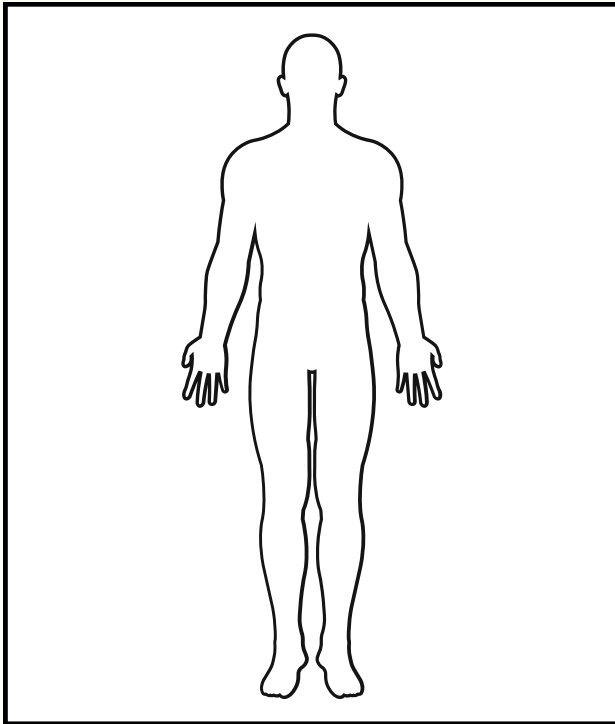
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Day 7

Sailing the Subtle Currents:

What emotion keeps servicing quietly and what is it teaching me about an unmet need or old wound?

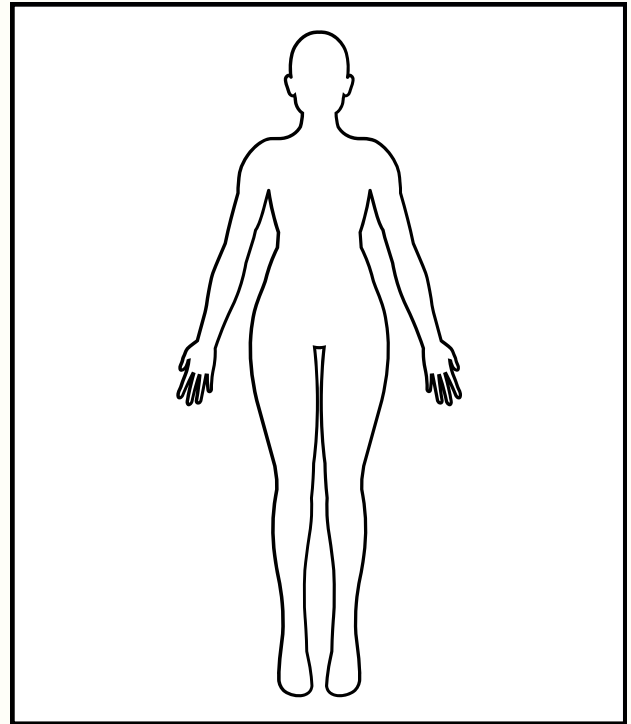


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Day 8

Dreamweaver Renewal:

If my life were a sacred story entering a new chapter, what theme would I choose for this next phase?



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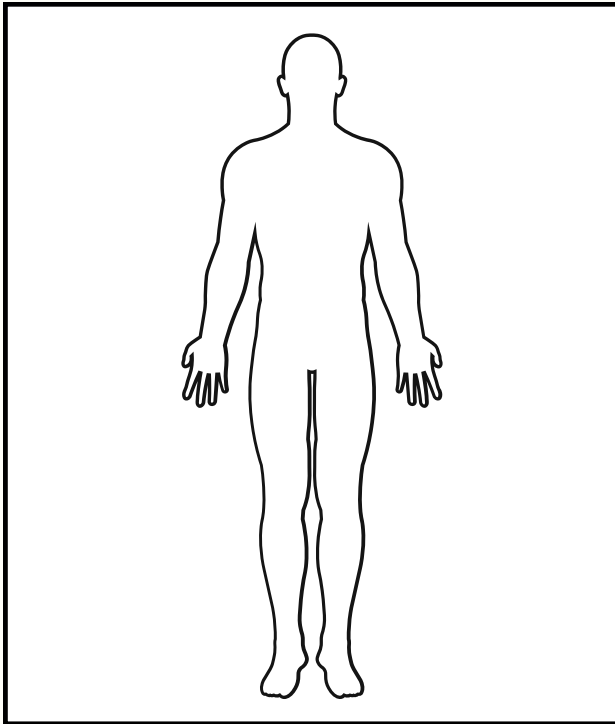
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Day 9

Listening to the Soul Tide:

What signals has my body been sending me lately and how have I been responding to them?

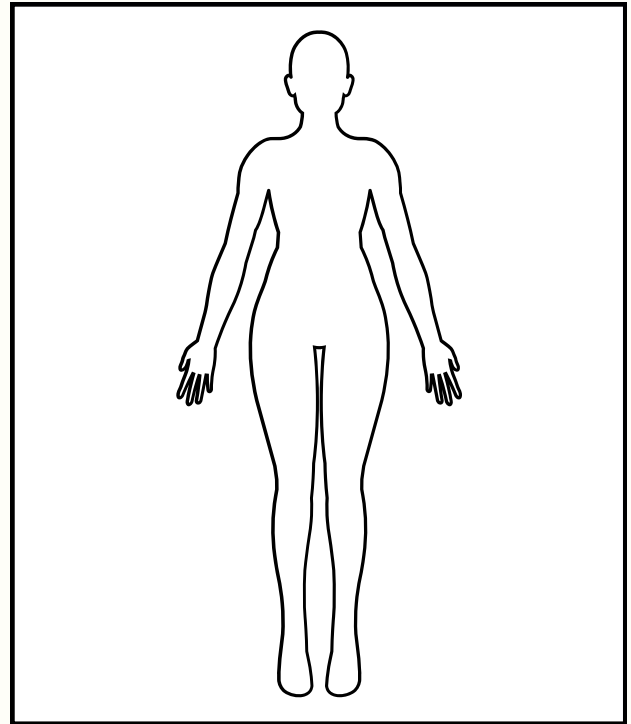


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Day 10

Inner Ocean Balance:

Where in my life do I need more emotional flow and where do I need stronger energetic boundaries?



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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.