

HIGH HEART IS HOME: 10 DAY WORKSHEET

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

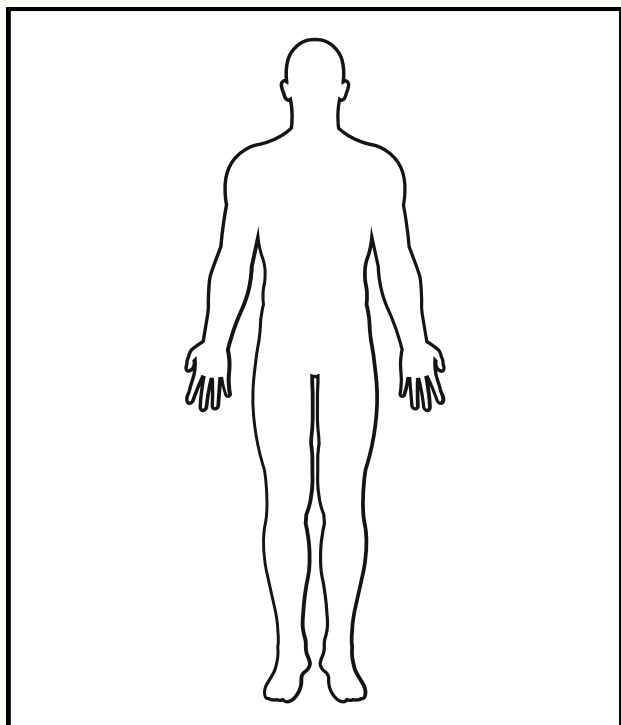
△ = CHANGE ○ = BLOCKED ENERGY □ = STRONG ☆ = WEAK

Name

Day 1

Awakening the High Heart Center:

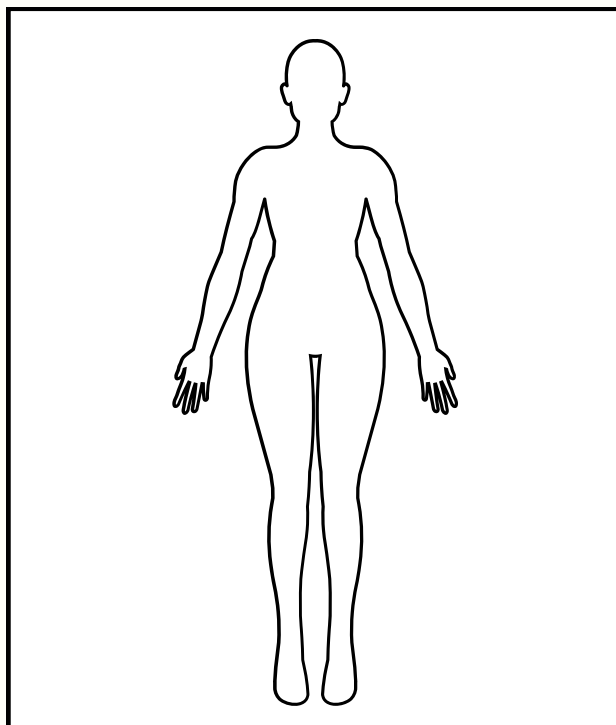
Where am I ready to feel more connected and supported in my life?



Day 2

Safety in Expansion:

What allows me to feel safe as I grow and expand?



