



LOTUSWEI

SACRED HEART 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 HEART JOURNAL WEEK 1

QUESTIONS

Fill out at the beginning of the week

In what ways have you surrendered over the last few weeks or months?.....

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In what new ways are you exploring self-love, self-gentleness, or self-kindness? Or the lack thereof? Are you doing any exploration around these areas?

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As you've been working with Sacred Heart, what are your edges and where are your edges? And what edges might be softening right now or not? Where do you have opportunities to soften even more?

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How is your inner critic doing?.....

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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 HEART JOURNAL

WEEK 2

QUESTIONS

Fill out at the beginning of the week

Have there been any deeper or raw emotions or experiences that you've been able to face and sit with over the last few weeks? Have you been able to lean into discomfort recently rather than running away or numbing out?

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What's your current relationship to the concept of support? Are you allowing more support in some way?.....

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In what way do you surround yourself with people who truly 'get' the full potential of who you are? And when do you surround yourself with people you don't?

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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 HEART JOURNAL

WEEK 3

QUESTIONS

Fill out at the beginning of the week

Have you recently experienced more strength in vulnerability?.....

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Over the last month, when have you felt like you really belonged?.....

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When do you feel in touch with your innate sense of purity and innocence? And when do you catch yourself going into a spiral of self-harm or negative thought toward 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+



SACRED HEART JOURNAL

WEEK 4

QUESTIONS

Fill out at the beginning of the week

What does it mean to have conviction in what is most important to you in life? What does it mean to embody your divine expression? What's so important to you that you would fearlessly protect it?

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When are you your own best friend? When are you your own worst enemy?.....

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In the last month/couple of months, what has brought you to your knees (metaphorically)?.....

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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?

