

Pendulum 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 with your pendulum, then reflect back at some future point to capture the results.

Date: _____

Question or Intention:

Method(s) Used:

No Pendulum Board: _____

Pendulum Board: _____

Type of Board:

Insight Divination: _____

Energy Reading: _____

Result and Application:

Action:

Reflection:

Date: _____