

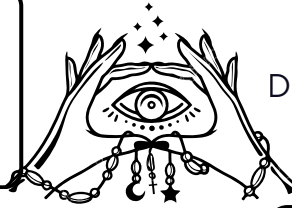


Crystal worksheet

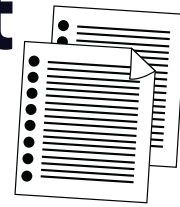
intention ritual

Crystal:

Crystal:



Date



Body work / Hold crystal

List or draw 3 activities you will do while working with this crystal:

Area:

Write your intentions working with this Crystal:

Ask one question you want answered

Write what you noticed working with _____

Write 5 Crystal properties that relate

- _____
- _____
- _____
- _____
- _____

List 3 more intentions. Repeat each 3 times.
Rewrite each intention while holding your crystal / crystal pen

Days Intention: _____



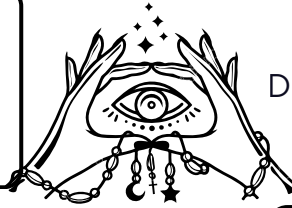


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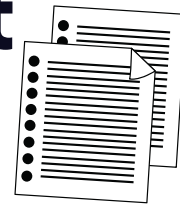
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Write 5 Crystal properties that relate

- _____
- _____
- _____
- _____
- _____

List 3 more intentions. Repeat each 3 times.
Rewrite each intention while holding your crystal /crystal pen

Days Intention: _____





• Daily Crystal intention planner *Morning Journal*



(Remember)

Crystals Of The day:



IMMERSE YOURSELF IN THE PRACTICE OF A FOCUSED MORNING JOURNAL—A POWERFUL TOOL THAT CAN POSITIVELY SHAPE YOUR MINDSET AND WELL-BEING.

(Wearing):

(holding / ring):

(Pocket):

Today's Affirmation

New Crystal of the day & Meaning:

(To Do) Priorities of today:

(To Do) Don't Forget to include:

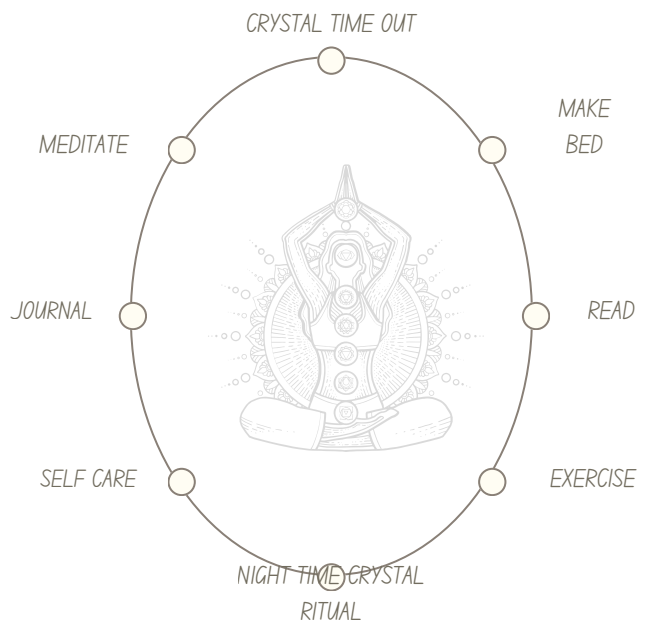
(Thoughts)

SET INTENTIONS FOR CLARITY, VITALITY, AND INNER PEACE, AND FEEL THE POSITIVE IMPACT THROUGHOUT THE DAY.



(Morning Rituals Checklist)

ROADMAP TO AN ENERGISED AND PURPOSEFUL START.



TO START

☒ OK

☐ DELAY

☐ STUCK

☐ CANCEL



• Daily Crystal intention planner *Morning Journal*



(Remember)

Crystals Of The day:



IMMERSE YOURSELF IN THE PRACTICE OF A FOCUSED MORNING JOURNAL—A POWERFUL TOOL THAT CAN POSITIVELY SHAPE YOUR MINDSET AND WELL-BEING.

