

# 21 DAYS OF REIKI: A REMEMBRANCE WORKSHEET

Name \_\_\_\_\_

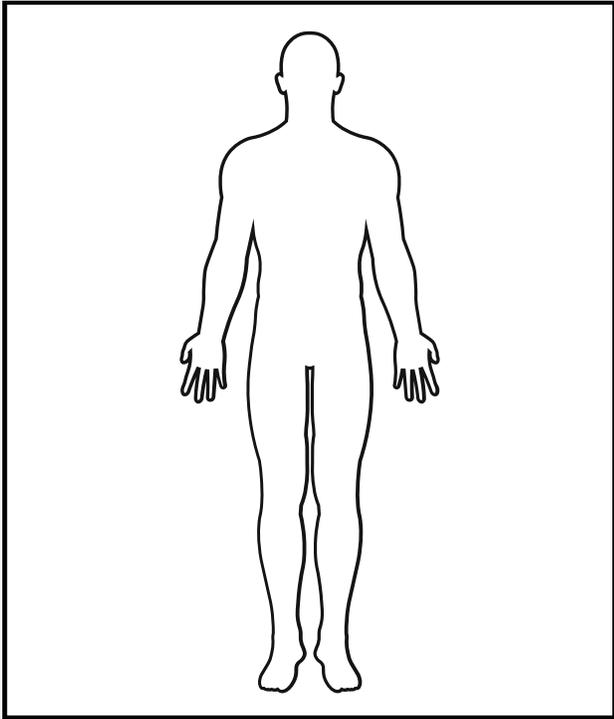
Mark the images below with the appropriate symbol to represent the shifts you have felt. You can take further notes below.

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

## Day 1

### Tuning Higher Chakras

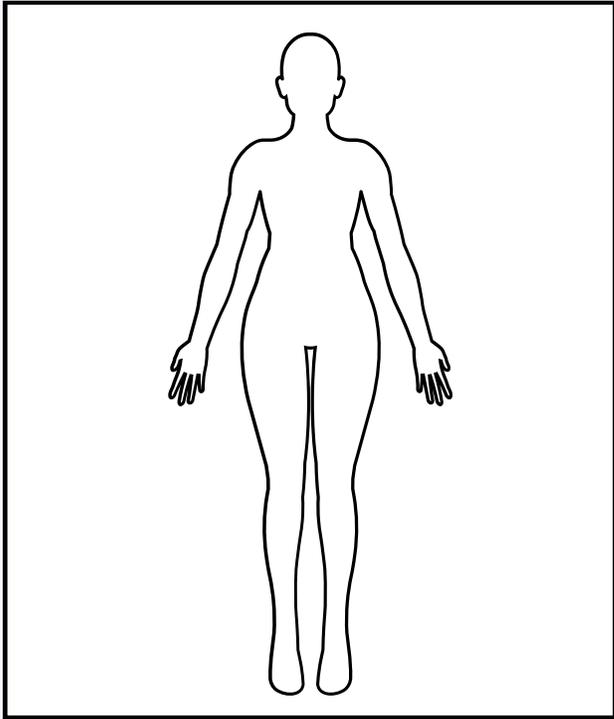
Where does my body feel safest when my awareness expands?



## Day 2

### Expansion of Consciousness

How does my body signal that expansion feels nourishing rather than overwhelming?



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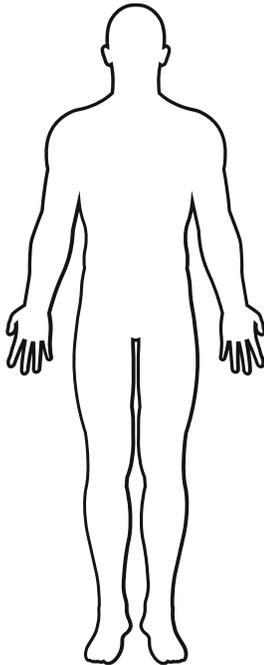
Weekend healings will support the week's topics.

