



WORKSHEET: SYMBOL READING

NAME:

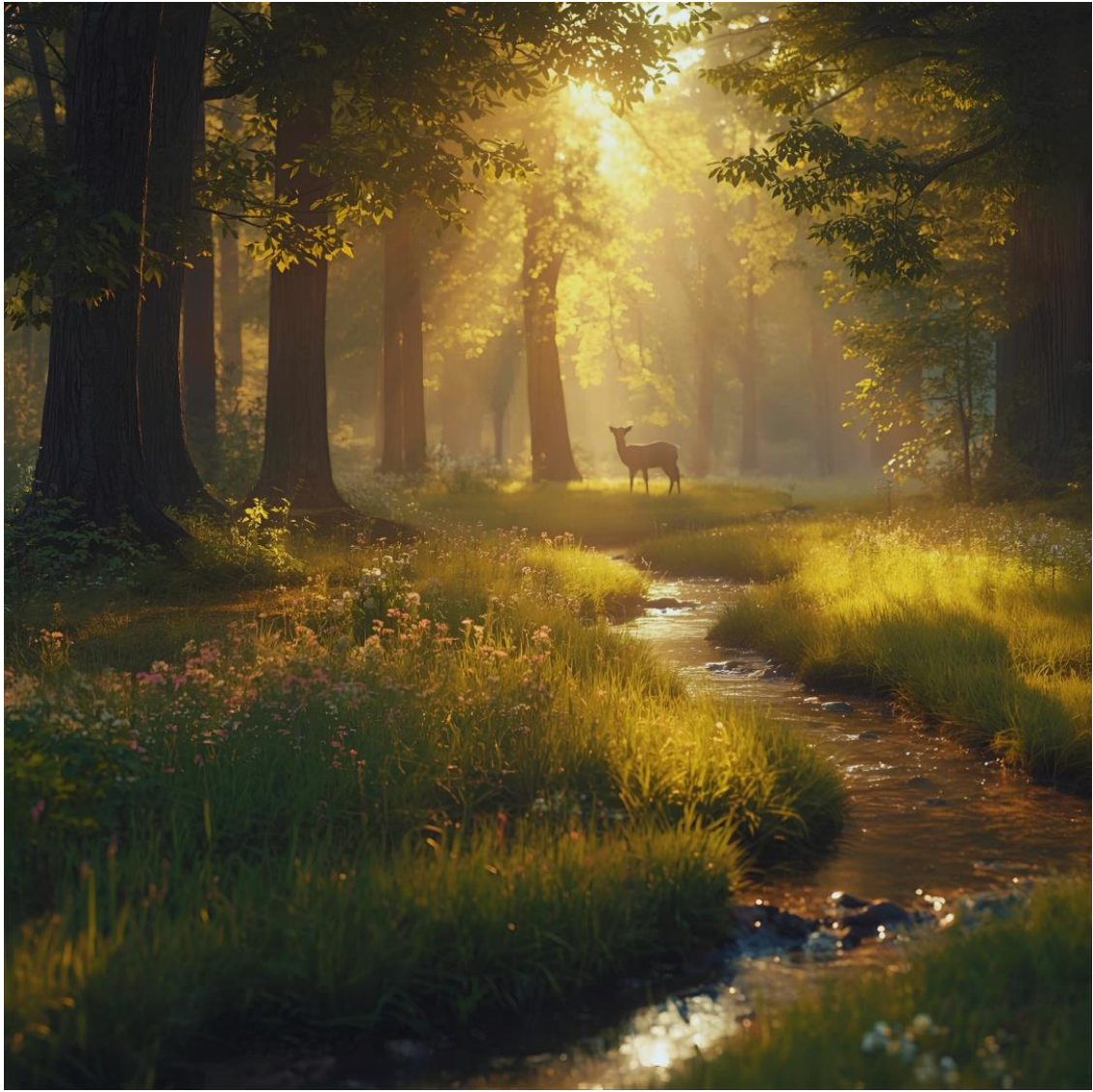
DATE:

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.

YOUR FOREST SANCTUARY

This reading will help you create an imaginary healing sanctuary that you can continue using after this reading to find restoration, peace and clarity when needed. It will also explore what support your physical and emotional health may need right now, and provide a space where you can continue receiving this kind of information from your Higher Self whenever you need it.



Overall Landscape

Your overall vitality right now, and the kind of energy you may need more of right now.

Earth & Soil

Physical body health & nourishment

Waterways

Emotional currents & how they are flowing

Animals living & visiting here

Mental patterns & activity

Trees & Plants

Social connections & community support

Rocks & Mountains

Obstacles, challenges & lessons to strengthen you

Night sky – Moon & Stars

Dreams, desires, imagination & creativity

Day sky - Sun

Intuitive connection with your Higher Self

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...
