



WORKSHEET 1

REIKI COMMITMENT

HOW LONG WILL I BE COMMITTED TO PRACTISING REIKI?

- 5 minutes
- 15 minutes
- 45 minutes

HOW OFTEN WILL I DO IT:

- Daily
- Weekly
- Monthly

HOW I WANT TO FEEL:

- Joyful
- Grateful
- Balanced
- Relaxed
- Loved
- Happy
- Other:

WHAT DOES THIS LOOK LIKE?

TIME PLANNER

ULTIMATE INTENTION