

# Guided Journaling Exercise



## Living from the Heart Center

After doing the heart center visualization, ask yourself: What does love mean to you inside your heart?

Ask yourself: How much do I love myself? Do I love myself enough? Can I love myself more? How can I love myself more? Write out your thoughts.

If you find yourself in a situation where you may feel like blowing up or thinking negatively, how can you come from a place of love? What can you do or say differently to see the situation from a place of love? Write down your thoughts and experiences.