



# HEART WORK JOURNAL

FOR THE WOMAN BECOMING HERSELF

by Zaje Brown-Richardson





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THIS JOURNAL  
BELONGS TO:

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# About this journal.

## What is Heart Work?

If you've ever heard of "shadow work" then you have an idea of what Heart Work is. My personal definition is:

**The process of acknowledging who you are at heart in this moment; exploring who you used to be; examining what contributed to your identity of Self; and connecting the dots to become the complete work of the Divine that you are.**

The process begins with asking your Self "Who am I?" The response is usually connected to what you *do* instead of what you *are*. And that is the first realization that you need to become aware of in order to break the trauma and pain that your heart lives inside of.

Your heart can't beat with positive energy, support, and love if it's buried.

In this journal, we get into who you were in the past, who you were as a child.

Who were the people around you, what were they doing? How did they act? What did they tell you, in their words? What did they say in their actions? What did you experience and accept from them as your own? Who was that Self that you used to be?

Then the questions change to asking your future self questions. What is most important to her Self? What do you want to accomplish with your life? What do you want your grandchildren and great-grandchildren to remember about you?

This journal is meant to be used with my "**Happy Habits**" book. Whether you have that or not, this journal is a compass. Spend time with it in the morning and evening before bed. It provides you with direction on where you want to be, no matter where you start.

You may start here and realize you want to switch life paths. You may need to break up with your current Self to let the new one fully thrive and lead.

Commit to your Self and this journal. Read it the entire way through, or just start at the beginning and try not to skip ahead. Ask yourself a question and allow yourself to answer it in days, weeks, or even months. Carry it with you. Put some other thoughts and notes in it and don't erase them.

Leave it alone for a while. Come back and start where you left off.

Do what makes you feel open and heals your heart.

Promise your Self you will allow your life to bloom.

Resist the old Self's need to tear it apart.

with love,  
*Zaje'*



**Your Past & Present Outer World**











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From Happy Habits: Dream Analysis: What happened in your dream? How did it make you feel? What colors, symbols, or recurring elements stood out? How might this relate to your waking life?

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From Happy Habits: Heart Work: Did you date the right people for you? Did you choose a career or education that fits your purpose? Have you made wise financial decisions? How can you apply what you've learned from your past?

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From Happy Habits: Pick one misconception from the list of awakening misunderstandings. Write it down and describe how you will change that belief to align with truth. Practice the new perspective this week and record your experiences.

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From Happy Habits: Do you feel like you can have a healthy conversation with those in your life? What would you say? If you decide to talk to them, how can you ensure compassion and empathy for both sides?

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From Happy Habits: Take one week of alone time (no social media, minimal outside communication). Journal daily about your emotions, thoughts, and changes in thinking.

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Think back to your childhood. Think of the adults that took care of you, teachers, mentors, coaches. List any persistent fears/traumas/pains you've carried since childhood? Where might they have come from?

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Now for the present day: Write down what you did in your day yesterday, from when you woke up to when you went to sleep. What did you eat? Who did you call or talk to? Any meetings? Where did you go? What emotions did you feel? What happened to make you feel that way? Did those emotions affect anything that came afterward? Write down everything you can.

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Analyze your habits that you want to change. Make a journal entry stating each of those habits, and how you can apply each of the above steps to change it. Be detailed.

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Reflect on your last journal entry. Pick a negative habit or two to address now that you want to focus on removing and replacing in your life. Write them down, and ideas on how you plan to move forward.

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Think about how you feel before performing the old habit and how you feel afterward. What reward do you feel you received from the negative habit that you now know isn't in your highest good? Make sure to journal all of these points.

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Reflect on your last journal entry. What happens right before you perform the habit? What are the circumstances that trigger your habit? Is it a certain time of day? A stressful interaction at work? Stress in general? Spending time with a certain friend? Loneliness? Fatigue? Hunger? Boredom?

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Journal a few alternative rewards that you would receive from your new Happy Habits. Remember these rewards and starting today, begin making a positive habit with those rewards in mind.

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Reflect on the BREAK Method and write down how you will implement the steps into your life.  
**Become aware. Recognize and Replace. Establish. Action. Keep Going.**

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# Your Inner Compass







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What are the obstacles to hearing your inner wisdom? Use the Happy Habits book for examples. Maybe it's the need for certainty or perhaps high stress levels are your main hurdle. Write them down and brainstorm practical steps you can take to reduce their impact on your life.

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Ask your current Self: What's important to me right now? Write everything down.

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Ask your current Self: What used to be important to me? What changed?

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Am you living in alignment with what matters most to you? Whether you are or not, write down what living in alignment looks like to you.

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Identify one area in your life where you're holding on too tightly... this is an issue of "control".  
Journal about your experiences. Write down your thoughts, emotions, and any changes you notice.

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What unfulfilled desires or dreams have you pushed aside? Why?

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Reflect on your last journal entry. What new narrative about your Self or your life are you ready to embrace?

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Create a summary of what you experience through the inner wisdom exercises now that a couple of weeks of exploring and journaling have passed.

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# **Your Emotional Intelligence**

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Emotional intelligence (EI) and habits work together at the same time. EI involves understanding and managing one's own emotions and those of others, which can be cultivated through consistent, positive habits. What does that mean to you?

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What can you do this week to do better with self-awareness?

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Do you possess Social Awareness? What does Social Awareness mean to you? Can you read a room?

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What beliefs about relationships did you learn from your family?

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How did your caregivers or early environment react when you expressed strong emotions like anger, sadness, and fear?

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Reflect on your last journal entry. Is there a recurring feeling of shame or guilt you carry? What is its source?

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When you feel overwhelmed, what is your immediate impulse or habit?

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What was a rule or expectation in your childhood home that caused you significant stress or confusion?

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Reflect on the last journal entry. When faced with a similar expectation or rule now in your adult life, what is your immediate impulse or habit?

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Reflect on this section's previous entries. How successful are you now at managing relationships? How is your communication with others? Can it be improved?

Lined writing area with 20 horizontal lines for reflection.













# Your Awakening

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What happened in your first spiritual awakening? Be as detailed as you can.

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Pick one misconception from the list in Happy Habits that has been the most eye-opening for you. Write it in your journal and then write how you will change this idea to fit best with reality.

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