



Hurt Healing Healed



RESOURCES WORKBOOK

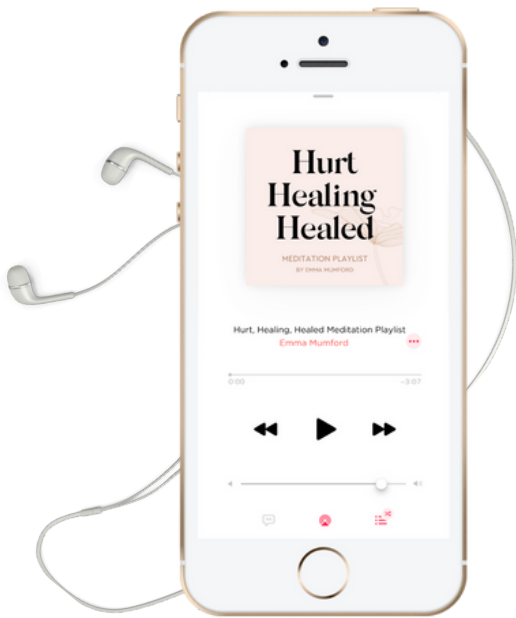
EMMA MUMFORD



SPIRITUAL QUEEN

WWW.EMMAMUMFORD.CO.UK | [@IAMEMMAMUMFORD](https://www.instagram.com/IAMEMMAMUMFORD)

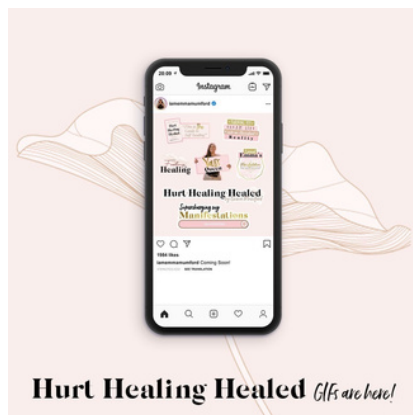
Don't Forget...



Meditation Playlist

You can also purchase Emma's 'Hurt, Healing, Healed' Meditation playlist for only £11 (usually £22). Over 90-minutes of healing and transformational meditations created by Emma to help you manifest abundance and your desires!

[You can purchase the playlist here by clicking this link...](#)



GIFs

When posting your photos or posts of the book online don't forget to use our six exclusive Hurt, Healing, Healed GIFs! You can find them by searching 'Hurt Healing Healed' or 'Emma Mumford' on GIPHY and Instagram Stories.

Live Events

Make sure to keep an eye out on Emma's website and social media platforms for announcements of live events to celebrate the book's launch and book signings.

Permission Slip

Use the permission slip below as explained on page 61 of the book, to give yourself permission to slow down and witness your emotions. Print out this permission slip or copy it from the book and place it somewhere where you'll see it often.

Permission slip

I (name)..... give myself full permission to embrace my feelings, emotions and actively take inspired action to slow down. I allow my body and mind to slow down and create the space for the Universe to lovingly show me the inner work that needs to be done and what stops me from my manifesting my desires. From today I commit to honouring my self, body and emotions and create the space in my life to feel balance and peace.

Signed Date



Hurt Check-in

Once you've completed the tasks and actions in Part One, journal on the questions below either here or in a notebook of your choice.

What are your biggest takeaways from this section?

What three things are you going to implement from this section?

What have you discovered within yourself through reading and working with Part One: Hurt?



Hurt Check-in

Rating Scale

In the table below, circle your score from 1 to 10 for each quality (with 1 being extremely unhappy and 10 being very happy).

Happiness:	1	2	3	4	5	6	7	8	9	10
Self-love:	1	2	3	4	5	6	7	8	9	10
Fulfilment:	1	2	3	4	5	6	7	8	9	10
Self-worth:	1	2	3	4	5	6	7	8	9	10
Confidence:	1	2	3	4	5	6	7	8	9	10
Gratefulness:	1	2	3	4	5	6	7	8	9	10
Total =										/60



Healing Check-in

Once you've completed the tasks and actions in Part Two, journal on the questions below either here or in a notebook of your choice.

What are your biggest takeaways from this section?

What three things are you going to implement from this section?

What have you discovered within yourself through reading and working with Part Two: Healing?

What healing modalities do you feel drawn to explore?

What areas of your life do you feel will benefit from this healing work?

How can you commit to inner child work, moving forward?

How can you re-parent yourself and heal your inner child?

Healing Check-in

How can you flow more with life and with your healing?

What does your body need from you right now?

Rating Scale

In the table below, circle your score from 1 to 10 for each quality (with 1 being extremely unhappy and 10 being very happy).

