



INSPIRED ACTION 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.





INSPIRED ACTION JOURNAL WEEK 1

QUESTIONS

Fill out at the beginning of the week

What important items on my to-do list am I avoiding?.....

Do I feel uninspired? Overwhelmed? Creatively blocked?.....

When do I procrastinate? How do I distract myself?.....

What deserves my undivided attention & focus right now?.....

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+



INSPIRED ACTION JOURNAL WEEK 2

QUESTIONS

Fill out at the beginning of the week

When do I notice myself holding back ideas because they seem a little 'out there'?

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What are some of the most 'out of the box' ideas that I've ever had?

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What role models do I have of people who push the envelope, set trends, or jump on innovation?

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In what situations do I become indecisive?

.....
.....

WEEKLY STATUS

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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+



INSPIRED ACTION JOURNAL

WEEK 3

QUESTIONS

Fill out at the beginning of the week

In what ways have I experienced more confidence in making my own decisions without hesitation?.....

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What new projects have I started?.....

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How can I embrace & nourish my fearless creativity even more?.....

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What am I currently feeling inspired by?.....

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WEEKLY STATUS

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How many times per day you used the elixir.

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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+



INSPIRED ACTION JOURNAL WEEK 4

QUESTIONS

Fill out at the beginning of the week

What creative ideas have I indulged in lately?.....

Have I become more mindful of how I can use my time & resources more wisely?.....

In what areas of my life am I experiencing more focus & less distraction?.....

What's the most positive thing to happen in my life 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?