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## Day 3

### Being Limitless

Where in my life have I accepted limits that no longer feel true?



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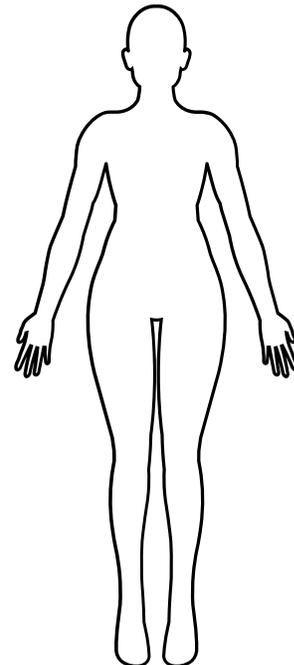
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## Day 4

### Weekend Supports the Week's Themes



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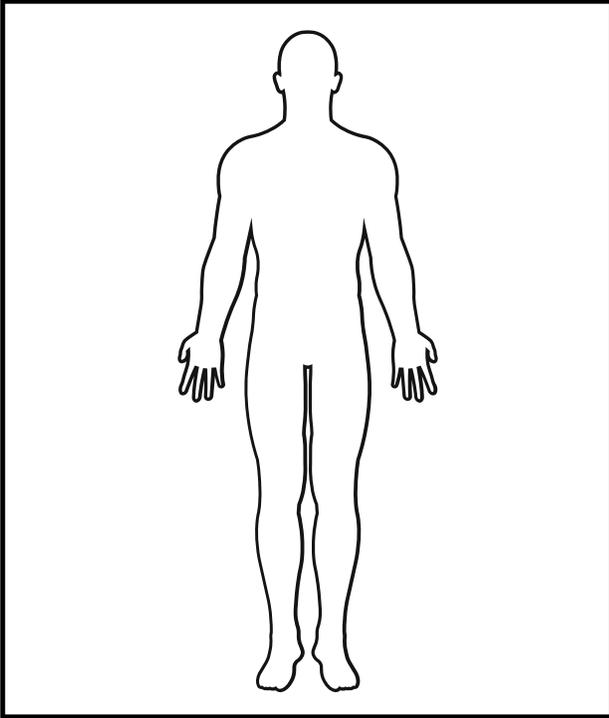
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## Day 5

### Weekend Supports the Week's Themes



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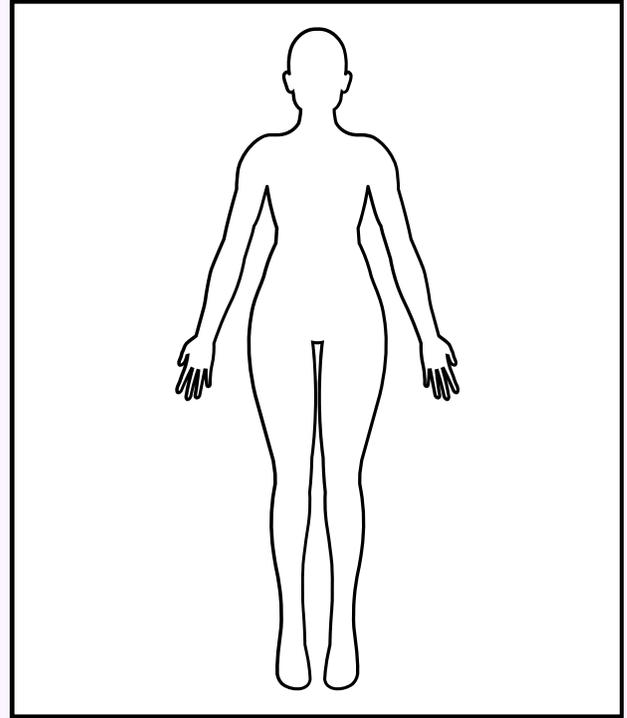
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## Day 6

### Receiving Guidance from Celestial Allies

How do I recognize guidance when it arrives quietly?



