



INNER PEACE 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.





INNER PEACE JOURNAL WEEK 1

QUESTIONS

Fill out at the beginning of the week

What am I stressed, overwhelmed or worried about?

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.....

What is my support system like?

.....
.....

In what areas of my life do I lack confidence?

.....
.....

How often do I try to go it alone without asking for help?

.....
.....

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+



INNER PEACE JOURNAL WEEK 2

QUESTIONS

Fill out at the beginning of the week

What big changes are happening in my life right now?.....

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.....

What am I responsible for?.....

.....
.....

What would give me a sense of hope & relief?.....

.....
.....

What would it feel like to fully accept myself?.....

.....
.....

WEEKLY STATUS

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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+



INNER PEACE JOURNAL WEEK 3

QUESTIONS

Fill out at the beginning of the week

How are my emotions this week?.....

.....
.....

In what ways have I refined systems & routines to streamline my life?.....

.....
.....

What am I learning from the stressful events that have occurred in my life lately?.....

.....
.....

In what ways am I moving from playing small to playing big?.....

.....
.....

WEEKLY STATUS

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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+



INNER PEACE JOURNAL

WEEK 4

QUESTIONS

Fill out at the beginning of the week

What is my support system like?.....

.....
.....

How am I reacting to stressful events? Do I feel less swayed by intense emotions?.....

.....
.....

In what ways am I feeling more at ease in my own skin?

.....
.....

What new perspectives have I gained since Week 1?

.....
.....

WEEKLY STATUS

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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?

