

8 Keys to Heart Powered Manifesting - Worksheet

Bring to your awareness the area of your life where you would like experience a change, then use the heart keys below

Key One - Heart Space

I am breathing into the loving peace and wisdom of my heart and it makes me feel...

Key Two - Heart Truth

I am open to my heart as it shows me the truth about my current situation, which is...

Key Three - Heart Potential

I am open to my heart as it shows me the potential which is available to me, which is...

Key Four - Heart Guidance

My heart is showing me the next step to support me in moving forward, which is...

Key Five - Heart Based Action

I am taking action on the guidance that my heart is giving me - so I am...

Key Six - Heart Based Healing and Empowerment

My heart gives me the healing and empowerment I need to take this action, what I need is...

Key Seven - Heart Power

My heart uplifts me with love and grace enabling me towards my potential, this feels...

Key Eight - Heart Powered Trust and Receiving

My heart supports me as I open to receive and rest in trust, this feels...