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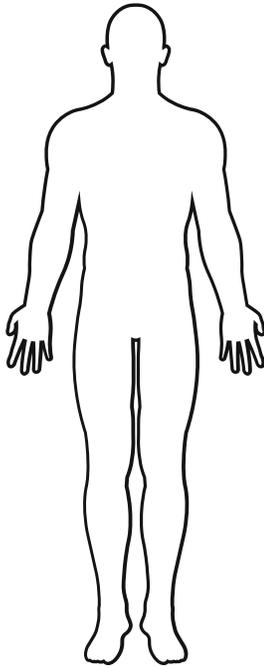
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## Day 7

### Love as the Ultimate Universal Frequency

How does Love communicate with me beyond words?



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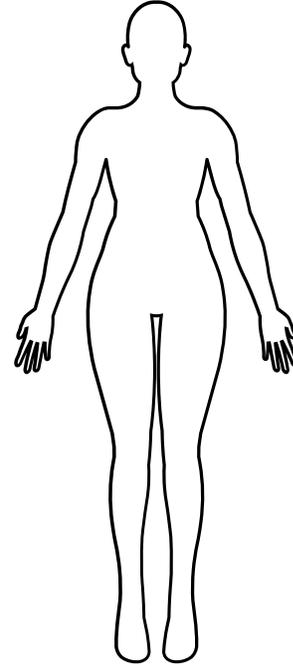
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## Day 8

### Your Universal Responsibilities

What responsibility feels ready for me to consciously embody?



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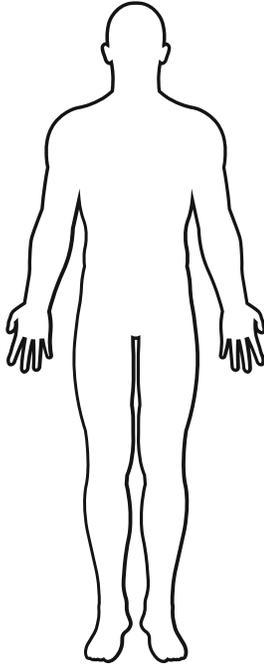
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## Day 9

### The Chair of Alignment

What wisdom from another version of me feels accessible now?



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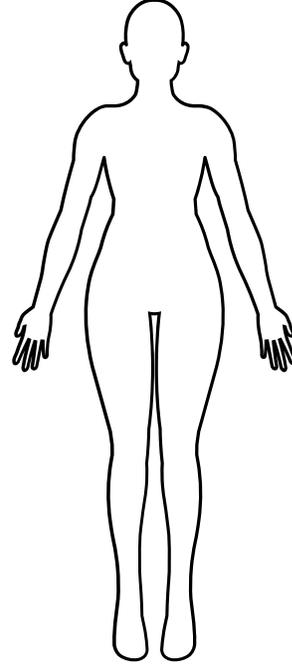
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## Day 10

### The Chair of Alignment

How does alignment show up in my daily choices?



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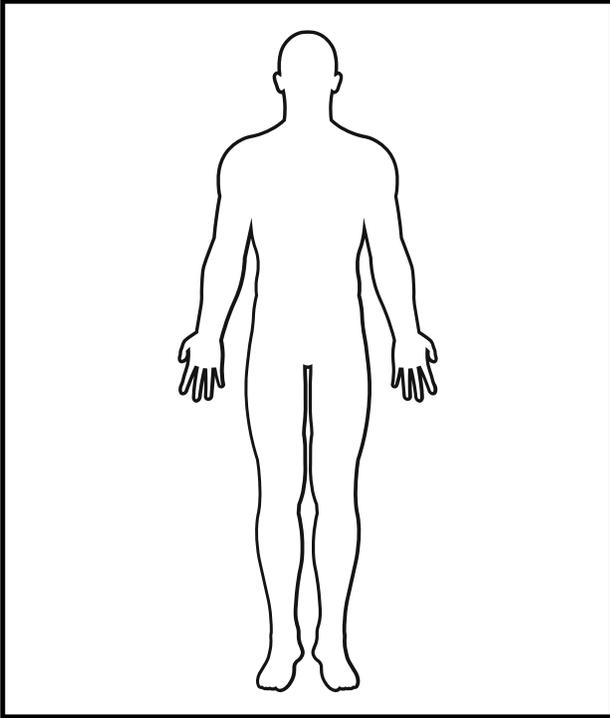
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*Day 11*

