

# Signs & Synchronicity 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 the experience and guidance, then reflect on the results after time.

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

Describe the Sign/Synchronicity:

Intentional (Requested):  Random:

Key elements and meanings:

Message and Application:

Action:

Reflection: (How did this message play out?)

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