

Welcome to Your Sacred Space

This worksheet is designed to help you center yourself and set clear intentions before we begin our session. Please take a moment to reflect on the following questions to prepare your heart and mind.

1. What has brought you to this session?

Take a moment to reflect on why you are seeking guidance today. What are you hoping to explore or receive clarity on?

2. How do you feel right now?

Describe your emotional, mental, or spiritual state in this moment. Are there any particular feelings or thoughts that are present?

3. What is your intention for this session?

Set a clear and heartfelt intention for our time together. What would you like to receive or discover during this session?

4. Are there any specific areas of your life that you'd like to focus on?

Is there a particular challenge, question, or desire you'd like to explore in more depth?

5. How can I best support you during our session?

Feel free to share anything that will help me provide the most meaningful guidance for you, whether it's a preferred approach, specific questions, or a specific area of focus.

6. Anything else you'd like to share?

Sometimes, our intuition knows what we need to share even before we do. Is there anything else that feels important for you to express or explore today?

Thank you for taking the time to reflect and prepare. This session is a sacred exchange, and I am honored to walk this path with you.