 Wounded Daisies Healing Journal

 “Embrace your journey.”

This journal is your sacred space—to reflect, release, and realign. Use it to track your emotions, insights, and healing progress. Remember, healing is not linear—every step forward, no matter how small, is part of your journey.

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 Pre-Session Reflection (To complete before sessions)

1. How am I feeling today? (Emotionally, mentally, physically)
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2. What’s been heavy on my heart or mind lately?
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3. What intentions do I want to set for today’s session?
(Example: clarity, emotional release, grounding, energy clearing, etc.)
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4. One thing I’m grateful for right now:
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 Post-Session Integration (For after sessions)

1. What emotions or sensations came up during the session?
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2. Did I notice any shifts in my energy, mindset, or emotions?
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3. Key insights, messages, or intuitive downloads I received:
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4. What practices can I integrate this week to support my healing?
☐ Breathwork
☐ Meditation
☐ Journaling
☐ Grounding Exercises
☐ Energy Cleansing (crystals, sage, etc.)
☐ Mindful Movement (yoga, walking, etc.)
☐ Other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

5. An affirmation or mantra I want to carry with me:
“I am \_\_\_\_\_\_\_\_.”
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 Weekly Reflection Prompts:
(Use these anytime you need extra clarity or grounding.)

- What’s something I released this week?
- Where did I notice growth or healing?
- What part of my journey feels tender and needs extra care?
- What’s one intuitive message or sign I noticed recently?
- What boundary do I need to set (with myself or others)?
- How can I nurture my energy in the week ahead?

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 Monthly Energy Check-In:
Chakra Energy Scan: (Circle how each feels right now)
- Root (Safety, Stability): Balanced / Blocked / Overactive
- Sacral (Emotions, Creativity): Balanced / Blocked / Overactive
- Solar Plexus (Confidence, Power): Balanced / Blocked / Overactive
- Heart (Love, Compassion): Balanced / Blocked / Overactive
- Throat (Communication, Truth): Balanced / Blocked / Overactive
- Third Eye (Intuition, Insight): Balanced / Blocked / Overactive
- Crown (Spirituality, Connection): Balanced / Blocked / Overactive

Reflections:
- Where do I feel energy flowing freely?
- Where might I need more focus or clearing?
- What intuitive messages have come through this month?

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 Closing Affirmation:
“My healing is sacred. I trust the wisdom of my wounds and the beauty of my becoming.”