The Heart That Hears What the World Ignores

A Journaling Companion Inspired by Episode 20 of
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Some hearts don't just beat — they listen.

This page is your pause — a space to honor the extraordinary heart that carried you through caregiving and continues to guide you now.

1. The Science of Empathy

- When have you felt another person's emotions so deeply that they became your own?
- What does that reveal about the way your heart is wired to care?

2. The Cost of a Giving Heart

- What did caregiving cost you — and what did it teach you about endurance and boundaries?

3. The Transformation

- How is your heart changing now that the caregiving chapter has ended?

4. The Divine Blueprint

- In what small, everyday ways does your compassion still shape the world around you?

The caregiver's heart doesn't end when caregiving does –
it simply learns to love differently, beginning with you.