

## Totem Animals



### Totem Questions

**Answer the following questions; then read on to discover your totem animals, the categories of each animal and their message to you.**

1. Which animal/s (including insects, birds, fish etc.) have you always been drawn to?
2. When you visit a wildlife park or zoo which animal/s do you usually want to see the most or first?
3. When you are out in nature, which animal/s do you always see?
4. Which animal/s do you come across frequently in either the dream state or in everyday life? (*animals that have been popping up in dreams or everyday life over a long stretch of time – many months*).
5. Have any animals had a deep impact on you recently?
6. Have you come across any new animals in your day to day life or dream state this last week?
7. Have you ever been physically hurt by an animal? Which one?
8. Which animal are you most frightened by?
9. Have you seen an animal recently that you were frightened of or cautious with?