



LOTUSWEI

JOY JUICE 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.





JOY JUICE JOURNAL WEEK 1

QUESTIONS

Fill out at the beginning of the week

What brings me joy?.....

In what ways can I simplify my life?.....

What areas of my life might I be overly serious?.....

What am I overthinking or overcomplicating? Do I have any projects or relationships that are messy or complicated?

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+



JOY JUICE JOURNAL WEEK 2

QUESTIONS

Fill out at the beginning of the week

Do I feel a sense of worry about anything in my life?

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.....

Where am I surrounded by items that don't reflect me?

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When do I allow myself to have fun? When do I cut myself off from play?

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.....

What kinds of activities bring me joy? How can I invite more of that into my life without feeling guilty?

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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+



JOY JUICE JOURNAL WEEK 3

QUESTIONS

Fill out at the beginning of the week

What has brought me joy lately?.....

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.....

When was the last time I belly laughed? When was the last time I made someone else laugh?.....

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.....

In what ways have I simplified my life?.....

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.....

How do my relationships feel?.....

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.....

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+



JOY JUICE JOURNAL WEEK 4

QUESTIONS

Fill out at the beginning of the week

In what ways have I allowed my inner child to play?.....

.....
.....

Have I experienced a newfound sense of clarity about my life's path & purpose?.....

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.....

What areas of my life have felt more productive, creative & healthy?.....

.....
.....

How does my energy feel in comparison to how I felt in Week 1?.....

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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.

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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?

