

Track how flower essences enhance your state of mind and accelerate personal growth. Each time you start a new flower elixir, fill out the following questions. Save them in a special place, and re-visit them after you've finished the bottle (typically 3-4 weeks later). In the last section, describe your experiences and note any changes or improvements.

Current Flower Elixir/Combination _____ Date _____

Currently what are your biggest challenges?

What's bugging you lately?

Are there any patterns you'd like to change in your daily life?

What would you like to accomplish this month?

What do you wish for?

What does your life look like 6 months from now if you continue to take flower essences regularly and continually?

Notes:
