



LOTUSWEI

DIVINE WITHIN 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 WITHIN JOURNAL WEEK 1

QUESTIONS

Fill out at the beginning of the week

At this very moment, what do you need to feel more nourished?.....

.....
.....

Are you worthy of nourishment? Do you give yourself nourishment? How do you nourish yourself?.....

.....
.....

When do you typically find yourself going into a space of depletion, exhaustion, or self-sacrifice? And have you noticed any difference?

.....
.....

In the last few weeks, have you noticed any differences in the way that you eat, the way that you move, the way that you rest, sleep, or take time for yourself? Have there been any subtle shifts?

.....
.....

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 WITHIN JOURNAL

WEEK 2

QUESTIONS

Fill out at the beginning of the week

Have you noticed any differences in the last month or so around how you nourish your inner world, your emotional self, your inner child, and your creative self?

.....

.....

.....

Have you noticed any changes in the dynamic of feeling frustrated, underappreciated, and dismissed or turning towards your own sense of truth, self-worth, self-validation, and self-support?

.....

.....

.....

Have you noticed anything around opening your heart to the unknown or going right to the heart of the matter or having an experience that there is more love around or in within? Or you could ask the opposite – have you noticed your heart close, harden, avoid, or feel scarcity or lack of love?

.....

.....

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 WITHIN JOURNAL

WEEK 3

QUESTIONS

Fill out at the beginning of the week

Does anything come to mind when you think about taking bigger risks, moving beyond perfectionism; or worried about failing or things not working out? Is there some way that you've taken more risks?

.....

.....

What comes to mind when you think about love without attachment?.....

.....

.....

Are there any experiences in the last month that come to mind around feeling either apathetic, indifferent, disconnected, or feeling loving and accepting, and connected?

.....

.....

Take a quick second to reflect on your relationships. Which relationships could benefit from having a little more gentleness and understanding?

.....

.....

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 WITHIN JOURNAL

WEEK 4

QUESTIONS

Fill out at the beginning of the week

Do you notice a correlation between when you are hard on yourself and hard on others, or when you are hard on yourself and it creates a disconnection between you and the people you love?

.....

.....

What wants to be untangled?

.....

.....

What parts of you want to experience more love?

.....

.....

This last question is a reflection on the awareness anchor or if you listened to the recording that talked about telling your divine self to "wake up". If you tried this practice, did you notice anything from it?

.....

.....

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+

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?

