

Relationship Reflection: The Heart Centered Way

The Relationship Reflection is a series of journaling prompts from the HEART CENTERED PLANNER to create more Compassion and greater connection. It begins with one of our favourite questions: how can I love my way through this? Then, you'll reflect on your connection between yourself, others, and the world.

You'll end the Reflection by extending Compassion to the "best" and "unlovable." This is how we embody Compassion—with mercy, courage, and oneness mentality.



RELATIONSHIP REFLECTION

Self. Inner Child. Friends + Family. Animals. Work. Community. Guides. The World.

RELATIONSHIPS

CONNECTION. HOW CAN I LOVE MY WAY THROUGH? Whatever is challenging or tender right now...

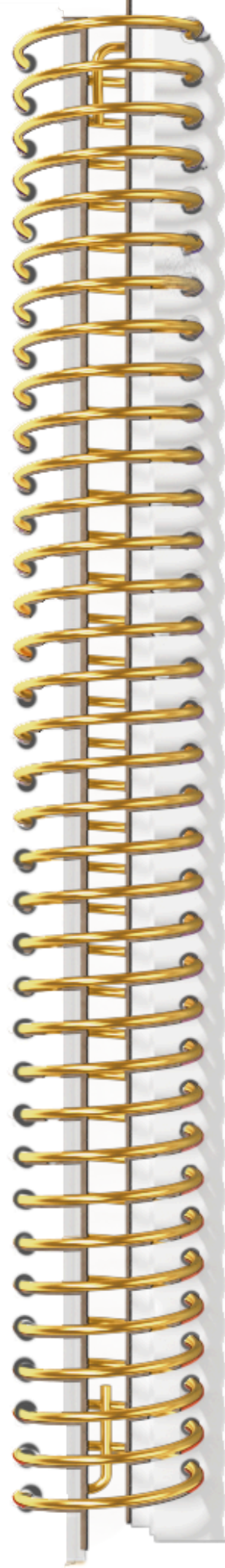
WHERE IN MY RELATIONSHIPS—TO MYSELF + OTHERS—IS THERE VITALITY + STRENGTH?
Emotional intimacy, generosity, support, acceptance, joy...

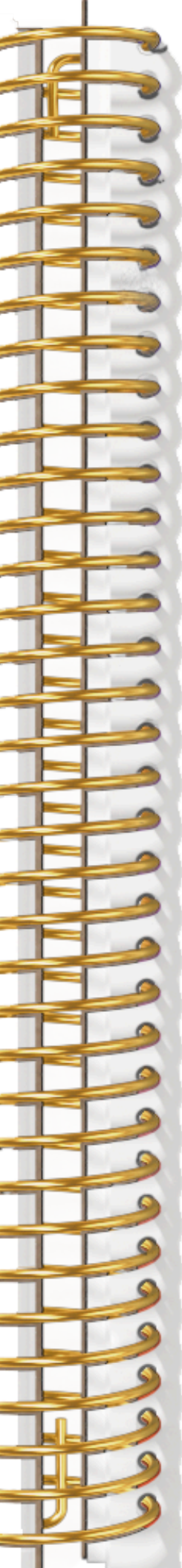
ME: IN WHAT WAYS CAN I BE MORE TRUTHFUL + COMPASSIONATE WITH MYSELF?

WE: IN WHAT WAYS CAN I BE MORE TRUTHFUL + COMPASSIONATE WITH OTHERS?

THE WORLD: IN WHAT WAYS CAN I BE MORE TRUTHFUL + COMPASSIONATE WITH THE COLLECTIVE?

WHAT DO I NEED TO STOP DOING, LET GO OF? HOW CAN I BLESS + RELEASE THAT?





“Inner Child” is a symbolic name for the unhealed parts of ourselves. So, your Inner Child isn’t you as a kid. It’s your shadow that you’re here to heal with the Light of your unconditional Love—consciousness. True progress happens when you parent your Inner Child fragments with gentleness and unwavering acceptance.

DEAR INNER CHILD, TELL ME HOW I CAN SUPPORT YOU...

A LOVE NOTE TO MY “POSITIVE” EMOTIONS + ASPECTS. Gratitude for qualities that might be easier to acknowledge + appreciate. *Thank you for... because of you...*

A LOVE NOTE TO MY “NEGATIVE” EMOTIONS + ASPECTS. Gratitude for qualities that might be difficult to acknowledge + appreciate. *Thank you for... because of you...*

A LOVE NOTE TO SOMEONE/PEOPLE WHO I FEEL CLOSE TO/RESONANT WITH.
Past, present, individuals/groups. *Thank you for... because of you...*

A LOVE NOTE TO SOMEONE/PEOPLE WHO I FEEL SEPARATE FROM/AVERSE TO.
Past, present, individuals/groups. *Thank you for... because of you...*

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.