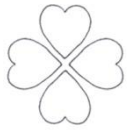


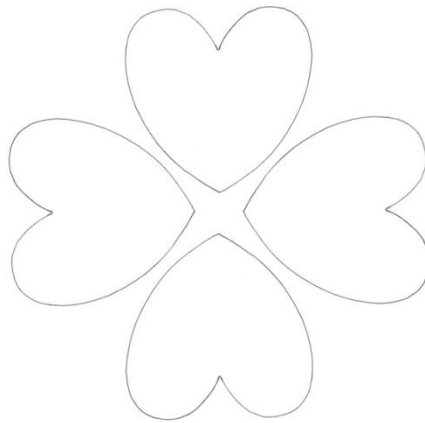
## The Heart Quadrant - what does my heart need?

### Heart Based Exercise



Ask yourself “what does my heart need right now?” and see how it answers. Being aware of your own needs and how you can meet them for yourself is a huge turning point in improving your love relationships. Also, consider your unmet needs from childhood; it is never too late to meet those needs.

Sometimes, we lose connection with our hearts. We go into our heads looking outside of our hearts for love, instead of looking within.



Copy out the picture of heart quadrant in your journal or on pieces of paper or print multiple copies of the 2<sup>nd</sup> page

Write inside your heart shaped flower petals, what your heart does in fact need. You may have never even stopped to think about what your heart needs, but it knows the best way for you to show it love.

Write inside as many of these heart shaped flowers as you can, all the choices, affirmations, loving statements and acknowledgements that make you feel loving and lovable.

Completing this exercise daily on waking and sleeping as well as throughout the day if you are able to will have a dramatic effect on your self-worth, confidence and lovability. Honouring, respecting and loving yourself is an inside job.