**Weekend Supports the Week's Themes**



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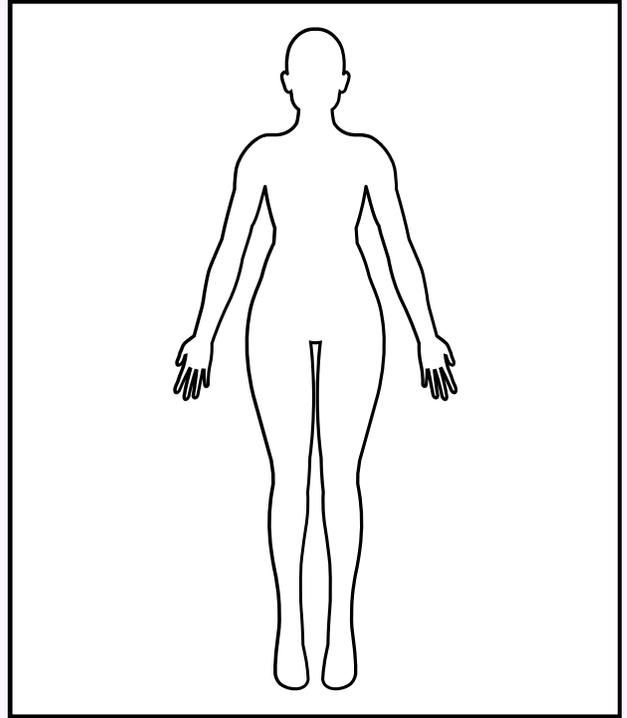
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*Day 12*

**Weekend Supports the Week's Themes**



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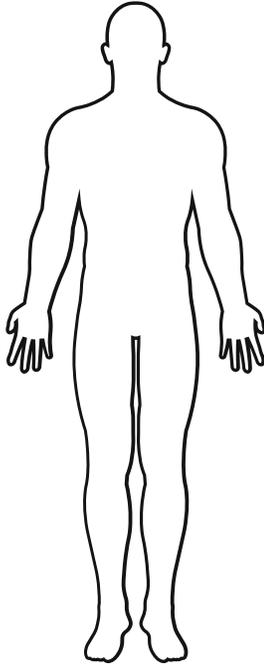
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## Day 13

### Open Portals of Consciousness

Where do I want more conscious choice in how I perceive?



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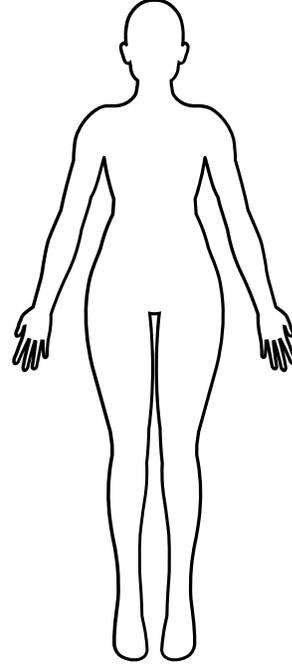
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## Day 14

### Navigating Cosmic Pathways

How does my body signal alignment?



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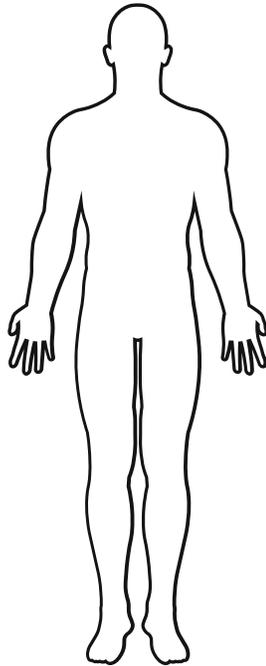
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## Day 15

### Journeying to Home

What does home feel like in my body?



