



Heart Healing Checklist

Use this checklist to determine if you need a one on one inner healing session.

www.latasharobinson.com



Heart Healing Checklist

If you check more than 3, it is important to schedule an inner healing session.

If you checked off five or more, then you should schedule a session immediately.

1. You had an unhealthy relationship with your parents or no relationship at all.

2. You feel sadness more than 2 times per week or other emotions such as anger, anxiety, or fear.

3. You have trouble sleeping or winding down to rest.

4. You struggle with confusion and have trouble making decisions.

5. You have experienced a traumatic event: a loss, accident, or divorce.

6. You are struggling to forgive or have resentments against others.

7. You are constantly comparing yourself others.

8. You spend a lot of time dissociating from reality by playing video games, watching movies, or scrolling social media.

9. You find yourself repeating destructive patterns or going back to destructive relationships.

10. You have past experience or history of physical or sexual abuse.



Heart Healing Sessions

Be healed, freed and restored of past traumas and rejection. Build and maintain healthy relationships and move into your calling. Heart's Healing is an inner-healing and deliverance ministry. It uses the prophetic by being guided by the Holy Spirit, to bring restoration to the participant. You schedule the sessions individually or bundle the sessions together. The bundle option offers three sessions for the price of two. For a more intensive program, check out our Heart Coaching Program.

www.latasharobinson.com