



# Be Led

By Your  
Heart

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# Ten steps to start to be led by your heart.

1) Begin to notice when you are not listening to your heart.

2) Notice how that feels in your body.

3) Notice what emotions it brings up.

4) Notice what stories you tell yourself as justification of your actions.

5) Begin a very small experiment when you choose to listen to your heart. Decide what your experiment will be. It might be to choose something for lunch or to spend a little time doing something you love and usually do not allow yourself the time to do.

6) Notice how this feels in your body.

7) Notice what emotions it brings up.

8) Notice what you tell yourself as you take the time to treat yourself well.

# Ten ways to start to be led by your heart.

9) Keep noticing and write or draw about what is coming up in a journal.

10) Now begin a practice where you find more ways of being led by your heart. Where they feel too big and you feel resistance, make them smaller.

Thanks for signing up for my newsletter. I look forward to sharing more writing and resources with you in the future.