

10 DAYS OF DEEP CLEANING REIKI WORKSHEET

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

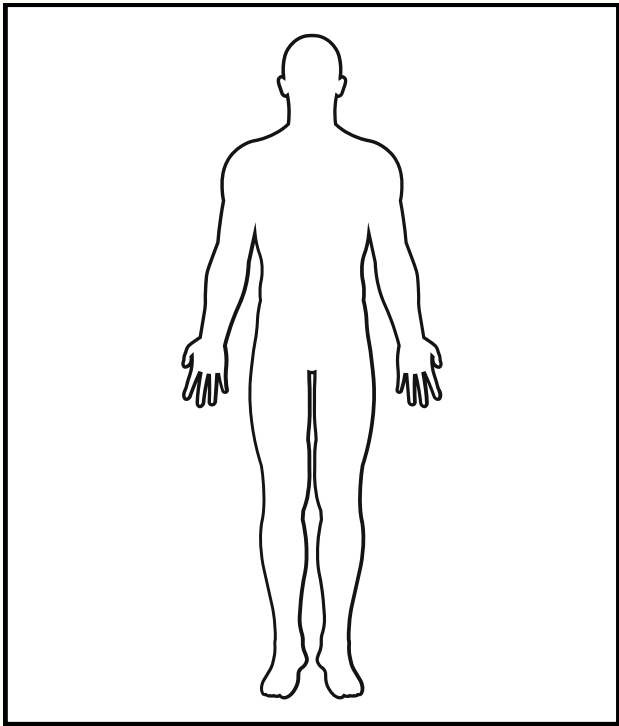
Name _____

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

Day 1

Circulatory & Respiratory Reset:

What am I ready to breathe in and what am I ready to release?

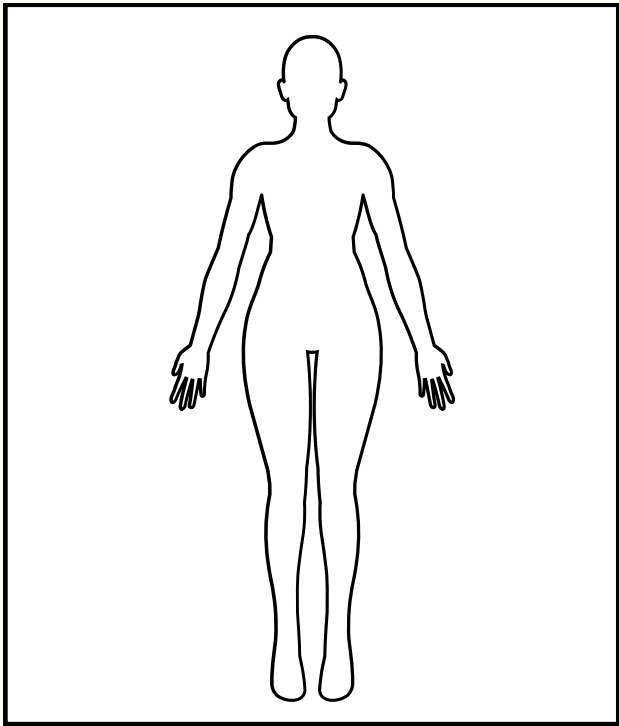


NOTES

Day 2

Lymphatic & Detox Flush:

What feels heavy in my life right now, and what are the ways I can lighten my load?



