

Quarterly Reflection: The Heart Centered Way

The QUARTERLY REFLECTION is a practice from the HEART CENTERED PLANNER. It is a guide to re-group. It asks about patterns, insights, progress, and addition or edits you want to make to your life.

It includes a review of your WELLNESS TEAM + tools. Who's on your support crew for health and healing? What are you doing for your wellness?



QUARTERLY REFLECTION. 3 MONTH TIMEFRAME

DEVOTION Checking in on my spiritual practices: Meditation + Visualization. Prayer. Ritual. Breathwork. Reflection. Journaling...

Patterns I'm seeing...

Insights I'm having...

Progress I'm making...

Additions or edits I'll be making...

VISION Referring to my VISION BUILDER, here's how it's coming together...

Patterns I'm seeing...

Insights I'm having...

Progress I'm making...

Additions or edits I'll be making...

KEY ACTIONS Things I'm doing to manifest my visions, embody Soul Qualities...

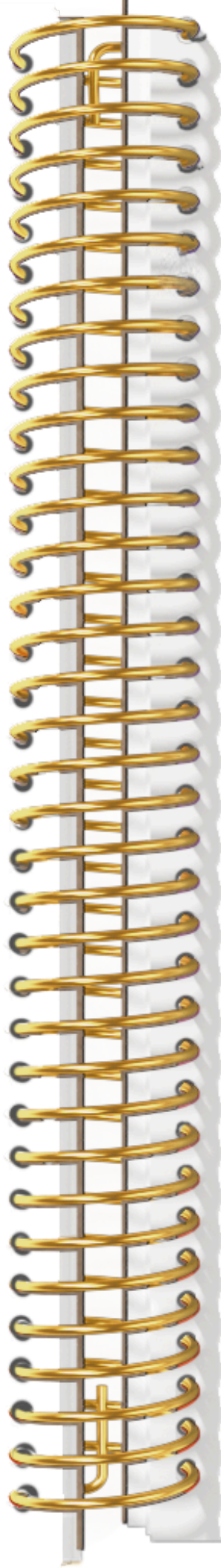
Patterns I'm seeing...

Insights I'm having...

Progress I'm making...

Additions or edits I'll be making...

BLESS + RELEASE What will I let go of or stop doing?



WELLNESS TEAM REVIEW. Organize your healing crew...

- | | | |
|--|--|--|
| <input type="checkbox"/> Functional MD | <input type="checkbox"/> Therapist/Counsellor | <input type="checkbox"/> Communities |
| <input type="checkbox"/> Naturopath/Homeopath | <input type="checkbox"/> Coaches | <input type="checkbox"/> Esthetician |
| <input type="checkbox"/> Doctor/Specialists | <input type="checkbox"/> Spiritual director/Minister | <input type="checkbox"/> Hairstylist |
| <input type="checkbox"/> Wellness Coach/Nutritionist | <input type="checkbox"/> Mentors/Advisors | <input type="checkbox"/> Household support |
| <input type="checkbox"/> Massage/Physio/Osteo/Chiro | <input type="checkbox"/> Energy healer | <input type="checkbox"/> Personal assistants |
| <input type="checkbox"/> Acupuncturist/TCM | <input type="checkbox"/> Astrologer | <input type="checkbox"/> Caregivers |
| <input type="checkbox"/> Trainer | <input type="checkbox"/> Memberships | <input type="checkbox"/> Really wise friends |
| <input type="checkbox"/> Yoga/Movement | <input type="checkbox"/> Classes/Programs | <input type="checkbox"/> |

WITH MY WELLNESS TEAM...

WHAT'S WORKING? Vibrancy, strength, ease, positive results...

WHAT'S BETTER THAN IT WAS? Improvement, growth, progress, hope...

WHAT'S NOT WORKING? Disappointing, stagnant, challenging, needs to shift...

ANYTHING IN NEED OF IMMEDIATE ATTENTION? How can I care for that...

DO + GET + CONNECT FOR MY WELLNESS Gear, tech, research, inquire, schedule, thank, refer...

Connect and Go Deeper

Breathe into your heart.

The HEART CENTERED PLANNER combines the practicality of a well-designed planner with devotion, reflection, and nervous system balancing.

It's not just a planner. It's a way of healing, while being productive. It's the Heart Centered Way.

Order by December 1, 2024, for holiday delivery.

daniellelaporte.com/shop



What People are Saying

"After literally struggling all my adult life with contorting myself to fit into a time management system, this one simply WORKS FOR ME. Because at its core, the focus is on ENERGY management." – Julia S

"It's a one-stop planner. LOVE." – Lisa F

"I am a former achievement junkie. This planner took me off a hamster wheel of constantly doing and let me focus on being." – Maggie J

"It 'frames' my day so positively. I focus far, far more on the things that are most important." – Karen S



DANIELLE LAPORTE's Heart Centered Membership and Leadership curriculum supports facilitators in 30+ countries. It brings Heart Centered concepts to entrepreneurs, families, counselors, incarcerated people, yoga classes, and global consultancies. Her work has reached over 40 million people worldwide with best-selling books including *How to Be Loving*, *White Hot Truth*, *The Desire Map*, and *The Fire Starter sessions*; *The Heart Centered Planner*; and her top-ranked podcast, *WITH LOVE, DANIELLE*. A former think tank director and publicist, her influence is felt by millions of people who visit daniellelaporte.com every month. She lives in beautiful Vancouver, BC.