NOTES

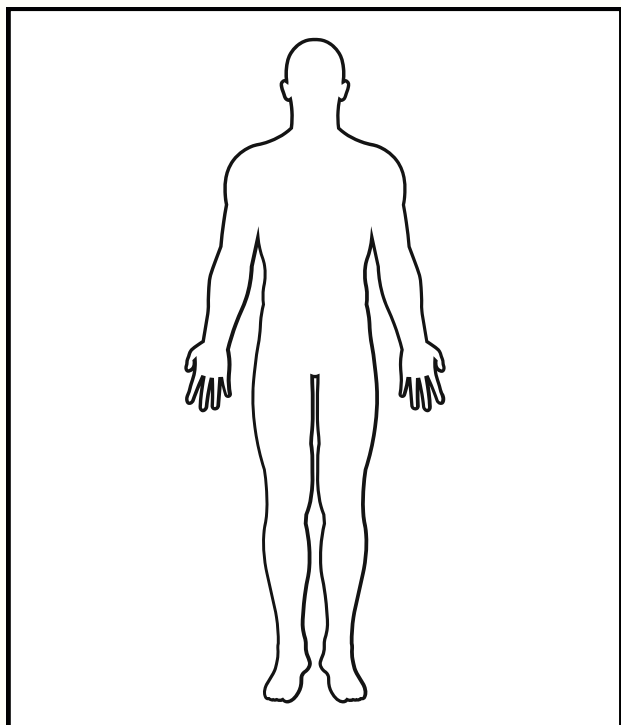
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Day 3

Emotional Clarity Through the High Heart:

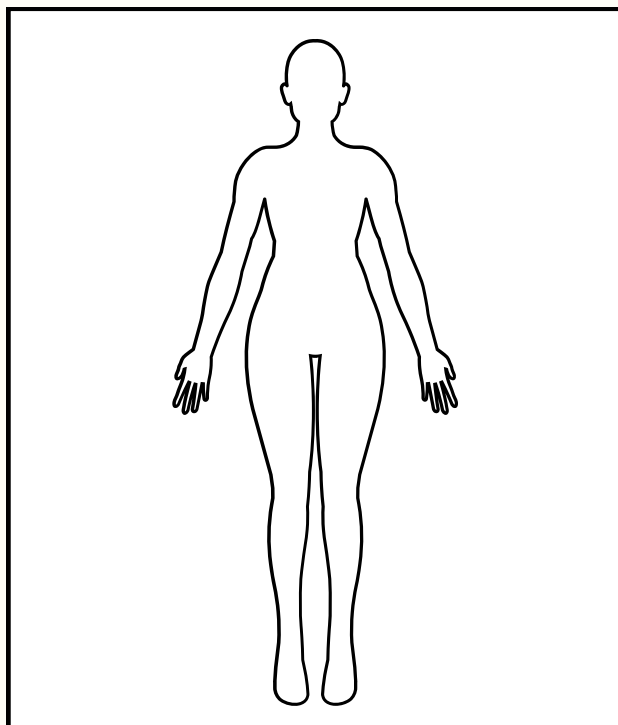
What emotions am I ready
to understand more deeply?



Day 4

Releasing Energetic Overload:

Where in my body or life am I ready to
experience more ease?



NOTES

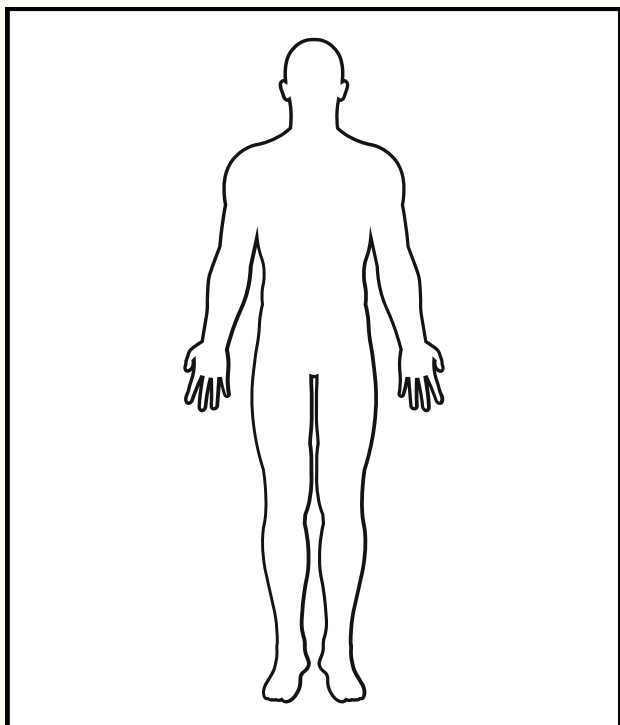
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Day 5