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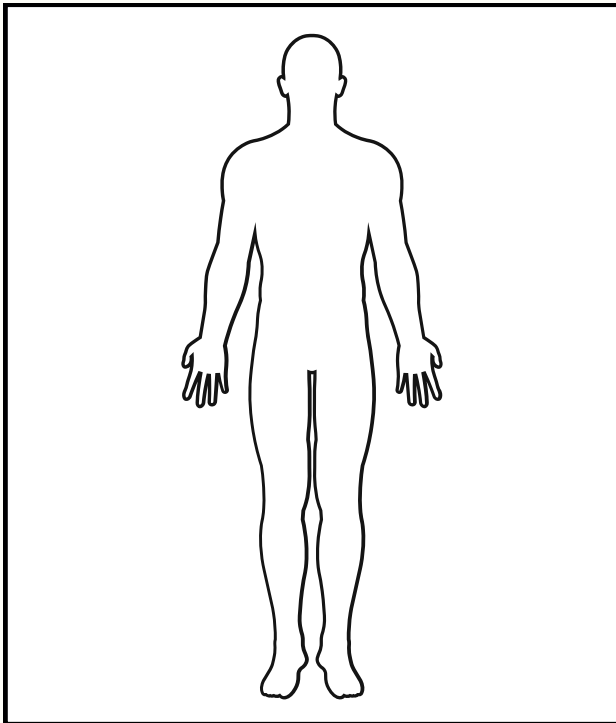
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Day 3

Gut-Nervous System Recalibration:

What have I been digesting mentally or emotionally that needs loving processing?

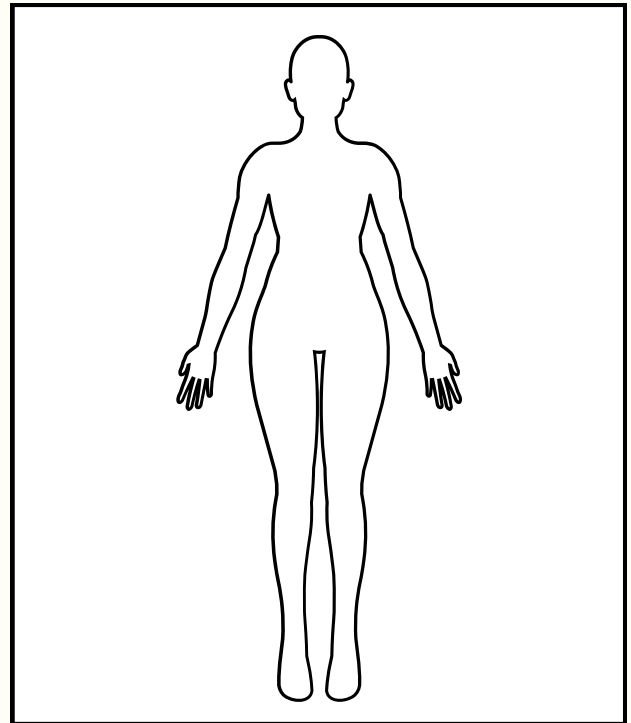


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Day 4

Muscular & Structural Tension Release:

What am I holding or bracing against and what might happen if I let go?



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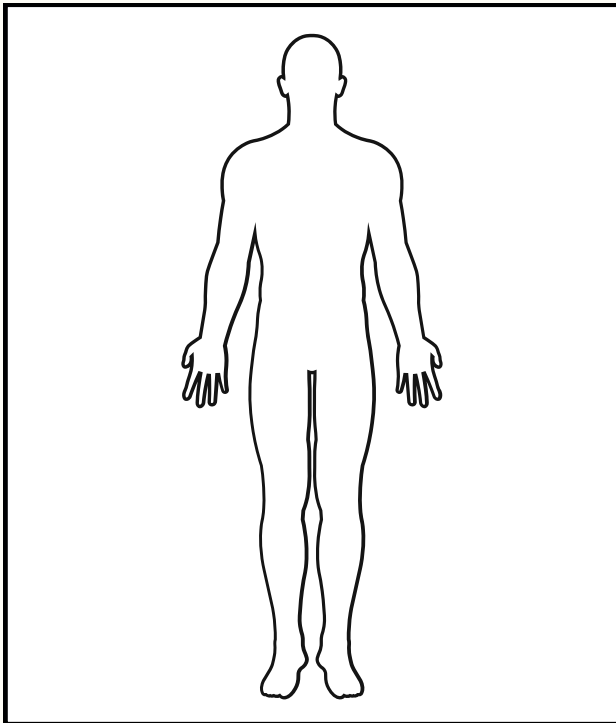
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Day 5

Boundary Cleanse for the Skin:

Where do I need to clearer or kinder boundaries?

