



**LOTUSWEI**

# DIVINE TRUTH JOURNAL

The most important way to be crystal clear on how flower remedies affect you is knowing how you are when you start. Take a few minutes to take note of how you feel right now. What is working in your life? What is not working? Jot down any habits or patterns you'd like to shift.





# DIVINE TRUTH JOURNAL WEEK 1

**QUESTIONS**  
Fill out at the beginning of the week

What deep wish do you have?.....  
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What is your offering to the world? (It doesn't have to be one thing, it can be 20 things.) .....  
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In what situations do you find yourself wanting to run away or isolate?.....  
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**WEEKLY STATUS**  
Describe your day in a few words. Write down any notable or unusual experiences: thoughts, actions, events, emotions, etc.

DAY 1	How many times per day you used the elixir. ① ② ③ ④ ⑤+
DAY 2	How many times per day you used the elixir. ① ② ③ ④ ⑤+
DAY 3	How many times per day you used the elixir. ① ② ③ ④ ⑤+
DAY 4	How many times per day you used the elixir. ① ② ③ ④ ⑤+
DAY 5	How many times per day you used the elixir. ① ② ③ ④ ⑤+
DAY 6	How many times per day you used the elixir. ① ② ③ ④ ⑤+
DAY 7	How many times per day you used the elixir. ① ② ③ ④ ⑤+



# DIVINE TRUTH JOURNAL

## WEEK 2

**QUESTIONS**  
Fill out at the beginning of the week

When does it feel invigorating to be direct? And when does it feel scary as hell to be direct in your communication? What's your relationship to being really direct in your communication?

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When does being alone feel nourishing and when does it feel lonely?.....

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What does the absolute boldest version of yourself look like? And is there anything scary about that?.....

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DAY 6	How many times per day you used the elixir. ① ② ③ ④ ⑤+
DAY 7	How many times per day you used the elixir. ① ② ③ ④ ⑤+



# DIVINE TRUTH JOURNAL

## WEEK 3

**QUESTIONS**  
Fill out at the beginning of the week

When do you hide something from others or when do you hide things from yourself? (you can think it in terms of not wanting to see the truth about X, Y, Z.)

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Which parts of you or personalities of you would get you into trouble if they took over? .....

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Are there any truths that you're keeping from yourself or are there any truths that are uncomfortable right now?

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DAY 6	How many times per day you used the elixir. ① ② ③ ④ ⑤+
DAY 7	How many times per day you used the elixir. ① ② ③ ④ ⑤+



# DIVINE TRUTH JOURNAL WEEK 4

**QUESTIONS**  
Fill out at the beginning of the week

What are you committed and devoted to?.....  
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How do you feel about the word commitment? How do you feel about the word transparency? How do you feel about visibility & being seen? How does purpose land?  
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If you were to look at the areas in your life that need the most self-healing, what does that tell you about your greatest purpose?  
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**WEEKLY STATUS**  
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How are you feeling right now? What insights have you gained over the last month? Look at your notes from when you first started and during your progress with this blend. What has evolved?

