

Wishing Well from the Heart

“Reflect on the characteristics of what your heart considers warm and delightful,” writes Dr. Paul Pearsall in his book, **Wishing Well**, where he shares a “heart warming exercise” to prepare ourselves for a wishful life. First, sit someplace quietly and clear your mind of immediate worries and concerns. Then, close your eyes and sense what your heart is saying. Ask the following questions to get you started and **write or draw** the heart’s response. Be patient, calm and listen. For more free astrology and journaling worksheets, check out thewritingorbit.com.

1. Question: How are you **feeling**?

Answer:

2. Question: What brings you **joy and happiness**?

Answer:

3. Question: What can I do **to bring and create more joy**?

Answer:

