

HEART EXCAVATION TOOL

Directions:

- Print out the Heart Excavation tool. This tool has 60+ prompts to help you uncover what's happening in there. No worries, you won't be answering all the prompts.
- For one week, pick out 5 excavation prompts a day that resonate with you. Answer these prompts in a journal. Some answers may be pretty quick... some may take some deeper digging. What you are doing here is excavating the truths of your heart. No doubt you've had some insights about yourself this last year.
- Before you write each day, a good practice is to center yourself. You can do this by placing your hand over your heart and taking some breaths.
- After the week is done, take stock on what you've found out. What's most important to you? What have you learned? What do you most want to pay attention to in the New Year and beyond? What are your truths? Spend some time reflecting on what you've excavated and how it can help shape a way forward.

Excavation Prompts:

- I never want to forget _____.
- In this new world, I want to make sure I _____.
- I want to forgive myself for _____.
- I never want to give up on _____.
- I want to be sure to tell _____ (person) that they make the world better by _____.
- I am going to spend less time on _____ so I have more time for _____.
- I know I would knock this out of the park if given a chance to _____.
- I want _____ (person) to know I believe in them.
- I keep talking myself out of _____, and I really do want to do it.
- I miss _____ (person), and will reach out to them.
- I don't want to regret _____.
- My heart opens when _____.
- My heart closes when _____.
- My wish for myself is _____.
- I am so blessed by _____.
- I am committed to _____.
- I want to give up on _____.
- I want to be more compassionate about _____.
- I have a scar about _____, and it's turning into a beauty mark by the way I _____.
- I am really suffering about _____.

- I will never take this for granted _____.
- I can't wait to _____.
- One of the greatest gifts I can give to people is _____.
- _____ (person) is exhausting me.
- I believe in this idea I have, and want to give it attention _____.
- I will love myself by stopping _____.
- I will love _____ (person) by _____ (action).
- I could put my ego on a diet by _____.
- I could share more of my heart by _____.
- I'm so tired of saying _____ (topic) to _____ (person), I could poke my eyes out.
- I think I'm here to _____.
- A part of my shadow I want to love a little, shine some light on is _____.
- I have a conflict with _____, and I'm pretty sure I don't want to change that.
- I have a conflict with _____, and I want to work on it.
- I don't want to hold back on _____.
- This really inspires me _____.
- I want to spend more time _____, because I love it.
- I have never told _____ (person) _____ (topic).
- I'd love to be a little more holy by _____.
- I would like to release _____ from my heart.
- I am inspired to rise up from this difficulty _____.
- My inner adventurer wants to explore _____.
- My heart's desire is to _____.
- What I'd really love to do is _____.
- I want to grow by _____.
- I want to soften about _____.
- I want to give up worrying about _____.
- I've never told anyone that I'd like to _____, I will tell _____.
- This is really broken _____, and I want no part in fixing it.
- This is really broken _____, and I'm all in to create positive change.
- I really need to stop _____.
- I have put off starting _____, and now's the time.
- I have a secret mission to _____.
- I want to forgive this person too _____.
- I want to create more memories with _____.
- I want to rest by _____.
- I have no idea how this could happen, but I really want to _____.
- I am invincible when I _____.
- I crumble when _____.
- I know I am connected to something bigger because _____.
- _____ is teaching me an important lesson.
- My light shines brightest when _____.

HEART EXCAVATION INSIGHTS

After one week of journaling on the excavation prompts, review what you've written. Then answer these questions in your journal:

WHAT'S MOST IMPORTANT TO YOU?

WHAT HAVE YOU LEARNED ABOUT YOURSELF?

**WHAT DO YOU MOST WANT TO PAY
ATTENTION TO IN THE NEW YEAR AND
BEYOND?**

WHAT ARE YOUR TRUTHS?

WHAT ARE YOUR HEART'S DESIRES?

**WHAT'S A FOR SURE WAY TO BRING MORE LOVE
AND JOY INTO YOUR LIFE?**