



WORKSHEET: SYMBOL READING

NAME:

DATE:

All readings are designed to help you understand yourself better and find more freedom, creativity and inspiration in all areas of your life. Use this worksheet to take notes during your reading and reflect on the information afterwards.

Remember that all information is symbolic and metaphorical, and should never be used to replace medical or psychological care. Take only what resonates as true to you and leave the rest. You will find questions for reflection at the end of this worksheet.

LIFE & VITALITY

We often have a look at our life to see how we can optimize things around us, but we don't often look at our energy and how that might be used in our life. Our energy might be unevenly distributed, and that can make us feel exhausted or stuck in life.

This reading explores how your personal energy might be used in different aspects of your life and how you could help it become more balanced to bring you more vitality and inspiration.

Your energy will be represented by different aspects of your Tree of Life.

Earth & Roots

Your relationship with your living environment & community

Trunk

Your inner strength and power of your will

Bark

How you communicate with the world and use your boundaries to protect your energy

Branches

How you use your energy to nourish family relationships

Leaves

How you take care of yourself and the way your energy expresses itself in your physical health

Fruit & Flowers

How you use your creativity and what you produce in the world

Birds, Bees & Butterflies

How you engage with others in your social and love life

SELF-REFLECTION

What was your main reason for choosing this reading?

What were the highlights of this reading for you?

What was most surprising or unexpected for you and why?

What did this reading inspire you to try differently?

Anything else you would like to write about...