



## WORKSHEET: SYMBOL READING

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NAME:

DATE:

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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.

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## SPIRIT OF THE AFRICAN ANIMALS

Animals carry a specific type of energy according to how they live their life, and there is always some wisdom for us to learn. African animals specifically are very deeply connected to the wildness of Nature, and can help you connect deeper to your own wildness.

This reading helps you explore different aspects of your Self and how you might expand those for greater self-mastery and fulfilment.

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## Meerkat

*How do you show up for life*



## Zebra

*How do you show up as a unique individual within your community*



## Lion

*How do you show up in your family  
and for your family*



# Cheetah

*How do you deal with challenges & adapt to change*



## Rhino

*How do you deal with direct confrontation, your strength to stay with discomfort*



## Elephant

*How do you ask for and accept help & community support in times of vulnerability*



## Giraffe

*How do you show up for yourself, how do you deal with your own Self in solitude*



## Eagle

*How do you bring all your inner wisdom & life experience together to create self-mastery*

# YOUR SPIRIT ANIMAL

Which animal spoke to you most clearly? Which area of your life can this animal help you with?

Do more research about this animal's unique perspective and way of life to see what more your intuition can tell you about the spiritual wisdom of this animal.

Call this animal to help you in meditation, and ask it what else it would like to share with you. You never know what it might say, and you may find a new companion or guide to walk with you through life.

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## SELF-REFLECTION

What was your main reason for choosing this reading?

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What were the highlights of this reading for you?

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What was most surprising or unexpected for you and why?

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What did this reading inspire you to try differently?

Anything else you would like to write about...