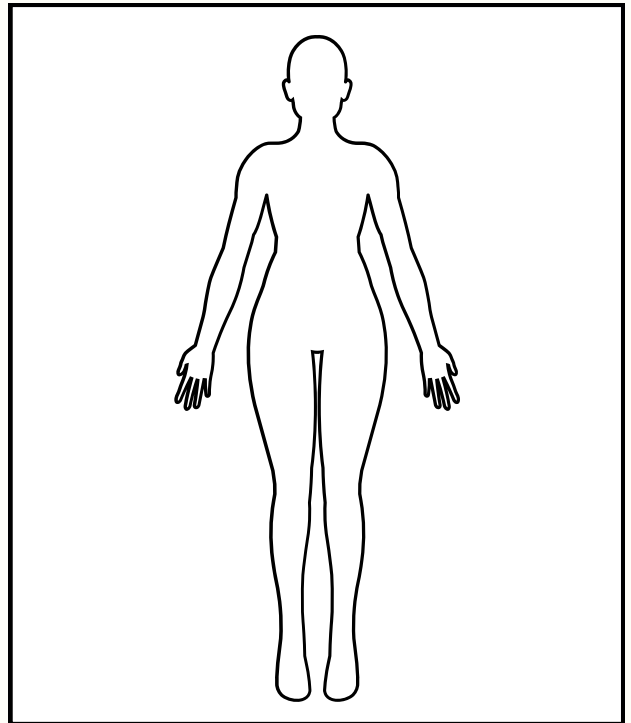


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Day 6

Clearing Mental Clutter & Loops:

Which reoccurring thought drains me the most and what truth could replace it?



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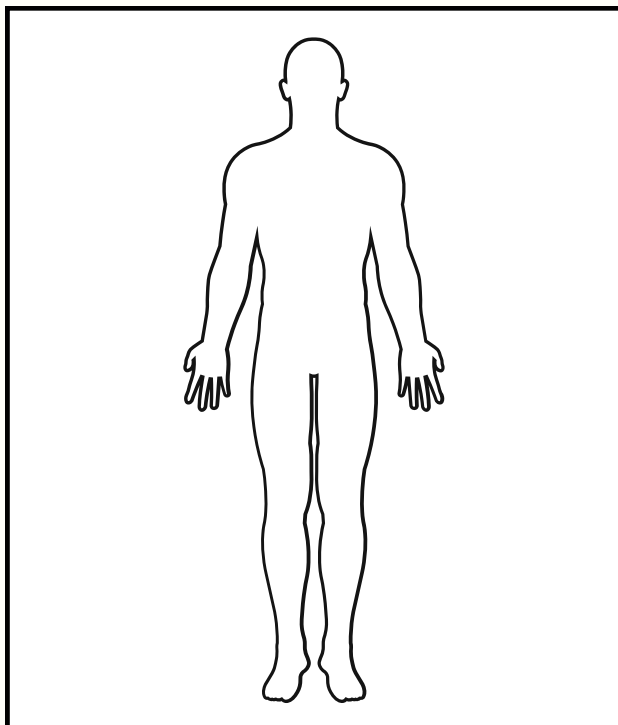
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Day 7

Releasing Limiting Beliefs:

Which belief did I inherit, not choose, and how is it ready to shift?

