



## HEART CHAKRA JOURNAL PROMPTS

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WHAT DOES UNCONDITIONAL LOVE MEAN TO ME?

HOW CAN I SHOW MYSELF UNCONDITIONAL LOVE IN MY DAILY LIFE?

WHAT POSITIVE PRACTICES CAN I INCORPORATE INTO MY LIFE TO SHOW MYSELF MORE COMPASSION, EMPATHY, AND SELF-ACCEPTANCE?

WHAT DOES IT MEAN TO ME TO BE A COMPASSIONATE BEING? WHY IS IT IMPORTANT TO ME TO BE COMPASSIONATE?

WHAT ARE TEN THINGS I LOVE MOST ABOUT MYSELF?

WHAT SELF-CARE PRACTICES CAN I INCORPORATE INTO MY DAILY LIFE TO SHOW MYSELF MORE LOVE?

HOW CAN I CULTIVATE THE FEELING OF PEACE IN MY EVERY DAY LIFE?

WHAT THOUGHTS, WORDS, IMAGES, MEMORIES, AND/OR SOUNDS CONVEY THE FEELING OF PEACE TO ME?

DO I EXCESSIVELY SELF-ISOLATE FROM OTHERS, OR AM I OVERLY DEPENDENT ON OTHERS TO FEED MY HAPPINESS? HOW CAN I FIND A HARMONIOUS BALANCE BETWEEN THE TWO?

HAVE I EVER FELT AN UNDENIABLE CONNECTION TO ANOTHER PERSON, ANIMAL, OR SOMETHING ELSE OUTSIDE OF ME? HOW DID THIS FEEL?

WHAT DOES IT MEAN TO ME TO BE DEEPLY CONNECTED TO ALL BEINGS IN THIS UNIVERSE? IN WHAT WAYS DO I FEEL CONNECTED TO ALL, AND IN WHAT WAYS DO I FEEL SEPARATE? HOW CAN I NURTURE THAT FEELING OF CONNECTION?

WHAT SELF-CARE PRACTICE CAN I DO IN JUST FIVE MINUTES A DAY TO CULTIVATE FEELINGS OF UNCONDITIONAL SELF-LOVE?

WHAT POWERFUL AFFIRMATIONS CAN I INCORPORATE INTO MY LIFE THAT WILL FOSTER MORE FEELINGS OF LOVE, COMPASSION, PEACE, AND SERENITY? IN WHAT WAYS CAN I INCORPORATE THESE AFFIRMATIONS AS PART OF MY DAILY ROUTINE?

WHO ARE TEN PEOPLE IN MY LIFE WHO HAVE PROFOUNDLY AND POSITIVELY AFFECTED MY LIFE? WHAT DO I LOVE MOST ABOUT EACH PERSON? WHAT MAKES ME FEEL GRATEFUL FOR EACH PERSON?



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WHAT DOES KINDNESS MEAN TO ME?

HOW CAN I SHOW MYSELF AND OTHERS MORE KINDNESS?

HOW DO I BALANCE SHOWING OTHERS KINDNESS AND GENEROSITY WHILE STILL PRIORITIZING MY OWN SELF-CARE? WHAT CAN I DO TO ENSURE I DON'T TRY TO METAPHORICALLY "GIVE FROM AN EMPTY CUP"?

DO I POSSESS ANY FEARS OR LIMITING BELIEFS PREVENTING ME FROM ACCEPTING UNCONDITIONAL LOVE? HOW CAN I BEGIN TO RELEASE THESE FEARS AND LIMITING BELIEFS?

REFLECT ON THIS STATEMENT: "I AM LOVED, LOVING, AND LOVABLE." WHAT DOES THIS MEAN TO ME?

DO I NATURALLY TRUST OTHERS? AM I EVER TOO TRUSTING, OR DO I HOLD BACK TRUST FROM OTHERS? WHAT DOES A HEALTHY BALANCE LOOK LIKE TO ME?

WHAT DOES IT MEAN TO ME TO HAVE AN OPEN HEART? HOW CAN I PRACTICE OPENHEARTEDNESS IN MY DAILY LIFE?

ARE THERE EVER ANY SITUATIONS IN WHICH I BECOME POSSESSIVE OR JEALOUS? WHAT IS THE ROOT OF THESE EMOTIONS? HOW CAN I RELEASE THESE FEELINGS TO MAKE SPACE FOR EMOTIONS THAT SUPPORT MY HIGHEST GOOD?

WHO IS ONE PERSON WHO REPRESENTS UNCONDITIONAL LOVE TO ME? DESCRIBE THEIR QUALITIES AND HOW THEY INHABIT THE FEELING OF LOVE.

WHAT ARE THREE MOMENTS IN MY LIFE WHEN I FELT DEEPLY LOVED? DESCRIBE THESE MOMENTS.

WHAT ARE THREE MOMENTS IN MY LIFE WHEN I FELT DEEP LOVE FOR ANOTHER BEING? DESCRIBE THESE MOMENTS.

IN WHAT WAYS IS LOVE A SUPERPOWER? HOW CAN I UTILIZE THIS SUPERPOWER TO HELP OTHERS?

HOW DO I EXPRESS LOVE TO OTHERS? WHAT ARE MY FAVORITE WAYS TO EXPRESS LOVE TO THE PEOPLE IN MY LIFE? AM I ABLE TO EASILY EXPRESS LOVE TO OTHERS?



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HOW DO I EXPRESS LOVE TO MYSELF? WHAT ARE MY FAVORITE WAYS TO SHOW MYSELF LOVE? AM I ABLE TO EASILY EXPRESS LOVE TO MYSELF?

WHY IS HAVING AN OPEN AND BALANCED HEART CHAKRA IMPORTANT TO ME?

WHAT DOES AN ORDINARY DAY AS MY MOST LOVING AND COMPASSIONATE SELF LOOK LIKE? HOW DO I CARRY MYSELF THROUGH THE DAY? HOW DO I TREAT OTHERS AND MYSELF? WRITE ABOUT THIS DAY IN DETAIL.

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*Be the love in the world.*