

heartwork JOURNALING

Resources to Manage Your Mind IN UNCERTAIN TIMES



heartwork JOURNALING

During uncertain times, it's easy to get caught up in anxiety and stress. This is a compilation of resources to help.

Heartwork Journaling Book & Coloring Pages PDF.

Heartwork Journaling - the best selling book in downloadable PDF form plus Coloring Pages PDF. [Click Here.](#)

Heartwork Journaling Video Lessons.

8 step-by-step video lessons from the book. [Click Here.](#)

Business Vision Workshop.

Set goals and create your compelling business vision. [Click Here.](#)

How to Make Courage Cards course.

Create card to gift or sell. Includes tutorial to manufacture your own boxed set of cards. [Click Here.](#)

FREE Heartwork Journaling Resources.

If I'm so smart, why do I feel stuck? (31:27)

Inspired by a subscriber question, this mini lesson will help you manage your mind around the circumstances happening around you. You'll learn about how and why your normal human brain tends to worry, stress and anxiety (and what to do about it.) [Click Here.](#)

Crayon Angel of Intention. (21:04)

Meditative creative piece using crayons and watercolors. Helps reduce stress and anxiety and refocus your brain. [Click Here.](#)

heartwork JOURNALING

Fingerpainting for recovering perfectionists. (21:44)

In this mini lesson, you'll fingerpaint and let go of trying to make it "perfect". [Click Here.](#)

Self-love Heartwork Journaling mini lesson. (27:21)

In this lesson, you'll create a self-love piece based on one of my favorite practices to grow self love and self regard. [Click Here.](#)

Bob Ross inspired watercolor landscape. (39:20)

In honor of Bob Ross' birthday, in this lesson you'll create a watercolor landscape using his methods. [Click Here.](#)

You Are Not Meant to Be Everyone's Cup of Tea. (19:01)

When you are being true to yourself, using your voice, setting boundaries, sharing your gifts in the world, one of the things that gets in the way is wanting to be liked by everyone. [Click Here.](#)

You've Been Planted painting "secret" Heartwork Journaling lesson.

From one of the most popular Heartwork Journaling pieces, you'll follow along with me as I show you how to paint it. Includes printable if you don't want to freehand the figure. [Click Here.](#)

Use password: planted

I am Courageous! Coloring book for kids.

[Click Here to download.](#)