(Wearing):

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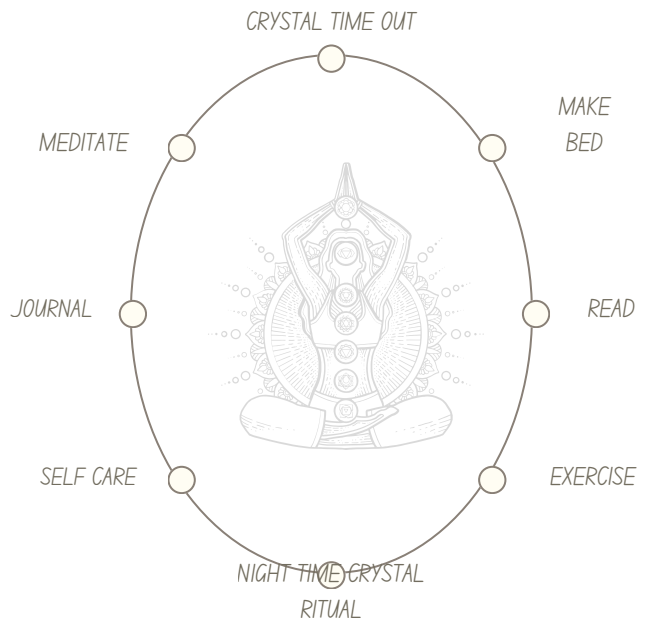
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ROADMAP TO AN ENERGISED AND PURPOSEFUL START.



TO START

☒ OK

☐ DELAY

☐ STUCK

☐ CANCEL



DATE: / /

Self-Reflection & Awareness



Style of Meditation: _____

What are three things that occurred in my meditation today?

1. _____
2. _____
3. _____

How do I feel right now? What might be the cause of these feelings?

What are the positive qualities I 'm taking from today?

What Crystals / meditation style would I like to try next, to improve in my life?

What Crystals will I use today ?



"Unlock Your Inner Sparkle"



DATE: / /

Self-Reflection & Awareness



Style of Meditation: _____

What are three things that occurred in my meditation today?

1. _____
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3. _____

How do I feel right now? What might be the cause of these feelings?

What are the positive qualities I 'm taking from today?

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"Unlock Your Inner Sparkle"

CRYSTAL & MEDITATION REFLECTIVE PRACTISE



OBSERVE, RECORD,
COMPARE, REFINES



WHAT TO OBSERVE DURING YOUR PRACTICE

- ☐ THOUGHTS THAT REPEATEDLY ARISE
- ☐ EMOTIONS BEFORE AND AFTER YOUR SESSION
- ☐ PHYSICAL SENSATIONS (WARMTH, COOLNESS, TINGLING, HEAVINESS)
- ☐ CHANGES IN BREATHING OR RELAXATION
- ☐ AREAS OF THE BODY THAT NATURALLY DRAW YOUR ATTENTION
- ☐ WHICH CRYSTAL YOU FEEL MOST CONNECTED TO
- ☐ WHETHER YOUR INTENTION FEELS CLEARER AFTERWARDS
- ☐ CHANGES IN STRESS OR TENSION
- ☐ INSIGHTS THAT COME DURING QUIET MOMENTS
- ☐ RECURRING COLOURS, IMAGES OR SYMBOLS IN MEDITATION
- ☐ DREAMS AFTER WORKING WITH A CRYSTAL
- ☐ WHETHER CERTAIN CRYSTALS SEEM MORE APPEALING ON DIFFERENT DAYS
- ☐ CHANGES IN YOUR ENVIRONMENT OR DAILY HABITS
- ☐ PROGRESS TOWARDS YOUR INTENTION OR GOAL
- ☐ UNEXPECTED OPPORTUNITIES OR MEANINGFUL COINCIDENCES
- ☐ QUESTIONS THAT REMAIN UNANSWERED
- ☐ NEW INTENTIONS THAT EMERGE
- ☐ NOTES TO REVISIT LATER

NOTED EMOTIONS

- ☐ FEELING CALMER OR MORE RELAXED
- ☐ GREATER MENTAL CLARITY
- ☐ INCREASED FOCUS OR CONCENTRATION
- ☐ EMOTIONAL SHIFTS OR RELEASE
- ☐ A SENSE OF GROUNDING OR STABILITY
- ☐ INCREASED CONFIDENCE OR MOTIVATION
- ☐ FEELING MORE PRESENT AND MINDFUL
- ☐ GREATER CREATIVITY OR INSPIRATION
- ☐ HEIGHTENED INTUITION OR INNER KNOWING
- ☐ MORE VIVID DREAMS OR EASIER DREAM RECALL
- ☐ CHANGES IN MOOD THROUGHOUT THE DAY
- ☐ FEELING MORE ENERGISED
- ☐ FEELING UNUSUALLY TIRED OR NEEDING REST
- ☐ GREATER AWARENESS OF YOUR SURROUNDINGS
- ☐ FEELING NATURALLY DRAWN TO A DIFFERENT CRYSTAL
- ☐ REACHING FOR THE SAME CRYSTAL REPEATEDLY
- ☐ NEW IDEAS OR SOLUTIONS APPEAR UNEXPECTED
- ☐ GREATER PATIENCE IN CHALLENGING SITUATIONS
- ☐ IMPROVED SENSE OF GRATITUDE
- ☐ FEELING MORE CONNECTED TO NATURE

CRYSTAL & MEDITATION REFLECTIVE PRACTISE



OBSERVE, RECORD,
COMPARE, REFINES



WHAT TO OBSERVE DURING YOUR PRACTICE

- ☐ THOUGHTS THAT REPEATEDLY ARISE
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CRYSTAL MEDITATION TRACKER

noted emotions

comfort energy healing intention relaxed stillness love

noted emotions

happy

meditation style & crystal used

CRYSTAL MEDITATION TRACKER



noted emotions

comfort

energy

healing

intention

relaxed

vibration

happy

☐☐☐☐☐☐☐☐☐☐☐☐

meditation style & crystal used

Manifesting Planner

(__/__/__)

What do I truly want to create right now?

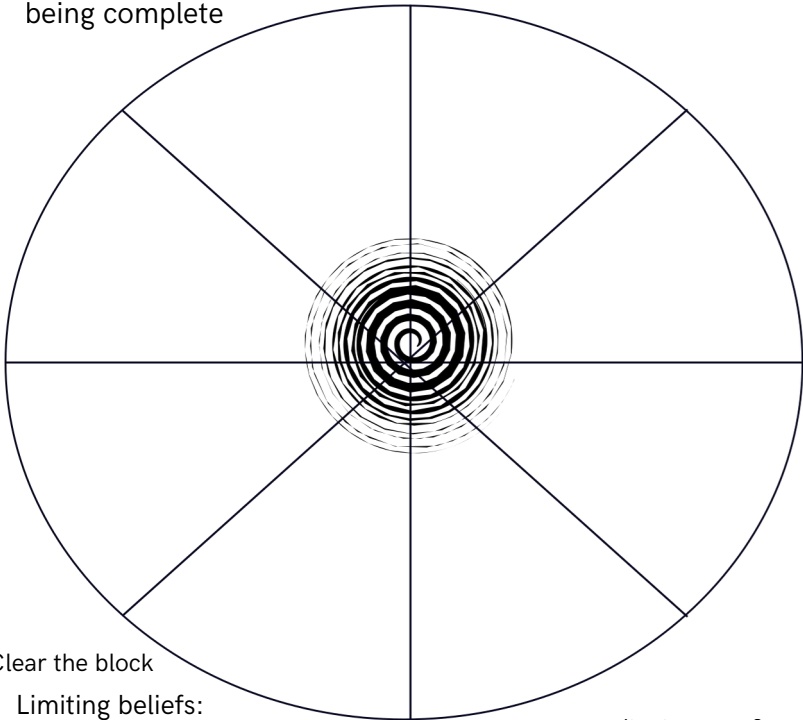
select one crystal for each

Goal /Desire: Why: 	Goal /Desire: Why: 	Goal /Desire: Why:
---	---	---

I AM MANIFESTATION Wheel

Write ineach PIEarea(1-8) and note
THE FEELING INCREASING each pie

How you Now feel
being complete



Clear the block

Limiting beliefs:

1				
2				
3				

rewrite stronger x 3> each time with stronger resolution

Build the reality

What life looks like now:

I see :

I am :

■
■
■

New emotional state:

I feel :

Crystal Enhancement:



I will...