Happiness:	1	2	3	4	5	6	7	8	9	10
Self-love:	1	2	3	4	5	6	7	8	9	10
Fulfilment:	1	2	3	4	5	6	7	8	9	10
Self-worth:	1	2	3	4	5	6	7	8	9	10
Confidence:	1	2	3	4	5	6	7	8	9	10
Gratefulness:	1	2	3	4	5	6	7	8	9	10
Total =										/60



Healed Check-in

Once you've completed Part Three, journal on the questions below either here or in a notebook of your choice.

What are your biggest takeaways from this section?

What three things will you implement from this section?

What have you discovered within yourself through the Healed section?

Hurt, Healing, Healed

What daily practices are you going to add into your morning routine consistently?

What happy things have you noticed about yourself throughout this journey?

What aligned abundance/manifestations have come into your life during this process?

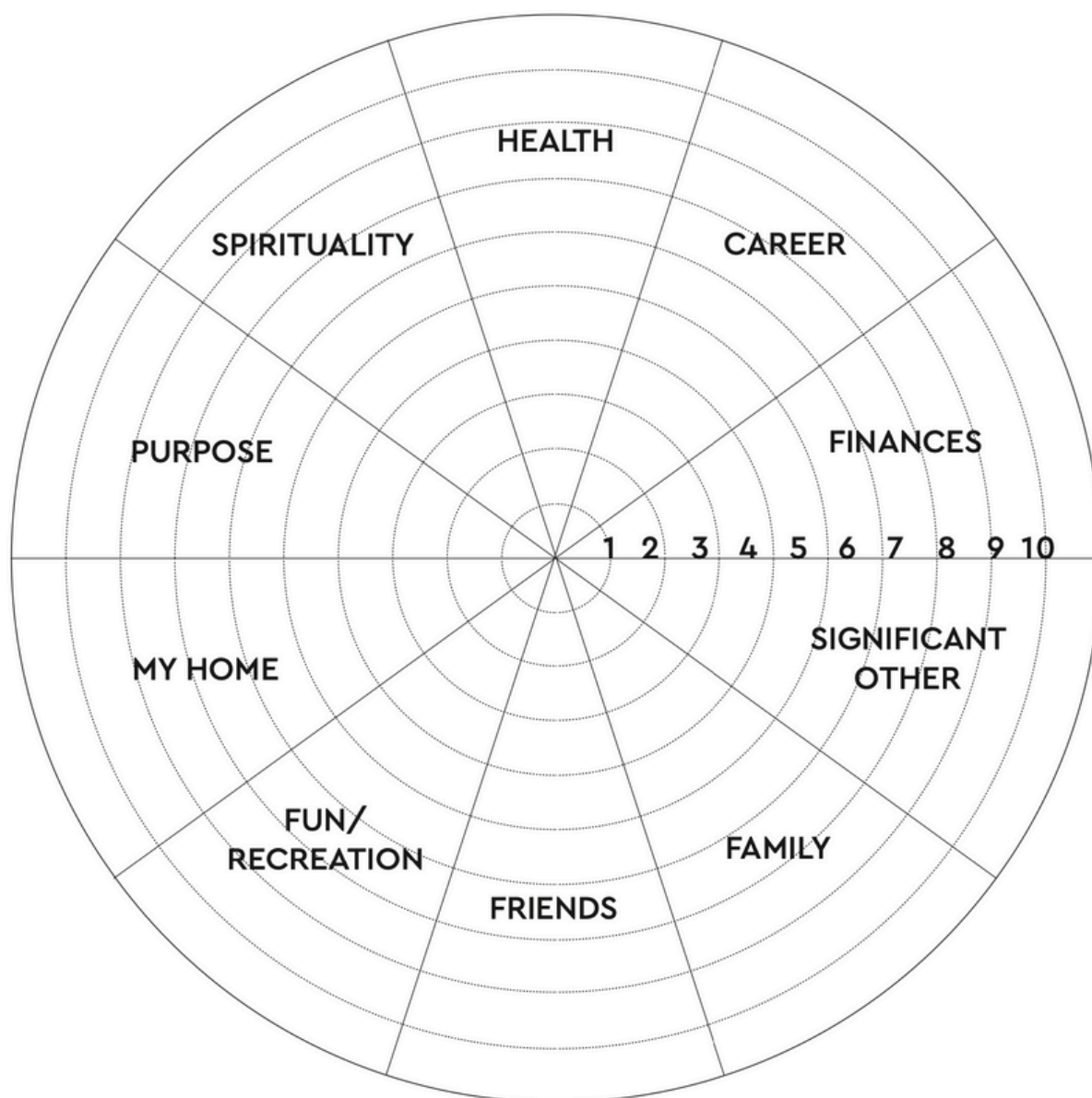
How can you continue to prepare for your manifestation?

