



*What
the Dolphins
Told Me*

Personal Journal

A large, spotted dolphin is swimming underwater in clear blue water. The dolphin is positioned diagonally across the frame, with its head in the upper left and its body extending towards the lower right. Its skin is covered in dark spots, and its fins are visible. The water is a vibrant blue, and there are some ripples on the surface above the dolphin.

This is my journal:

Welcome to your personal journal, to accompany the book, “What the Dolphins Told Me” by Janet Granger.

You’ll find prompts throughout the book, “What the Dolphins Told Me,” that correspond to follow-up questions here, in this journal. I hope this enhances your own, personal journey.

Have you ever “known something” inexplicable, the way I knew that Joey was in trouble?

Describe what happened. How did you feel about it?

This image shows a full page of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's part of a bound notebook or folder.

Who do you know - in your family or among your friends - who seems to “know things” that no one can explain?

Have you ever thought about that before now? If not, why not?

This image shows a full page of white paper with horizontal blue lines. The lines are evenly spaced and run across the width of the page, typical of standard notebook paper. There are no margins, text, or other markings on the page.

If so, how did you feel about it?

This image shows a full page of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's part of a bound notebook or folder.

Did you ever have an experience with an animal or pet where “they seemed to know something?”
(The way George knew the way home)

What was it? Was it helpful to you or them?

This image shows a full page of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slightly off-white or cream color.

Perhaps it was a place that felt familiar, or “like home” to you. What was the like for you?

Have you ever had a similar experience feeling you were part of a natural environment, perhaps hiking, walking, or on the water?

How did you feel about yourself - and your surroundings?

This image shows a full page of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's part of a bound notebook or folder.

If you were to be totally transparent with your family and friends, as the dolphins told me to be, what would you share with others?

This image shows a full page of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Have you ever had the good fortune to be part of a “community” as described on the dolphin trip? Have you ever felt you were part of “a pod?” Describe what it was like for you. How did you feel? Did it change you? How?

This image shows a full page of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight texture and some minor discoloration or shadows, suggesting it's a physical scan of a piece of paper.

How would it feel to stop putting it off - and begin?

This image shows a full page of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

My son's cat, Rocco, helped me realize my deep fear of cats. Do you have a fear of a species of animal? Or insects?

If yes, do you remember where it came from? And is that fear still important for you to have?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.

Have you ever had a “spidey sense” that something was not right?

How do you give to the world?

This image shows a full page of white paper with horizontal blue lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.

Has this changed your view of any animal?
If so, how?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.

If you've experienced a change in your view of an animal, how will you change your thoughts or actions going forward?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Thank you for being with me on this journey!

Do you have any final thoughts or reflections for your future?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.



I wish you the best on your journey forward!

Please be sure to check out the Wildlife Wins podcast on YouTube.

And learn more about my Animal Communication practice on my website:

www.janetgranger.com/animal-communication