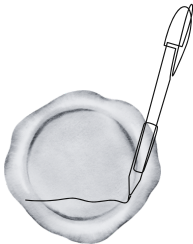
I will...



I will...

Action
Plan

■ ■	■ ■	■ ■
--------	--------	--------





S M T W T F S

ALIGNMENT PLANNER

of VISUALISATION



I AM
MANIFESTING.

I SEE

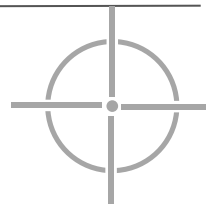
I HAVE

I FEEL



LIMITING BELIEFS I NEED GET RID OF

TO-DO LIST

☐
☐
☐
☐
☐
☐
☐

DAILY AFFIRMATION



ACTION PLAN



PRAYER INTO THE UNIVERSE> SOURCE /
GOD

GRATEFUL & BLESSED:



CRYSTAL ENHANCEMENT:





CRYSTAL NAME: _____ date ____/____/____

HARDNESS

ZODIAC

PLANET

USES:

- ☐ RARE
☐ COMMON
☐ UNCOMMON
☐ WATER SOLUBLE
☐ SUNSHINE
☐ HARD
☐ SOFT
☐ SHINY
☐ MATT
☐ RAW
☐ POLISHED

CLASSIFICATION

SHAPE

COLOUR

ELEMENT    

CHARGING

Meditation work



notes

VIBRATION

CLARITY

ZODIAC

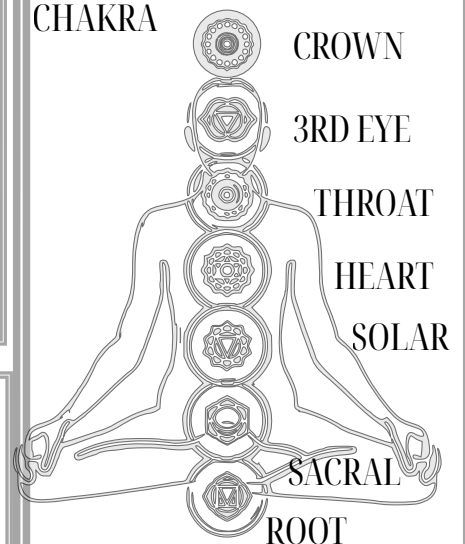
CLEANSING

- ☐ SALT
☐ SAGE
☐ INCENSE
☐ BURIAL
☐ MOON-FULL
☐ MOON NEW
☐ SMUDGING
☐ SOUND
☐ SUNLIGHT
☐ FRESH H2O

CHARGING

- ☐ SALT
☐ SAGE
☐ INCENSE
☐ BURIAL
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☐ MOON NEW
☐ SMUDGING
☐ SOUND
☐ SUNLIGHT
☐ FRESH H2O

CHAKRA



notes



CRYSTAL NAME: _____ date ____/____/____

HARDNESS

ZODIAC

PLANET

USES:

- ☐ RARE
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notes

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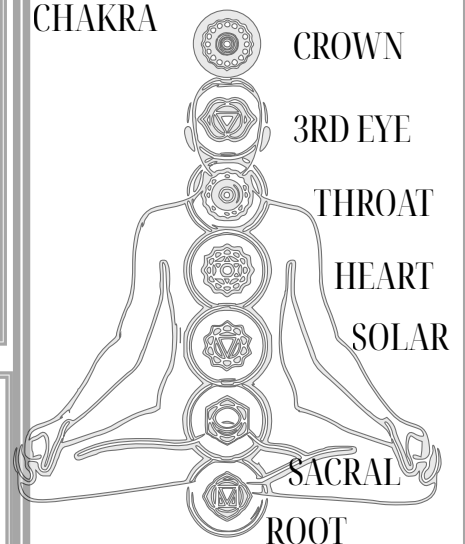
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☐ SOUND
☐ SUNLIGHT
☐ FRESH H2O

