

Intuitive Art Reading

Journal Prompts

Sometimes it's difficult to process information or emotions after an intuitive art reading. There may be so many thoughts and emotions floating around in your mind, body, and soul.

Take these journal prompts and write out your answers. **Please do not skip this part.** Your understanding and processing of the information you just received is part of your reading as well. How can you best apply the information of your reading to your life if you don't work to understand it?

You can write it in your journal or you can write it below each prompt.

Thank you for trusting me on your healing journey.

- Why did you seek an Intuitive Art Reading?

- How did you feel during the Art Reading?

- What provoked your emotions?
- Was there something that triggered you? If so, how and why?
- Was there something that excited you, and why?
- Was there something that scared or intimidated you, why?

- After hearing the information from your reading, what mental state do you find yourself in?
- What action did this reading provoke? If it did not provoke any action, why?
- Do you feel you need to take action? What is that action and why?
- What would it take for you to feel comfortable enough to take action if its needed?