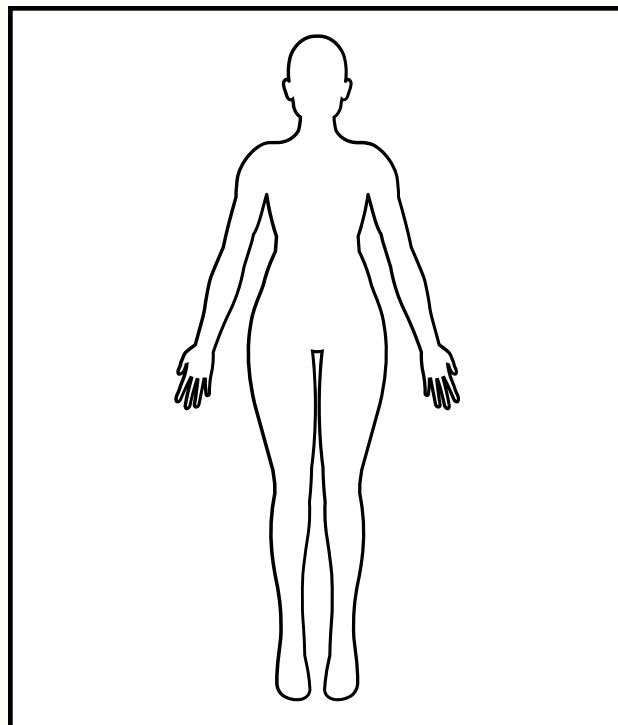


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Day 8

Emotional Debris Release:

What emotion is asking to be acknowledged and expressed today?



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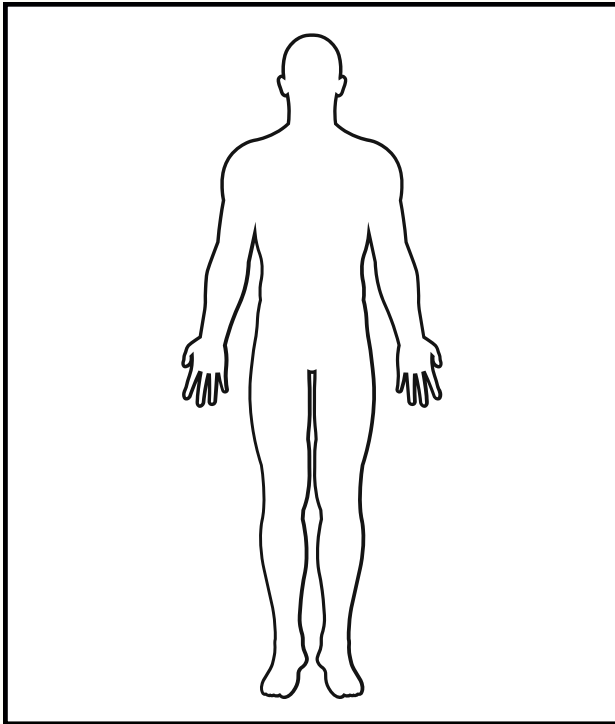
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Day 9

Heart Healing & Compassionate Reset:

Where can I offer myself
more compassion right now?

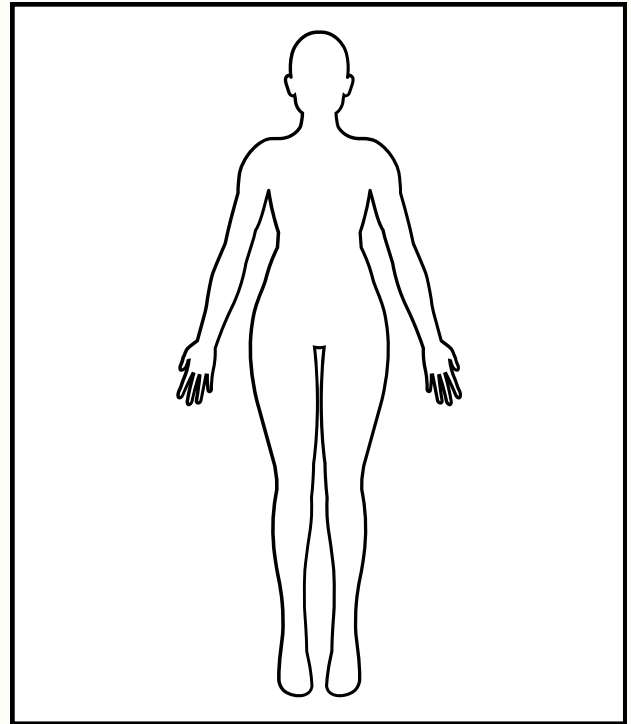


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Day 10

Integration & Emotional Resilience:

What new emotional or energetic pattern and
am I ready to commit to?



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[illegible]

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