CHAKRA



notes

SQROL RESEARCH ARCHIVE

CRYSTAL FORMULATION • FIELD NOTATION RECORD

Archive	CW-_____	Experiment	_____
Date	_____	Time	_____
Formula	_____		

CONTROLLED CONDITIONS

Variable	Record
Moon Phase	New / Wax / 1Q / Full / 3Q / Wan / Eclipse
Time	Dawn / AM / PM / Dusk / Night
Technique	Meditation / Grid / Body / Journal / Moon
Breath	Pulse / Wave / Held / Connected / Ascending
Layout	Held / Grid / Circle / Triangle / Body
Duration	3 / 6 / 9 / 15 / 20+ min
Environment	Indoor / Outdoor / Nature / Candle / Sound

CRYSTAL FORMULA

Role	Crystal	Function
Foundation	_____	Ground
Focus	_____	Intent
Support	_____	Reinforce
Amplifier	_____	Enhance
Connector	_____	Link
Reflection	_____	Observe

OBSERVATION

Measure	Before	After
Calm	___/10	___/10
Clarity	___/10	___/10
Focus	___/10	___/10
Intuition	___/10	___/10
Resonance	___/10	___/10

Field Notes:_____

Primary observation_____

Unexpected

result:_____

Next

refinement_____

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Clarity	___/10	___/10
Focus	___/10	___/10
Intuition	___/10	___/10
Resonance	___/10	___/10

Field Notes:_____

Primary observation_____

Unexpected
result:_____

Next
refinement_____

Spring Refresh

Date: ____/____/20____

Location: _____

select:

list

- ☐ _____ dust wipe
- ☐ _____ cleanse
- ☐ _____ refreshen
- ☐ _____ redecorate
- ☐ _____ photograph
- ☐ _____ identify

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Crystal care and maintenance

- log. Crystal Type ☐ _____
- Location ☐ _____
- Physical Cleaning ☐ _____
- Clearing Method ☐ _____
- Last Maintained ☐ _____

Location: (e.g., "Living Room Altar," "Backroom Drawer," "Showcase B")

Notes: (e.g., Special inclusions, origin locality, or cleansing method)



Metaphysical & Categorical Details

Chakra Association: (e.g., Root, Heart, Crown)

Zodiac/Astrological Signs:

Intention or Properties: (e.g., "Manifestation," "Calming," "Protection")

Mohs Hardness: (Useful to know :crystals dissolve in water etc)

☐ _____	☐ _____	☐ _____	☐ _____	____/____/____
☐ _____	☐ _____	☐ _____	☐ _____	____/____/____
☐ _____	☐ _____	☐ _____	☐ _____	____/____/____
☐ _____	☐ _____	☐ _____	☐ _____	____/____/____
☐ _____	☐ _____	☐ _____	☐ _____	____/____/____
☐ _____	☐ _____	☐ _____	☐ _____	____/____/____

List: le. Type, Location, Cleanse Charged Date maintenance

Selenite Living Room Dry microfiber cloth. Sound / Smoke. 15 July 2026

Amethyst Bedroom Warm soapy water Moonlight 16 July 2026

Black Tourmaline Front Door Damp cloth Earth burial / Sound 17 July 2026

Clear Quartz Home Office Running water Sunlight / Running water 17 July 2026

- ☐ _____
- ☐ _____
- ☐ _____

- ☐ _____
- ☐ _____
- ☐ _____

account ☐ _____
file ☐ _____

Spring Refresh

Date: ____/____/20____

Location: _____

select:

list

- ☐ _____ dust wipe
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- ☐ _____ refreshen
- ☐ _____ redecorate
- ☐ _____ photograph
- ☐ _____ identify

- ☐ _____
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- ☐ _____
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- ☐ _____
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☐ _____	☐ _____	☐ _____	☐ _____	____/____/____
☐ _____	☐ _____	☐ _____	☐ _____	____/____/____
☐ _____	☐ _____	☐ _____	☐ _____	____/____/____
☐ _____	☐ _____	☐ _____	☐ _____	____/____/____
☐ _____	☐ _____	☐ _____	☐ _____	____/____/____
☐ _____	☐ _____	☐ _____	☐ _____	____/____/____

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- ☐ _____
- ☐ _____
- ☐ _____

- ☐ _____
- ☐ _____
- ☐ _____

account ☐ _____
file ☐ _____

CRYSTAL COLLECTION CHECKLIST

Catalogue your collection at a glance. Tick the boxes as your collection grows
and use the notes column for locations, specimen numbers or observations.

