



Reiki-Inspired Daily Planner

Today, I align with healing energy.

Morning Intentions

☐ I will... _____

☐ I will... _____

☐ I will... _____

Energy Focus for the Day

I choose to feel: _____

I will embody: _____

My mantra: _____

Reiki Self Healing Practice

♥ Take a moment to center and heal ♥

Hands-on Healing: _____

Balancing My Chakras: _____

Gratitude & Release: _____

Today's Priorities

1. _____

2. _____

3. _____



To Nurture Myself

☐ Breathe deeply

☐ Practice mindfulness

☐ Show myself kindness

Evening Reflection

Moments I am grateful for: _____

Healing I received today: _____

I let go and trust... _____