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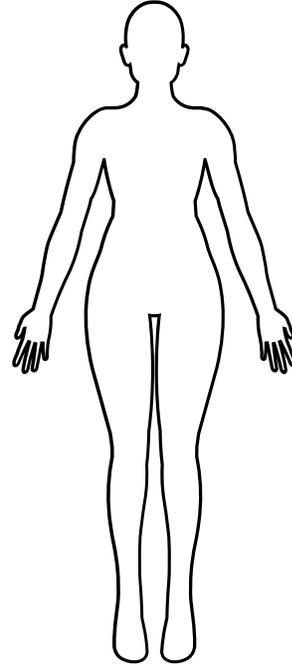
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## Day 16

### Harmonizing with Your Expanded Consciousness

Where am I learning to live both expanded and grounded at once?



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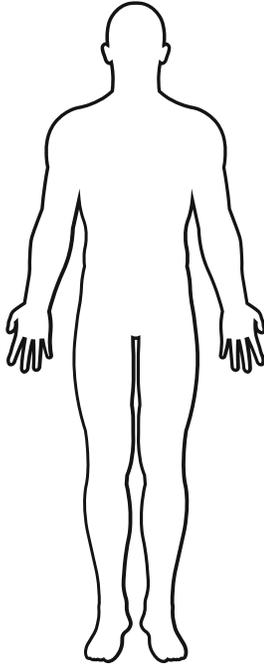
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## Day 17

### Opening to the Presence of Higher-Dimensional Beings

How do I recognize presents without meeting proof?



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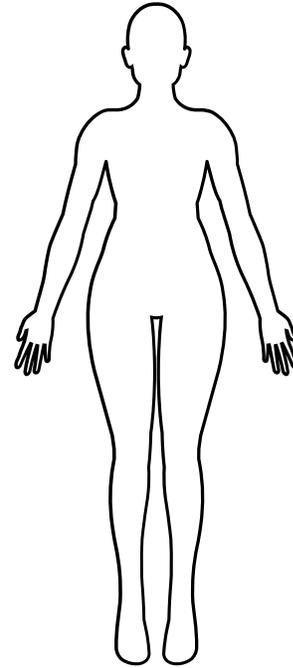
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## Day 18

### Weekend Supports the Week's Themes



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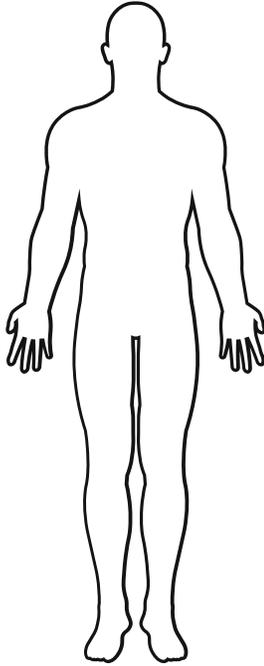
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## Day 19

**Weekend Supports the Week's Themes**



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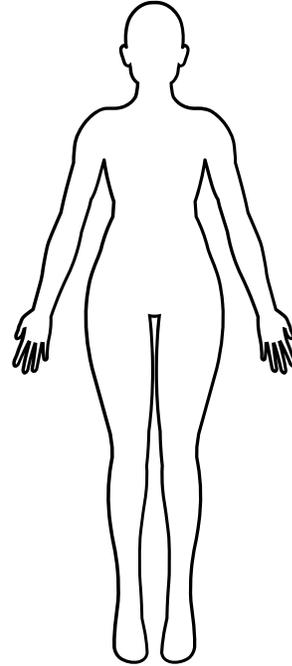
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## Day 20

**A Remembrance of Languages**

Which language feels most natural to me?



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