Crystal	Form	Origin	Photo	Label	Notes
Amethyst			☐	☐	
Clear Quartz			☐	☐	
Rose Quartz			☐	☐	
Citrine			☐	☐	
Smoky Quartz			☐	☐	
Fluorite			☐	☐	
Black Tourmaline			☐	☐	
Selenite			☐	☐	
Labradorite			☐	☐	
Moonstone			☐	☐	
Carnelian			☐	☐	
Aventurine			☐	☐	
Lapis Lazuli			☐	☐	
Tiger's Eye			☐	☐	
Amazonite			☐	☐	
Celestite			☐	☐	
Calcite			☐	☐	
Pyrite			☐	☐	
Malachite			☐	☐	
Obsidian			☐	☐	

Collection Summary

Total Specimens

Natural

Polished

Carvings Clusters
Specimen
Boxes / Shelves

CRYSTAL INVENTORY RECORD
Crystal: _____
Type: _____
Origin: _____
Shape: _____
Size / Weight: _____
Location: _____
ID #: _____ Date: _____
Notes:

CRYSTAL INVENTORY RECORD
Crystal: _____
Type: _____
Origin: _____
Shape: _____
Size / Weight: _____
Location: _____
ID #: _____ Date: _____
Notes:

CRYSTAL INVENTORY RECORD
Crystal: _____
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Origin: _____
Shape: _____
Size / Weight: _____
Location: _____
ID #: _____ Date: _____
Notes:

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Crystal: _____
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Shape: _____
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Location: _____
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Shape: _____
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Notes:

CRYSTAL INVENTORY RECORD
Crystal: _____
Type: _____
Origin: _____
Shape: _____
Size / Weight: _____
Location: _____
ID #: _____ Date: _____
Notes:

CRYSTAL INVENTORY CARD

Inventory No. _____ Date _____

Crystal _____

Variety _____

Origin _____

Supplier _____

Purchase Price _____ Current Value _____

PHYSICAL DETAILS

Shape _____

Weight _____ Dimensions _____

Finish

☐ Natural ☐ Polished ☐ Cluster ☐ Point

☐ Sphere ☐ Freeform ☐ Carving ☐ Other

Colour _____. Mohs Hardness _____

LOCATION TRACKER Current Room. Shelf / Cabinet. Box Number



REFERENCE PHOTO

Collection No. _____

Collection Total _____

Insurance Recorded ☐

Digital Photo Saved ☐

QR Label ☐

COLLECTION

☐ Personal

☐ Display

☐ Investment

☐ Teaching

☐ Sale

☐ Collection Only

Storage Location _____

Display Location _____

Certificate ☐

Receipt ☐

Photographed ☐

CONDITION

☐ Excellent

☐ Good

☐ Minor Damage

☐ Needs Cleaning

☐ Needs Repair

Notes

CRYSTAL INVENTORY CARD

Inventory No. _____ Date _____

Crystal _____

Variety _____

Origin _____

Supplier _____

Purchase Price _____ Current Value _____

PHYSICAL DETAILS

Shape _____

Weight _____ Dimensions _____

Finish

☐ Natural ☐ Polished ☐ Cluster ☐ Point

☐ Sphere ☐ Freeform ☐ Carving ☐ Other

Colour _____. Mohs Hardness _____

LOCATION TRACKER Current Room. Shelf / Cabinet. Box Number



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Collection Total _____

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Digital Photo Saved ☐

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☐ Personal

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Receipt ☐

Photographed ☐

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☐ Excellent

☐ Good

☐ Minor Damage

☐ Needs Cleaning

☐ Needs Repair

Notes

