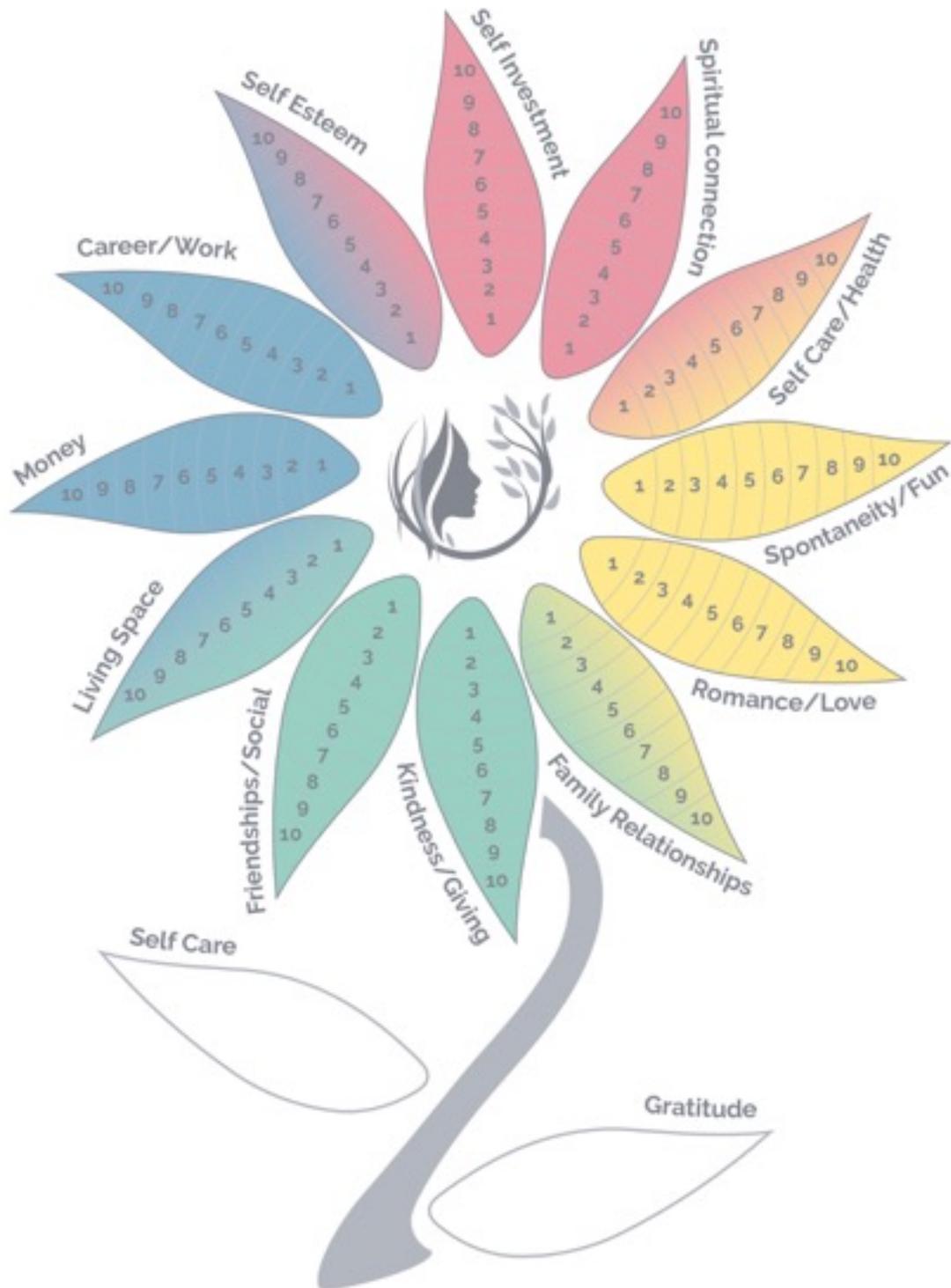




'Heart Mapping' Check In

How would I score myself on how I really FEEL about life right now?



Which area do I feel most like I need to focus on over the coming month and why?

What are my current thoughts, feelings and actions in this area?

What am I already grateful for in my chosen area and why?



Heart Mapping Words

What would you love to feel in your chosen area?

abundant dynamic accepting Energised Vibrant

balanced Appreciative brave centred adventurous

connected Spontaneous unstuck beautiful authentic Alive

beautiful supported empowered happy inspired safe

understanding unstoppable magical free sexy clear

strong powerful brave positive playful Hopeful open

gentle peaceful Cherished confident decisive Wild

fabulous trusting focused healthy wealthy tender Radiant

free spirited passionate glamorous intentional mindful

Joyful graceful forgiving creative guided relaxed ready

purposeful certain courageous enthusiastic Lovable

Serene Determined Heard



Your 'Heart Mapping' Chosen words

Write your chosen feeling/s below and the area you have chosen to focus on.

What thoughts and actions do I need to create to sustain my chosen feelings/s in the area I have chosen?

What affirmations will I need to remind myself of on a daily basis?



'Heart Mapping' Commitment Slip

I (your name)

.....
choose to focus on the feelings of

.....&.....

.....in the area of

.....
I commit to nurturing my chosen feelings because

.....
.....
.....
The mantras/affirmations I will confirm daily to myself are

.....
.....
.....
The actions and intentions I will now make are:

.....
.....
.....
If I feel out of balance in my chosen area and feelings, I will remind myself
of the following reasons I am grateful :

.....
.....
.....
The self care strategies I intend to create this month to help me stay
aligned with my chosen feelings are:



After our Heart Mapping session:

Step One:

Look your chosen words up in a dictionary to deeply understand and get the essence of the words you have chosen.

FEELING MEANING:

FEELING MEANING:

Step Two:

To bring your words to life, create a beautiful board that will be your daily reminder to inspire

you to stay centred on the feelings you desire to feel. in the areas you have chosen.

You can use Pinterest, Pic Collage app or card and magazines to create this.

Step Three:

If you are a member of the Self Discovery Tribe, post and share in our closed Facebook group.

Share via Instagram or Facebook with the hashtag #heartmapping.

Sharing this with others will deepen your commitment to yourself.

Step Four:

Detach your 'Heart Mapping' permission slip form the PDF and ideally laminate this and place somewhere as a visual trigger that you can see everyday to remind you of what you are focusing on and the feelings you wish to FEEL.

