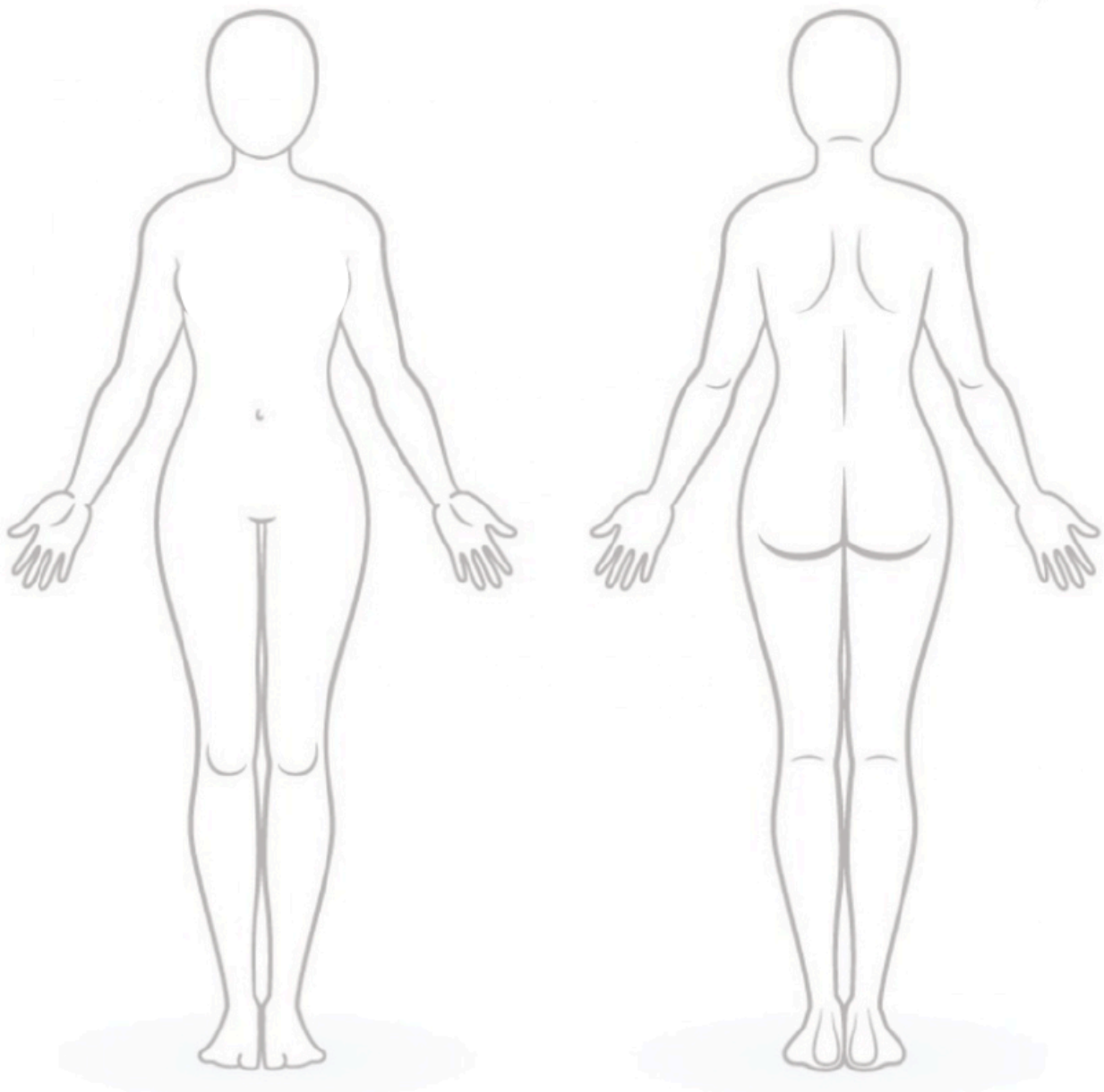


# Body Map

After a session, take some time to draw with color on this Body Map what you noticed during practice, or what you notice now to be true in your body. Feel free to draw out-of-the-lines as your energy body extends beyond the physical body.



# Mandala

After practice, take some time to draw in this circle Mandala to help you reflect on how you feel in an expressive and non-verbal way. You can use crayons, colored pencils, markers, pastels or other mediums. After you are done, Title your creation.

Mandala Title:



# My Visions

Draw, Write, List, or Diagram Your Visions, Wishes and Hopes...



