

BEFORE YOUR REIKI SESSION

Please circle the number that best describes how you feel right now.

PAIN

No pain 1 2 3 4 5 6 7 Worst possible

FATIGUE

Lots of Energy 1 2 3 4 5 6 7 Exhausted

STRESS

Very Calm 1 2 3 4 5 6 7 Overwhelmed

ANXIETY - WORRY

Not at all 1 2 3 4 5 6 7 Constant

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