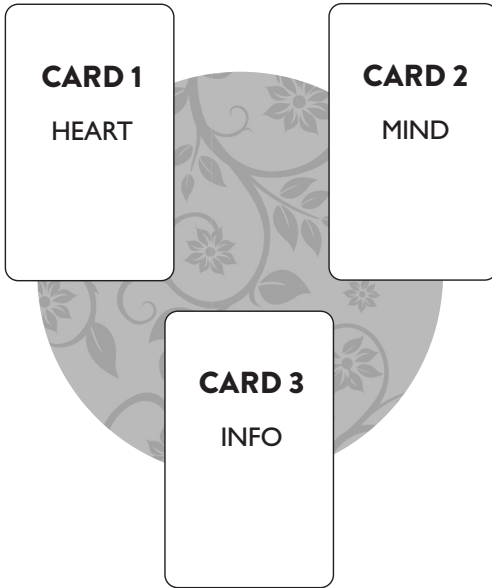


# Heart and Mind reading

Date of Reading: \_\_\_\_\_



Card 1: \_\_\_\_\_

Card 2: \_\_\_\_\_

Card 3: \_\_\_\_\_

What I'm disappointed about: \_\_\_\_\_

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How I'm feeling right now: \_\_\_\_\_

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My thoughts about the disappointment: \_\_\_\_\_

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Information to help me heal; how I'll move forward: \_\_\_\_\_

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