# Emotions in Layers

Trace the Roots of a Feeling  
*refer to Plutchik's Wheel of Emotions*

Choose one strong emotion you've experienced recently or right now:

What triggered it?

Is there a more subtle feeling underneath it? (e.g., anger might have fear underneath)

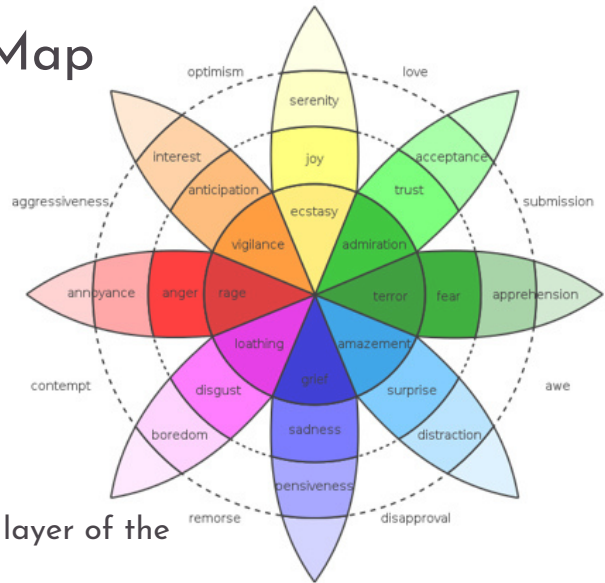
What deeper need or message might this emotion hold?

What would help you respond to this emotion with kindness?

What Mudra would allow you to integrate these emotions and the experience that brought it up?

# Emotion Transformation Map

'From One Feeling to Another'



Start by choosing a feeling from the outer layer of the wheel (e.g., anxious, irritated, hopeful):

- Starting Emotion:

Using the wheel, trace inward toward a core emotion:

- Core Emotion:

Now move around the wheel to a nearby emotion you'd like to feel:

- Desired Emotion:

What Mudra, Affirmation, Breath, Yoga posture or something else, could help shift you toward that feeling?

Holding yourself dear in all of your emotions, what can you do to support your heart that feels so much?

What I notice in my body, breath, energy, feelings, emotions and thoughts right now is...

[illegible]

## JOURNAL REFLECTIONS from PRACTICE

What I noticed in my body, breath, energy, feelings, emotions and thoughts during practice today was...

[illegible]

# The Heart's Wish or Sankalpa

Reflect on these prompts below:

- When I ask my Heart, what is my Heart's wish right right now?
- When in my life have I felt most connected to my heart's wish?
- On the back of this page: Sketch a symbol or image that represents your Heart's wish.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.



# Positive Seeds of the Heart: Bhavanas

### Reflection Prompts:

- Which Bhavana: kindness, joy, forgiveness, love, witnessing, acceptance, welcoming, or something else, feels most alive in me right now?
- Which Positive Seed Bhavana do I want to cultivate more deeply?
- What simple action or practice helps me tend this Positive Seed?
- On the back of this page: Draw a seed or flower representing this quality.

[illegible]

# Body Awareness & Heart Space

### Reflection Prompts:

- How does my Heart space feel in my body today?
- Are there any areas of openness, tension, or warmth I notice?
- After practice, what shifts did I feel in my chest, shoulders, or breath?
- On the back of this page: Sketch areas of sensation and or how they feel.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins or other markings on the paper.

# The Heart's Statement or Intention

### Reflection Prompts:

- If my heart could speak, what would it say today?
- What intention feels true for my heart as I move forward?
- How can I honor this intention in my daily life?
- Optional section: Write your "Heart's Statement" as a simple sentence or mantra.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

# Witnessing & Integration

### Reflection Prompts:

- Without judgment and with pure compassion, what am I witnessing in myself now?
- What shifts, small or large, have I felt in my relationship with my own heart?
- How can I continue tending my heart as I move forward from this series?
- Write a closing gratitude note to myself.

