

7-DAY THOUGHT

Pattern Tracker



heartspark

workbook



A Check In Practice to Notice and Shift
The Energy That Blocks You From Feeling Your Best

hi, i'm amanda!



Heartspark (n): The inner knowing that lights you up from the inside and helps you know what is right for your unique life journey. When you don't know the path forward, let your heartspark show you the way.

THE HEARTSPARK METHOD™

			
<i>Regulate</i>	<i>Rewire</i>	<i>Remember</i>	<i>Rise</i>
Explore Your Nervous System	Meet and Shift Your Patterns	Reconnect with Your Intuition	Embody Your Truth

At Heartspark, I offer heart-centered life coaching and supportive intuitive energy sessions all based around the idea that your heart is guiding the way to your most expansive life. I hold the belief that all of the answers you are looking for are within you, and that all you need to do is listen to yourself to find that truth. The thing is, actually listening can be hard! The Heartspark Method is a combination of coaching and energy healing that helps create a safe space for you to regulate your nervous system, understand your patterns, deeply connect with your soul purpose and unique gifts, and take embodied steps to reach alignment.

WHY TRACK THOUGHT PATTERNS?

It's often not until we get very quiet that we can start to notice that many of our thoughts are just repetitive patterns that loop over and over again. And, that makes sense, so much of our daily experience is automated to save energy - our nervous systems are designed perfectly to help us learn and adjust our behaviors as we grow and have new experiences.

The problem is, many of the thought patterns we still find ourselves in today were created a long time ago. Plus, it's likely that the more challenging ones we struggle to free ourselves from were created as survival strategies that helped keep us safe during hard moments. By checking in with the energy in our bodies, observing our thoughts as they are today, and committing to mindfulness practices to find regulation, we can better understand the patterns we are running... and then decide if those patterns still support us!

But, before we can make any changes, we first need to notice what's already happening in the body and mind.

In this practice, you will commit to tracking your thoughts for one week so you can begin to identify patterns.

keep an eye out for...



CHALLENGING TYPES OF THOUGHTS

Filtering - exclusively focusing on the negatives of a situation

Black-or-White Thinking - only seeing the extremes or "all or nothing"

Overgeneralization - frequent use of words like "always" or "never"

Jumping to Conclusions - interpreting something as negative without much (or any!) evidence

Catastrophizing - assuming the worst possible outcome

Blaming - making others responsible for how you feel

Should Statements - telling yourself the way something "should" be

Personalization - thinking you are the cause of something you have no control over

Fortune Telling - predicting that things will work out poorly in the future

Mind Reading - assuming you know what someone else is thinking or feeling

Emotional Reasoning - making judgments based on feelings, especially negative ones

THE PROCESS

For the next week, allow yourself to get curious about your thoughts. This should be done in intentional, quiet meditation and also as you move through your daily routine.

Use the following tracker to keep non-judgmental tabs on your thoughts, the energy & emotions you feel when you think those thoughts, and the meaning you are making out of them.

START DATE:

CHECK OFF EACH DAY THAT YOU COMPLETE YOUR TRACKER AND ADD ANY IMPORTANT NOTES...

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

THOUGHT TRACKER

Focusing the energy is always important! Before we get started, let's begin by setting an intention for this practice. What are you hoping to learn by observing your thoughts and charge in your body?



intention...

★ If you notice one of the "Challenging Types" of thoughts, add a star next to it to create additional awareness.

Ready? Let's get curious...

Briefly describe the thought.

What are you feeling in your body?

What meaning are you creating?

THOUGHT

ENERGY + EMOTIONS

MEANING

THOUGHT

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MEANING

THOUGHT

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MEANING

THOUGHT TRACKER

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THOUGHT

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MEANING



“WHATEVER YOU’RE THINKING ABOUT IS LITERALLY LIKE PLANNING A FUTURE EVENT. WHEN YOU’RE WORRYING, YOU ARE PLANNING. WHEN YOU’RE APPRECIATING, YOU ARE PLANNING... WHAT ARE YOU PLANNING?”

-ABRAHAM HICKS

THOUGHT PATTERN REFLECTIONS

What new awareness do you have now that you've tracked your thoughts and energy for a week? Take some time to reflect on your observations of your mind.

LOOK BACK AT YOUR THOUGHTS, WHAT PATTERNS ARE YOU NOTICING THAT OCCUR IN YOUR BODY? WHAT TRIGGERS THEM?

LOOK BACK AT YOUR THOUGHTS, WHAT PATTERNS ARE YOU NOTICING THAT OCCUR IN YOUR MIND? WHAT TRIGGERS THEM?

THOUGHT PATTERN REFLECTIONS

WHAT ARE YOUR "TOP 5 GREATEST HITS" - THE THOUGHTS YOU THINK OVER AND OVER?

1

2

3

4

5

ARE THESE THOUGHTS ACTUALLY TRUE? WHAT MIGHT BE SOME OTHER MEANINGS FOR THE CHALLENGING, CORE THOUGHTS YOU NOTICED?

PUTTING IT ALL TOGETHER

FREE WRITE: WHAT THOUGHTS OR FEELINGS DO YOU WANT TO CAPTURE NOW THAT YOU'VE COMPLETED THIS EXERCISE?



I hope you've enjoyed getting to know yourself through this journey of observing your thought patterns. You can always come back to this practice - and this journal guide - to gather more insights on your current energy and to gain messages from your highest self!

♥ Amanda

if you liked this...

Here are some ways we can work together!

- Connect with me on Instagram - @heartsparksoul
- Download my free guided meditation
- Book a free 30 minute intro call
- Try a Session!
 - Heartspark Session - a two-hour long, heart-opening experience
 - 1:1 Coaching - single sessions and packages
 - Group coaching - topic and book based
 - Reiki - virtual and in-person reiki sessions

let's connect →

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