

My Crystal Log

Note each crystal, its traditional meaning and your reflections

MY CRYSTAL LOG

Which crystal am I logging?

What color is it?

What is it traditionally associated with?

Where will I keep it?

What drew me to this stone?

Notes and reflections

Common Crystals at a Glance

Amethyst: calm and reflection

Clear Quartz: clarity and focus

Rose Quartz: gentleness and care

Citrine: optimism and brightness

Green Aventurine: opportunity and new starts

Lapis Lazuli: wisdom and truth

Selenite: moonlight and stillness

Black Tourmaline: grounding and steadiness
