

CREATING FROM THE **HEART**

IDEA | What I want to create:

CONNECT TO THE HEART. GET STILL. ASK QUESTIONS. LISTEN. TRUST.
The heart speaks in a gentle soft voice full of love.

CONFIRMATION | Is this the right time and the right project for me to create?

YES ☐

NO ☐

NOT YET ☐

INSPIRATION | What ideas does the heart have for me and my creation?

TRUTH | What is the truth about this project? Am I believing anything that is false?

SEND LOVE | As I begin creating, what parts of the project can I send love to?