Circle your score from 1 to 10 (with 1 being "not very happy" and 10 being "very happy").

Healed Total = /60

Unconditional Love Wheel

Use the Unconditional Love Wheel below as explained on page 196 of the book, to help you identify what areas of your life you do and don't feel unconditional love in. Colour in the wheel below with 1 being 'I don't feel unconditional love in this area' and 10 being 'I fully feel unconditional love in this area'.



A background image showing a desk with a laptop, a wooden geometric sculpture, and a framed quote that says "of intent".

Gratitude Is The Best Attitude!

Use the spaces below to explore your gratitude practice for the day and manifest how you'd like to feel today. Start your day properly and do these as soon as you wake up to set yourself up positively for the day ahead. Reflect back on these in the evening to see if they happened!

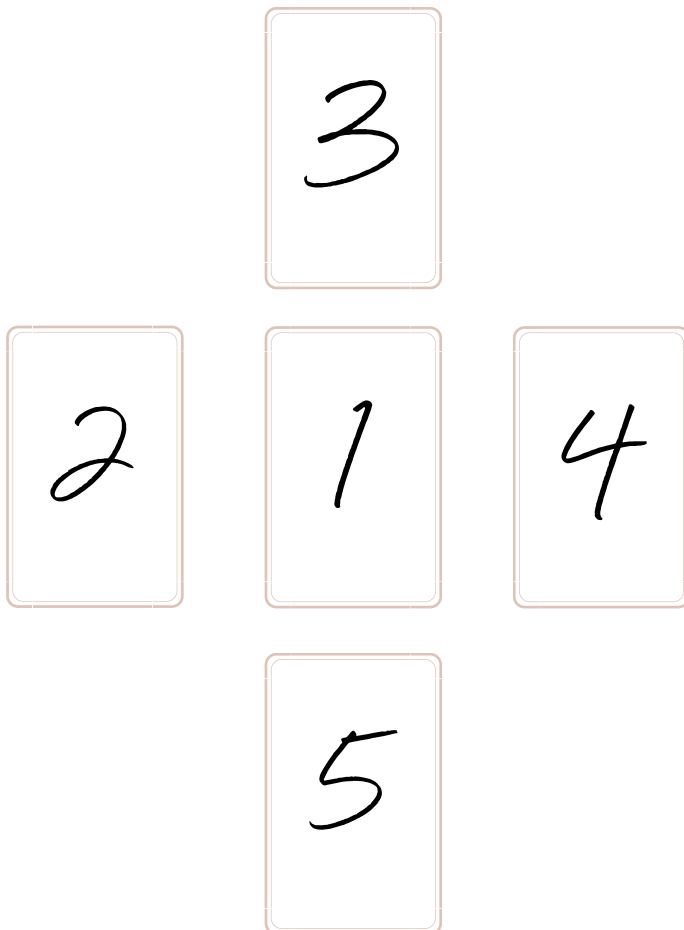
What are 3-5 things I'm grateful for today?

I am so grateful for....because....

How would I like to feel today?
What are 3 emotions I'd like to feel?


Spiritual Queen Card Spread

Another activity for you this month which is certainly a fun one. Connect to your Spiritual Queen self through your oracle or tarot cards. Centre yourself then shuffle your cards and call upon your angels or spirit guides and set the intention to pull a card for each of these questions below. Pull cards out when you feel called to or let them naturally fall out. Keep them face down and place them in the position pictured. Once you have all 5 cards you can turn them over and see what your spirit team want to communicate with you this month!



1. What is the overall theme for me this month?
2. What should my focus be on right now?
3. What does my spirit team want me to know right now?
4. What can I do to help my connection with the Universe deepen?
5. What area of my life would the Universe like to help me with?

Extra Fun Activity

A woman in a black dress is dancing on a beach at sunset. The sun is low on the horizon, creating a warm, golden glow. The woman's dress has a large, light-colored, abstract shape cut out of it. She is captured in a dynamic pose, with one leg lifted and arms outstretched.

As an extra fun activity for you, I've put my Spiritual Queen's Vibe Raising Playlist below which you can access on Spotify for free. Use this playlist to let go, embrace your body, and dance today! Raise your vibes and let the music flow through you and clear any stagnant or heavy energy you've picked up or have been holding onto. Let me know how you get on and make sure to do this often to feel connected and raise your vibes!

[Click here to listen on Spotify for free](#)





New Moon Worksheet

Under this new moon I am grateful for...

Under this new moon I forgive...

Under this new moon I call these into my life now for the highest good of all...



Full Moon Worksheet

Under this full moon I am grateful for...

Under this full moon I forgive...

Under this full moon I am now willing to release and let go of...

Make sure to sign this at the end and say the mantra on the previous page when burning...