This image shows a single sheet of white paper with horizontal blue or grey ruling lines, typical of notebook paper. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

# What I'm Feeling

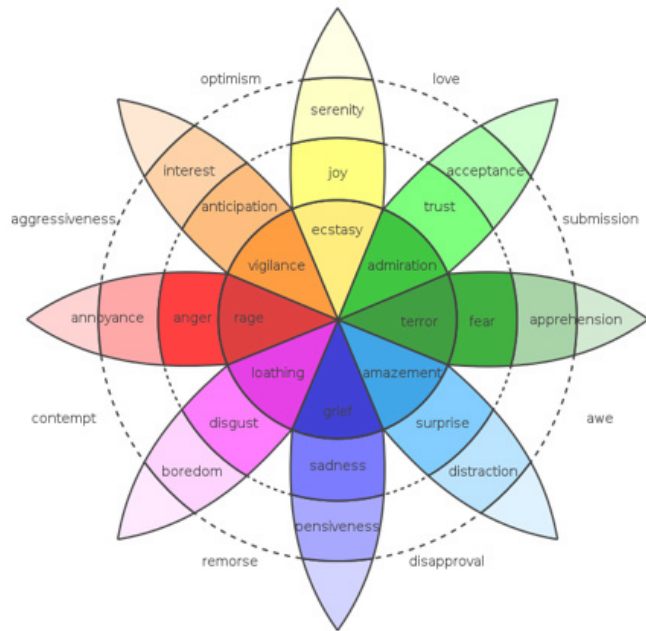
'Today, I feel...'

Look at Plutchik's Wheel of Emotions

Write the emotion that best matches how you're feeling right now:

- Core Emotion:
- Is it Mild or Intense?

Describe it more fully



Where do you feel it in your body?

What does this emotion need from you?

What does your body need from you right now?

Is there a Mudra, breath or posture, or combination, that would feel balancing right now?

Is there something else that is arising within you now. A wisdom, knowing, a question or concern?

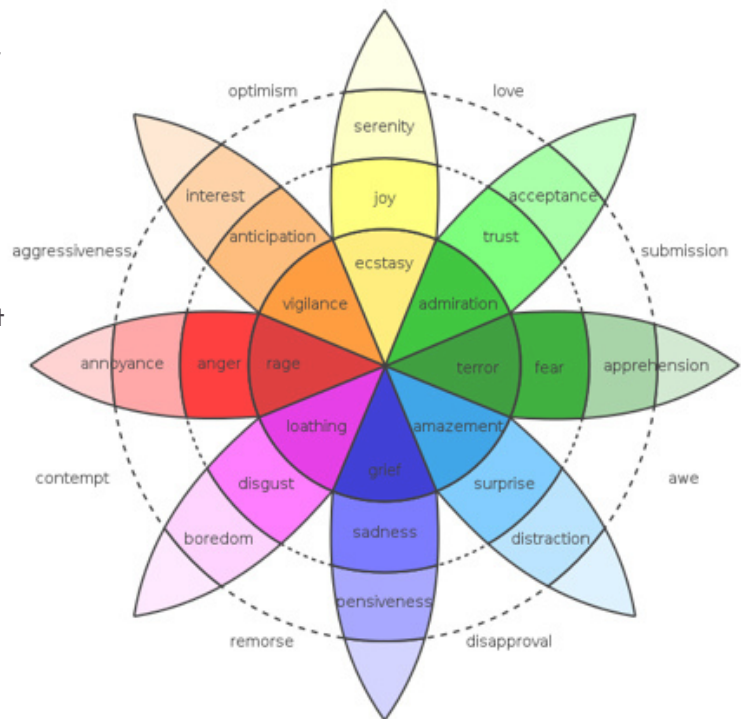
Or something else?

# Observing Emotions

Plutchik's Wheel of Emotions is a helpful tool for understanding what you're feeling and why. This Wheel shows eight core emotions—like joy, fear, anger, and sadness—and how they relate to one another.

You can use the wheel by first identifying what you're feeling right now, then noticing if it's a strong or mild version (for example, anger might show up as annoyance or rage).

From there, you can explore what's underneath the emotion and how it might be guiding you. You may like to journal about emotions evolving journey within you below.





