



Guided Visualization: Symbol Post-Visualization Reflection Questions

These questions are to be used after listening to the Living Your Vision® Guided Visualization at <http://bethbuelow.com/inspiration/freebies/>

1. How was the visualization experience for you?
2. Who stepped forward from the circle to give you your symbol or object?
3. What is the importance of this person in your life?
4. Did a symbol or object appear?
5. What was it?
6. What is its meaning to you?
7. How or where does this symbol show up in your life right now?
8. Based on this experience, what are you curious about?