

Use this chart as a guide to help you monitor the subtle changes you experience while using your flower essences.

	Week 1	Week 2	Week 3	Week 4
Synchronicity: new opportunities or chance encounters that occur				
Relationships: shifts/changes in unsatisfying relationships or new, fulfilling relationships that develop				
Solutions: new insight into how to solve problems or remove obstacles, or obstructions that seem to resolve on their own				
Soul Work: increase in dreams, journal writing, prayer, meditation, or spiritual awareness				
Physical: changes in the physical sensations you feel in your body, or in your ability to manifest income and resources				
Balance: recognition and release of negative thoughts & emotions, increased emotional insight or awareness of positive feelings				
Expression: Ability to share your talent, creativity, feelings or experience with others				
Other: anything else you notice!				

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