# Element Reflections

Jot down what you noticed within your inner Five Elements today

Earth

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Water

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Fire

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Air

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Ether

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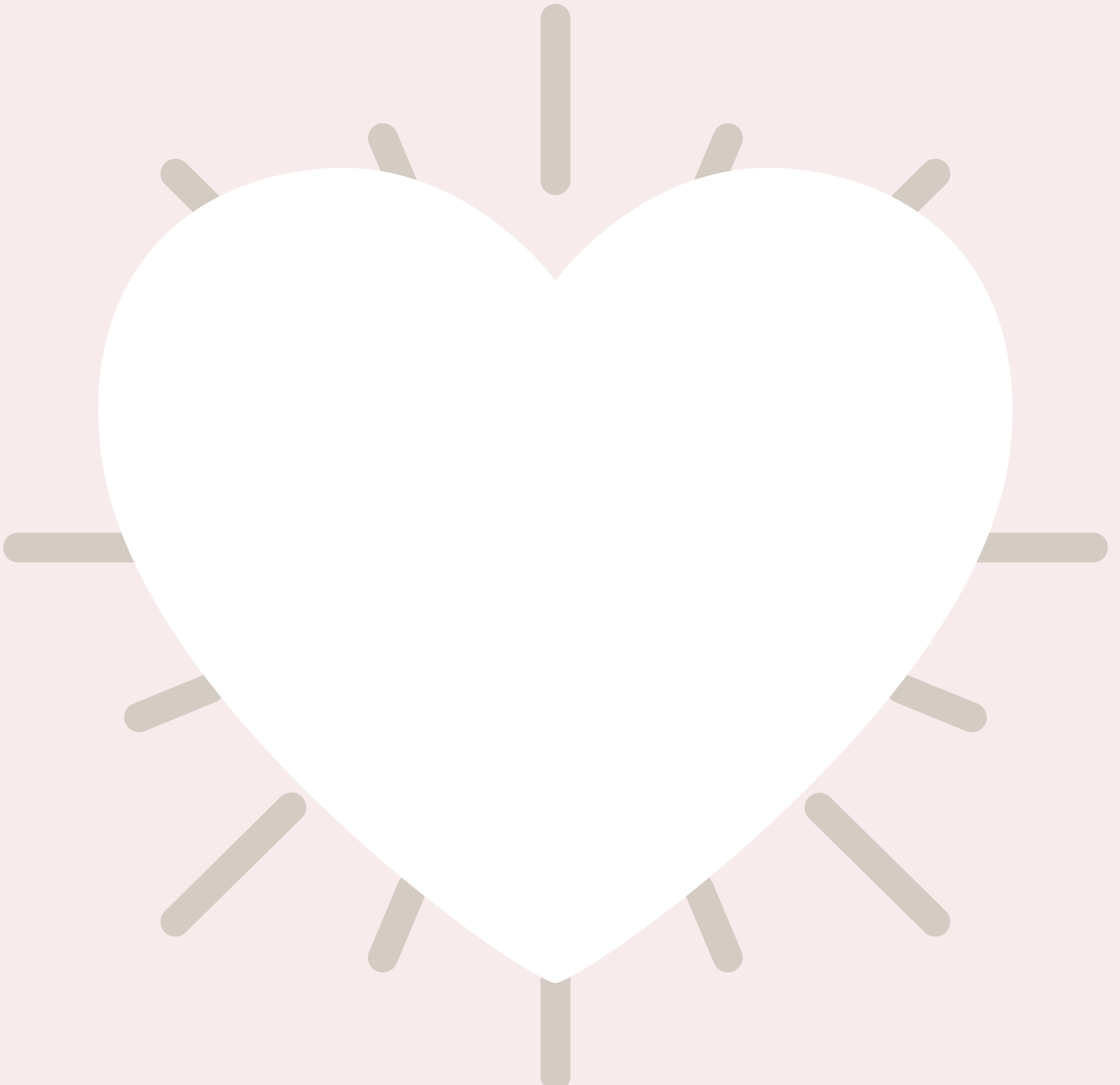
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# Heart Intention

- Place your hands on your heartspace. Go inward and ask, "What is my Heart's Deepest Wish?" Let the answer arise from your heart...
- Now, find a way state your Heart's Intention as though it's already true, with positive words, in present tense, by writing it below on the lines, and drawing it in the heart. (Hint: All of the Mudra Affirmations in your Workbook are also Heart Intention Statements).

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# Reflections

What are your favorite Mudra and Yoga Posture combinations right now? How does this feed you? Write or draw about it...

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# My Self-Care Intentions

If there were no obstacles to my self-care practices, I would love to...

01

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02

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03

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04

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05

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06

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07

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08

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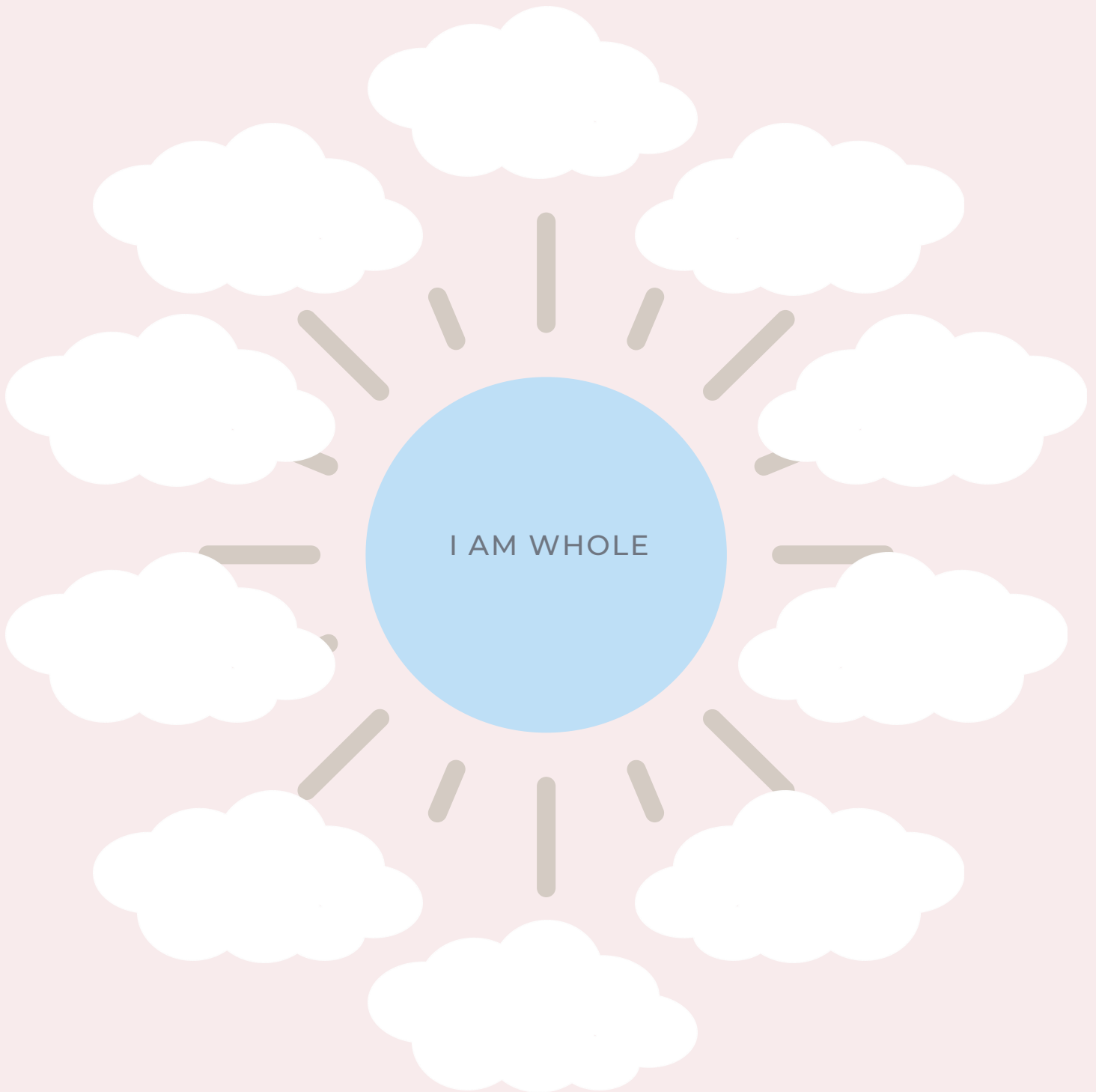


# My Wisest, Kindest Self Speaks and Says...

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

# REFLECTIONS

What I Noticed in My:  
BODY - MIND - FEELINGS - WISDOM  
During Practice Today





# Bliss Moments

During the day when you notice something BEAUTIFUL, when something makes you SMILE, let this BLISS MOMENT FILL your body and mind! And keep this feeling inside of you for 1 minute or more.

- Begin to LOOK FOR and SEEK BLISS MOMENTS more often.
- Write your BLISS MOMENTS below at the end of the day.
- Keep this running list.
- Read it when you need to find Contentment, Joy and Bliss.

[illegible]



# Stress Reflections

Begin to notice when you feel stress rising within you. Each day for a week or more, jot it down on this tracker or in your journal, your stress experiences. Avoid getting into the 'story' of what stressed you. This will help you to begin to become more aware of what causes stress for you.

Stress is often unavoidable, however, the more we are conscious of it, and our responses to stress, the less flooding, dictating or overwhelming it can become for us. Plus, there are numerous tools in this workbook to help you shift out of stress and back into ease that by practicing them regularly each day, you will remember to practice them also before or during a stressor.

## SOURCES OF STRESS

Date/ Time	Stress Level 0-10	What was I doing?	How did it feel in my body?

# My Favorite Heart Practices

