

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.

INTERVIEW: You can also further notes below:

 = CHANGE  = BLOCKED ENERGY

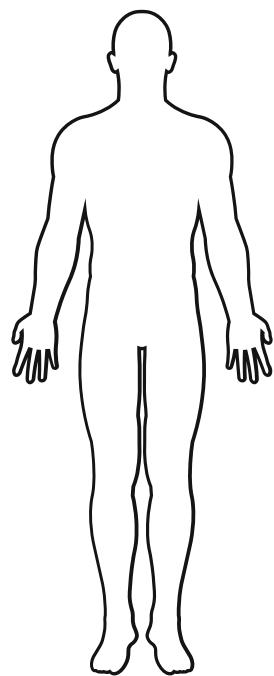
□ = STRONG ★ = WEAK

Name

Day 1

Build the Dream:

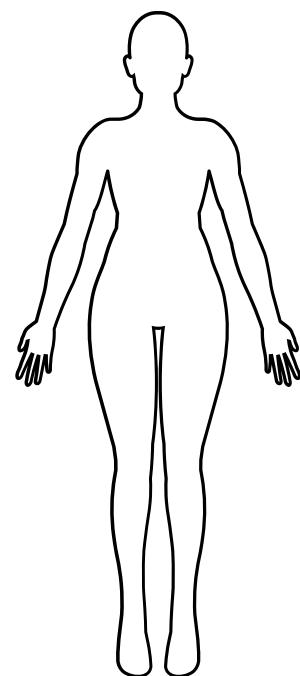
Where in my life am I clinging to an outdated identity & what new way of being is ready to emerge if I let it go?



Day 2

Heart Fire Courage:

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



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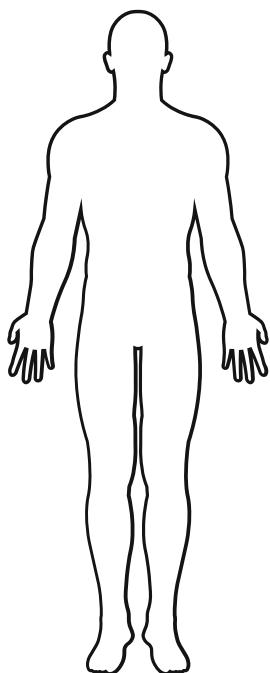
10 DAYS OF DEEP CLEANING REIKI WORKSHEET

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Day 3

Surrender to Flow:

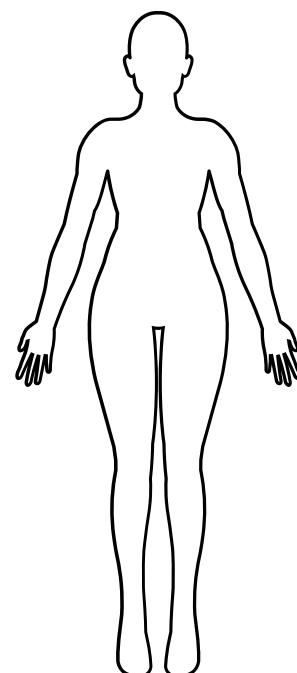
What is my intuition asking me to soften or release control around right now?



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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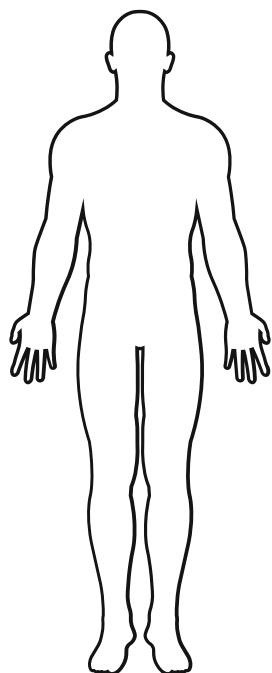
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□ = STRONG ★ = WEAK

Day 5

Waves of Compassion:

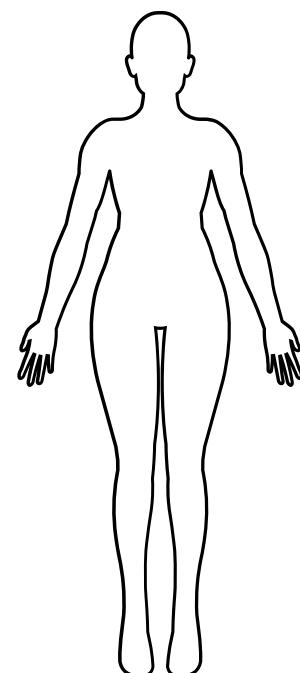
Where could I offer myself more grace instead of criticism and what would change if I did?



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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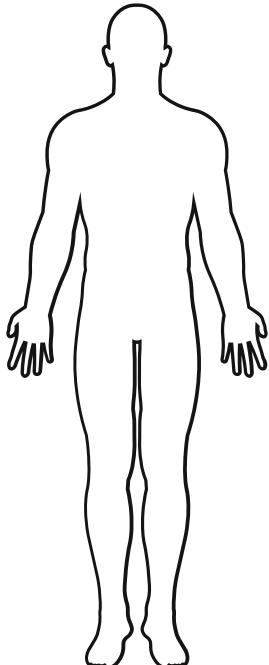
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Day 7

Sailing the Subtle Currents:

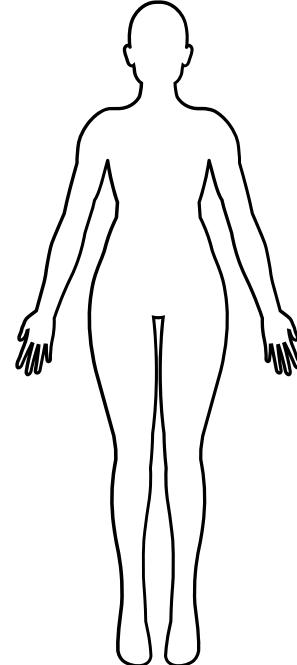
What emotion keeps servicing quietly and what is it teaching me about an unmet need or old wound?



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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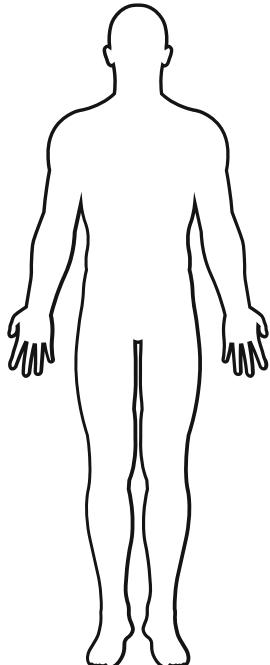
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Day 9

Listening to the Soul Tide:

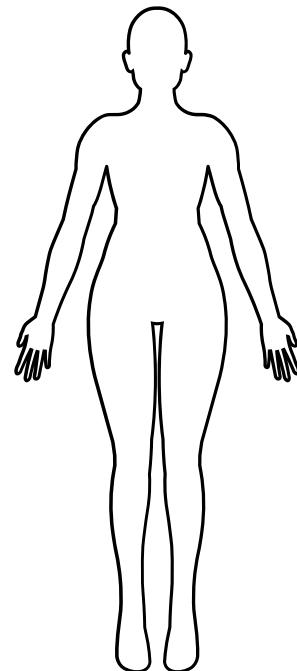
What signals has my body been sending me lately and how have I been responding to them?



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