Aligning Thought with Compassion:

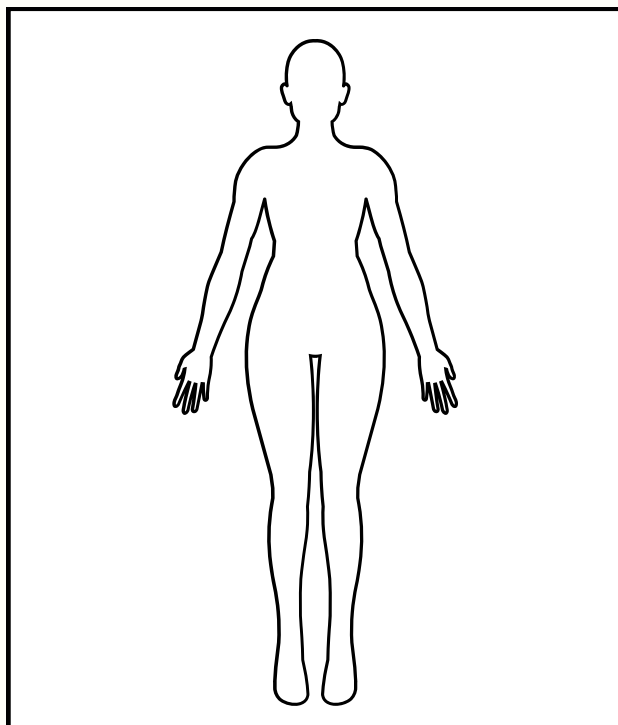
What thoughts am I ready to transform into more supportive ones?



Day 6

Strengthening the Energetic Immune System:

What does feeling strong, balanced, and healthy look like for me now?



NOTES

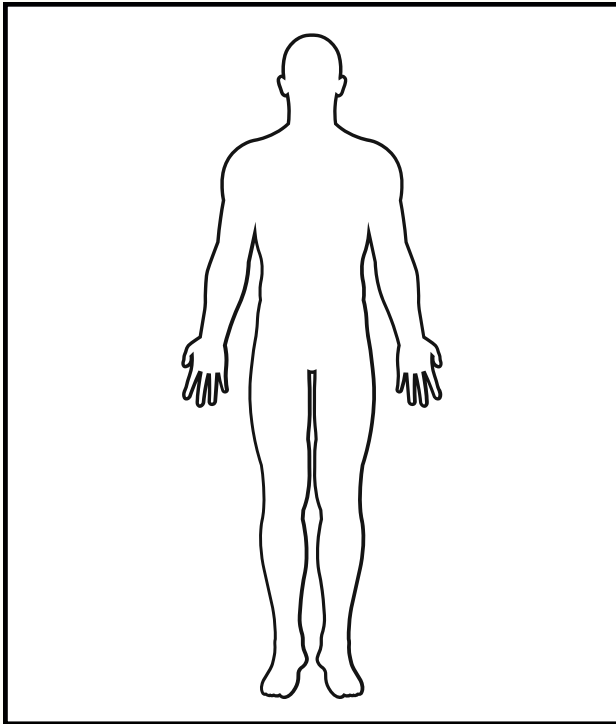
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Day 7

Speaking from the High Heart:

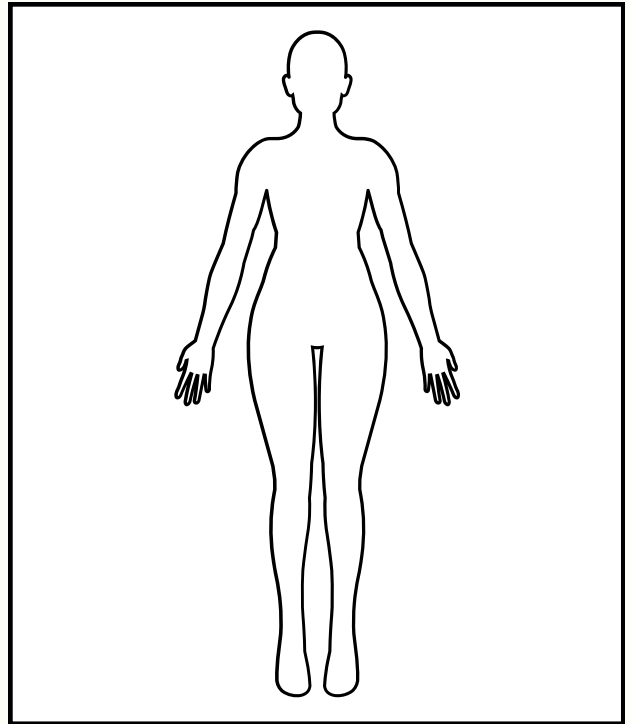
Where am I ready to express myself more clearly and kindly?



