



The School of
Evolutionary Herbalism

LESSON 3:
PRE-FORMULATION
BRAINSTORM WORKSHEET

THE VITALIST HERBALISM MINI-COURSE



PRE-FORMULATION BRAINSTORM WORKSHEET

1. What are the primary organs, systems, and tissues you want to affect?

2. What are the main herbal actions that will support your client the most?

3. What is the net energetic quality you want your formula to have?

4. Are there any herbs that have all these qualities present in them?

5. Are there any herbs that came up for you during the intake that seemed specific?

6. Are there any compliance issues to be aware of with your client? For example, do they not like to drink tea, can't take alcohol, etc...
