



*The Heart Centered Woman*

'IN'Powered  
Membership  
Journal

## Are you ready to get really 'IN' Powered?

This journaling project is the process of integrating the information and energy of what you are taking in through The Heart Centered Woman's programming.

At first, it may seem too 'simple.' What we promise you though, is if you put the time and your focus into diving deep into these questions, you will discover the parts of you waiting to be invited into your heart for healing and to be set free for 'reassignment' with your creative projects and manifestations. \*Remember, the more you put in, the more you get out!\*

1. What is this week's theme of The Heart Centered Woman 'IN' Empowerment Group?
2. How does it relate to me?
3. How does it feel to be exploring this within me?
4. How is this theme showing up in my life?

### Bonus Question...

As I go into my heart, what is the guidance I am receiving about this theme or issue that has surfaced, and what are my inspired actions?