

Heart Chakra Journal

eZodiacSigns.com

How are you open to love?

What is your love language?

Describe how you express love.

Describe how you receive love.

Do you believe in unconditional love?

When is a time your heart was broken?

How do you struggle with the feeling of genuine love?

Are you living in harmony?

What are you the most compassionate about?

How empathetic are you naturally?

How are you nurturing your own heart?

Is your heart center open?

What do you believe your heart is yearning for?

How often do you feel lonely?

How often do you feel disconnected from others?

What healthy boundaries do you have?

Do you cultivate self-love?

What do you love about yourself?

How do you show yourself kindness?

How are you working to be more compassionate?

Describe how you are surrendering yourself to love.

Do you feel safe and supported?

Write a list of affirmations about love.

Describe why you are worthy of love.

How are you striking a harmonious balance in your life?