Day 8

Balancing Sensitivity and Strength:

How can my sensitivity become a source of strength in my life?



NOTES

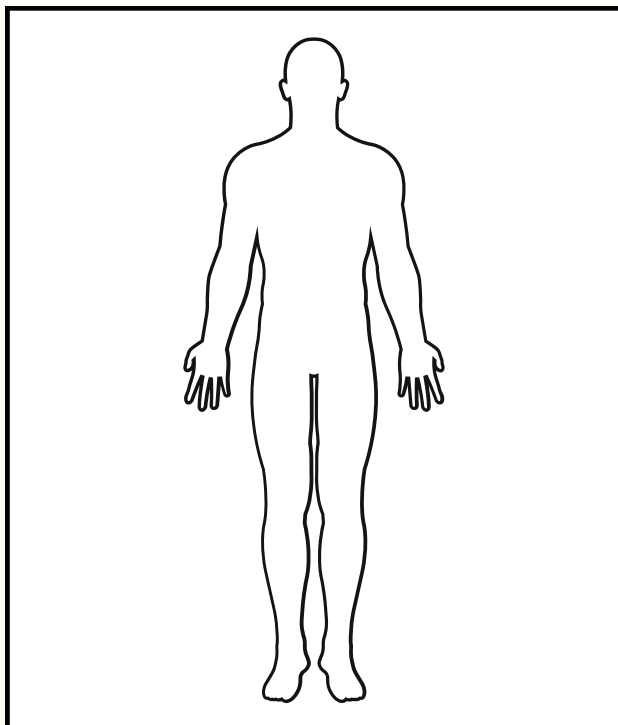
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Day 9

Anchoring Inner Peace:

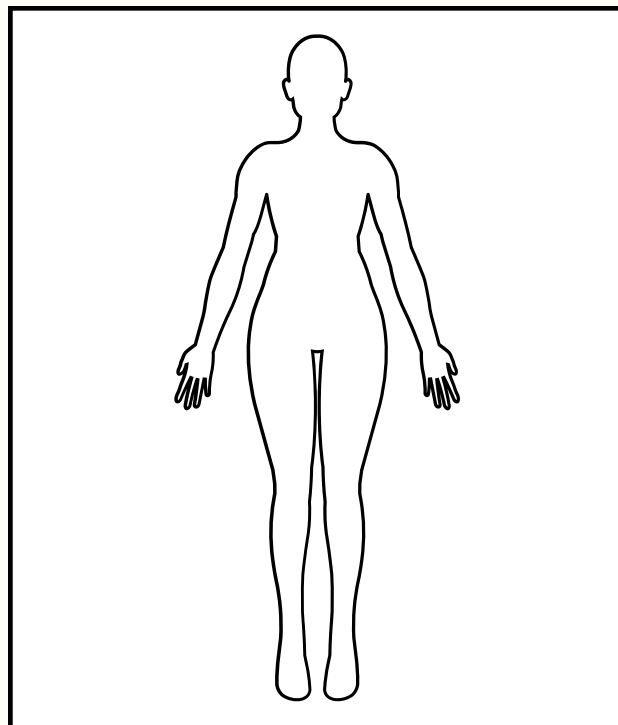
What does peace feel like in my body and how can I return to it?



Day 10

High Heart as Home:

What does it feel like to live from my inner sense of home?



NOTES

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NOTES

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.



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