HEART HEALING

How to know if a Heart Encounter is for you.

Take 2 minutes to complete the questionnaire to determine if a Heart Encounter would benefit you...

**1 being a NO, 10 being a big fat YES!! **

1. Are you neglecting your health and well-being?	1	2	3	4	5	6	7	8	9	10
2. Have you noticed a reduction in your energy and productivity.	1	2	3	4	5	6	7	8	9	10
3. Are you experiencing triggers that cause you to react negatively to people and recent experiences?	1	2	3	4	5	6	7	8	9	10
4. Have you had a panic attack or dealt with anxiety in the past few months? What scale is this at?	1	2	3	4	5	6	7	8	9	10
5. Have you been putting off doing things, making decisions and procrastinating over the past few months?	1	2	3	4	5	6	7	8	9	10
6. Do you need the approval of others to validate your decisions, choices and actions?,	1	2	3	4	5	6	7	8	9	10
7. Are you blaming and shaming yourself and others, or finding you are critical of others and yourself?	1	2	3	4	5	6	7	8	9	10
8. Do memories haunt you, and do you experience flashbacks that trigger you at times?	1	2	3	4	5	6	7	8	9	10
9. Has your mood been low or down recently? Is heaviness weighing you down and pulling you down emotionally?	1	2	3	4	5	6	7	8	9	10
10. Do you feel a level of aggitation inside that you need to distract yourself by keeping busy or focused on things to ignore?	1	2	3	4	5	6	7	8	9	10

Add up your total and record in box. ☐

What does this mean??

HEART HEALING

Now for the reveal ..... 😳😉.....

Here's the deal. The numbers you circled become your score!!

☐ This number can be made a percentage easily!!
So 35 = 35% 67 = 67%. A percentage is a good way to represent how far along you are on your journey to becoming a Beautiful YOU... OR .... how far you have to go!!

So where to from here...

You get to choose...

You can take action if action is needed OR do nothing if you're content to stay the same.



Action Steps...

Click on the icon to join the Redemption Mumma's Facebook group and follow the Heart Healing Journey with me.



Click on the icon to register for my weekly FREE "Come, Taste and See" workshop. Hear stories and dive a bit deeper into what Heart Healing is all about and how it can help support you.

Click this link to book a Heart Encounter with Miriam. This is a paid-for one-and-a-half-hour session with a video recording and summary notes sent to you after the Heart Encounter.

Your past does not have to be reflected in your future. Changing your past means doing something different from what you've been doing.
Don't waste another week, month or year wondering about this.....DO IT and silence the voices, the lies. Break the patterns so you can create new pathways to be the BEAUTIFUL YOU you really are and deserve to be.

x
Miriam

REDEMPTION Mummas