



essences (check one)

DON'T JUST TAKE OUR WORD FOR IT.

Try our free journal and see for yourself.

Record your experience for one week and see what you notice. Stick with it for six months and be amazed.

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Generally, how do you fe	Do you have any physical discomforts?				?	Describe any new insights or perspectives.						Describe any enhanced joy, ease, awareness, strength, clarity.							Describe your energy level. How did you sleep at night?									
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				Do you have any physical discomforts?					Describe any new insights or perspectives.					Describe any enhanced joy, ease, awareness, strength, clarity.							Describe your energy level. How did you sleep at night?											
WEEKLY STATUS																																
Describe your day in a few words. Write down any notable or unusual, experiences (thoughts, actions, events, emotions, etc.)	DA	Y 1			DA	Y 2			DA	Y 3			DAY	Y 4			DA	7 5			DAY	<i>(</i> 6			DA	Y 7						
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Congratulations!

You have finished a full month of flower essences. Look back on this last month and reflect on any changes in mood, state of mind, and occurrences of anything unusual or out of the ordinary. For more information, or to order more flower essences, visit www.lotuswei.com

NOTES:			