



# INTROSPECTION JOURNAL



FOLLOW ALONG WITH OUR  
NEWSLETTER MUSINGS!



# Hello!

Every week you receive a message from us in your inbox which offers you a quote to muse upon along with some questions to carve out a slice of introspection and support any journalling process you may already have.

We also send you a couple of other goodies including an article we wanted to share with you, our astrology forecast, a weekly tarot pull and rune pull, as well as a crystal choice that we feel matches up with the energies of the week ahead.

We wanted to make an extra way for you to follow along and track your journey and progress a little more easily, so created this journal for you.

There is space to write down the weekly quote, related questions and your answers; the weekly tarot card, rune, and crystal with space for you to record any insights or feelings you received from them, as well as some extra space for you to add in any additional thoughts.

Each week has 2 pages and we made enough for 10 weeks, you are welcome to print them off as many times as you like.

We hope you find it useful, feel free to reach out to us if you have any questions or reflections you'd like to share.

With love,  
Talisa + Sam



WEEK :

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QUOTE :

JOURNAL PROMPT QUESTIONS +  
ANSWERS :

1 .

2 .

3 .



WEEKLY TAROT CARD + REFLECTIONS:

WEEKLY CRYSTAL + ENERGY  
ASSOCIATION:

WEEKLY RUNE + PERSONAL RESONANCE:

ADDITIONAL MUSINGS





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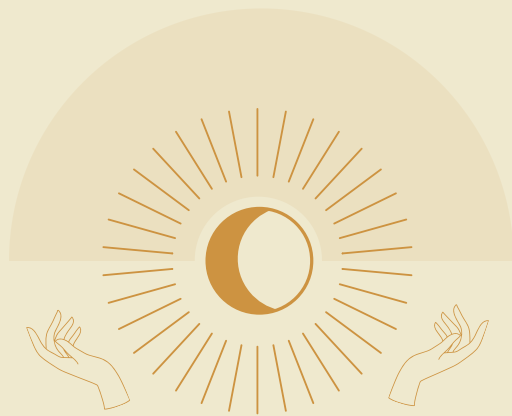
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# ELYSIUM RITUALS

BY TWO WANDER