

# Mediumship Journal

You can use this journal format with any notebook or journal. Feel free to copy and use this sheet as well. The intent is to record your experiences as you practice mediumship, then reflect on the experience.

Date: \_\_\_\_\_

Intention: \_\_\_\_\_

## Message Experiences:

Visualizations: \_\_\_\_\_

Emotional/intuitive: \_\_\_\_\_

Other: \_\_\_\_\_

Physical Sensations: \_\_\_\_\_

Thoughts/imagination: \_\_\_\_\_

## Connections & Messages:

Reflection: \_\_\_\_\_

Date: \_\_\_\_\_