

Aura Diary For Aura Portraits

Print this on one side of a page,
then print an aura image on the other side of the page.

Over time, look for patterns between what you write on the aura diary sides
and what you draw on the aura portrait sides.

Date _____

Time _____

Physical health _____

Mental health _____

Emotional health _____

Location _____

Weather _____

Last meal _____

Last person in conversation with _____

Bad habit today, if any _____

Good habit today, if any _____

Employment today, if any _____

Most recent activity, if different from anything above _____

Anything else you want to add _____

Auras Can Include

Shapes Energy flows Sparks Images of anything that exists in the world