DATE _____

I am journaling with my heart using the **Heart Wisdom Guidance Cards**

Understanding The Past 3 Card Spread

What challenge did I overcome?

The card I have drawn is...

What this means for me is...

How did I grow and change?

The card I have drawn is...

What this means for me is...

What is my new perspective?

The card I have drawn is...

What this means for me is...