

# Listening to Your Heart

## A Time I Trusted My Heart

- Write about a moment when you followed your heart's guidance.
- How did it feel in your body? What was the outcome?

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## A Time I Ignored My Heart

- Think of a time when your heart was telling you something, but you didn't listen.
- What signs did you notice in your body or feelings? What happened as a result?

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## Heart vs. Mind

- Describe a situation when your mind told you one thing, but your heart told you another.
- Which did you follow? Looking back, how do you feel about that choice?

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## The Heart's Voice

- If your heart could speak to you in words, what would it say today?
- How is this message different from the thoughts in your head?

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## Heart & Emotions

- What emotions most often live in your heart (joy, love, anxiety, excitement, gratitude, sadness)?
- How do these emotions guide your choices?

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## Heart Signals

- Do you notice physical signals (like a racing heart, warmth, heaviness, or butterflies) when your heart is trying to guide you?
- Write about one of these moments.

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## Heart & Courage

- The word “courage” comes from the Latin cor, meaning “heart.”
- Write about a time when your heart gave you courage to do something brave.

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## Heart in Relationships

- How does your heart guide you in friendships or family relationships?
- Have you ever felt your heart “open” or “close” around certain people?

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**Future Guidance**

- Imagine a future situation where you'll need to make a big decision.
- How would you like your heart to guide you when that time comes?

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**One Word from My Heart**

- If your heart had one word of advice for you right now, what would it be?
- How can you honor that word in your daily life?

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