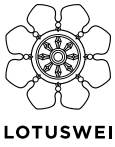


**LOTUSWEI**

# SACRED BODY 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 BODY JOURNAL WEEK 1

**QUESTIONS**  
Fill out at the beginning of the week

How did you move today? (it doesn't necessarily have to be exercise).....

.....  
.....  
.....

What did you eat or drink today?.....

.....  
.....  
.....

Did you sleep last night or take any naps today?.....

.....  
.....  
.....

**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 BODY JOURNAL WEEK 2

**QUESTIONS**  
Fill out at the beginning of the week

Did you poop today? .....

.....

.....

What does your body need today or what does your body most want right now?.....

.....

.....

.....

What comes to mind when you think of "overworking vs. stagnation"?.....

.....

.....

.....

**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 BODY JOURNAL

## WEEK 3

**QUESTIONS**  
Fill out at the beginning of the week

If you were going to nourish your sacred body more, what would you do?.....

.....  
.....  
.....

Did you try either the sleep method or the elimination tricks (from the last 2 recordings)? If you did, how did it go?

.....  
.....  
.....

Are there any unusual impacts on your body right now that you're aware of?.....

.....  
.....  
.....

**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 BODY JOURNAL

## WEEK 4

**QUESTIONS**  
Fill out at the beginning of the week

Who supports you? Are there any wellness practitioners who support and nourish you?.....

.....  
.....  
.....

What comes to mind when you hear the words "Your Sacred Body"? .....

.....  
.....  
.....

Is there something new or different that you've been doing more of this month that you're really proud of?  
(it doesn't have to be something physical)

.....  
.....  
.....

**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?

