



INTUITIVE SESSION OUTLINE FOR:

DATE:

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This private outline is designed to help you clarify what information you would like to cover during your Intuitive Session; consider making a few notes here before and during your session.

1. **BODY**- Describe your physical health and anything you would like help with physically.  
Example: Physical Sensations, Pain, Fatigue, Sleep/Dreams, etc.
  
2. **MIND**- Describe your mental health and anything you would like help with mentally.  
Example: Stress, Confusion, Decision Making, etc.
  
3. **SPIRIT**- Describe your spiritual health and anything you would like help with emotionally.  
Example: Safety through Change, Stress, Depression, Fear, etc.

Other topics/questions you would like to cover:

Please note: All information received should be considered carefully and is not intended as a substitute for care from a doctor/professional counselor.