

My Animal Totem

Name: _____ Date: _____

Think about your favorite animal. Hold the picture of that animal clearly in your mind as you complete the questions below:

What is your favorite animal? Why?

What are the characteristics of your favorite animal (for example, if your favorite animal is a lion, you might include 'fierce' or 'independent')?

In what ways are you like your favorite animal (personal traits you share in common with your favorite animal)?

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In what ways are you different from your favorite animal (personal traits you do not share in common with your favorite animal)?

Of those ways that you are different from your favorite animal, are there any characteristics you would like to have, but don't? For example, if your animal is a lion, and the lion is independent, and you don't see that quality in yourself, but would like to possess it, list it below:

How might your totem animal bring these qualities into your life? How could you draw upon the energy of the archetype of your totem animal to help you to live more fully in your True Self?
