

Create the outline of your heart body map

- Take a photo of your heart from the V of your ribs to the tops of your shoulders — include your arms and hands. Have someone take it — that's what I did for this photo because I wanted my hands and arms in the picture. Or do the best you can by taking the picture as you stand in front of a full length mirror



- Print out the photo in black and white



- Cut out your heart picture or I'm using mine the way it came out of the printer.



- If you cut out your heart picture — glue it to an 8.5 x 11 piece of paper



- Place the outline of your heart body map in your 3-ring binder

