

Reflection Sheet

Embrace the Totality
of Who You Are



Valentina Manini



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Welcome

Use this Reflection Sheet to deepen your experience, or simply as an inspiration to create your own Reflection practice after each meditation.

Take the time to write down insights, trailheads, curiosities, or anything else that might be lingering in your system.

With love,

Valentina Manini



Deepening and Expanding

What did you notice? What surprised you?
What meaningful insight did you experience?

How many parts did you notice protecting your heart?
How did you perceive them?

What message did you feel, hear, or see
from your part/s?

Write anything meaningful or valuable you experienced
from this meditation:



Feelings and Emotions

How did you feel before, during,
and after the meditation?

Write down any shift you felt during the meditation.



Keeping Track

Set an intention, if relevant, to continue the journey you started with this meditation.

What did you notice that you would like to deepen and expand?



Join me...

Join me for wonderous explorations of your inner system, workshops, and a monthly newsletter to expand into everything you are longing for.

[Click here](#) to join my Inner Circle.

I'm so looking forward to meet.

Warmly,

Valentina