



LOTUSWEI

SACRED AWARENESS 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.





SACRED AWARENESS JOURNAL

WEEK 1

QUESTIONS

Fill out at the beginning of the week

What does your body need/want? What does your body want you to be aware of?.....

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What does your heart need/want? What does your heart want you to be aware of?.....

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When do you have the tendency to want to save someone or cushion them?.....

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Can you think of one occurrence in the last month where you've wanted to help someone and they didn't want it, and then you realize, oh! That's Sacred Awareness - noticing your desire to help/save someone.

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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+



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WEEK 2

QUESTIONS

Fill out at the beginning of the week

What is your sacred contribution? List the top things that come to mind.

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Have you noticed in the last month that you say things more fearlessly or you speak your truth, or you say something in an unexpected way that surprised you?

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Are there any relationships in the last few weeks that have strengthened? Or any unexpected more intimate (close) moments with people that are new or different?

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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+



SACRED AWARENESS JOURNAL

WEEK 3

QUESTIONS

Fill out at the beginning of the week

Do you notice when you're actively working with Sacred Awareness anything different about how you take action? Jumping into action or guarding your resources. How are you taking action in a different way?

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Have there been any changes around the concept of fear of missing out?.....

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Can you think of any occurrence where you anticipated someone else's needs or your own?.....

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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+



SACRED AWARENESS JOURNAL

WEEK 4

QUESTIONS
Fill out at the beginning of the week

When do you feel that something you want to do is selfish or self-indulgent, even though you really love doing it? Is there something you love doing but you stop yourself because you feel that it's self-indulgent? But actually, might benefit others.

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What's lighting you up these days? Make a list in random order

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What do you need a little more of this weekend? What could you give yourself?.....

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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+

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?

