



The Animal Empath Checklist

25 Signs You're Deeply Connected to the Animal World

Dear Animal Empath,

This printable version of the Animal Empath Checklist is offered as a quiet reflection and gentle reminder: Your sensitivity is not a weakness — it's a sacred gift. Your deep connection with animals, nature, and emotion is part of your purpose here.

Keep this list somewhere close. Revisit it when you need affirmation, grounding, or simply to remember that you are not alone — and you are not “too much.” You are wild-hearted, wise, and wonderfully made. Welcome home.

With love,

Kathleen

Animal Communicator & Intuitive Guide for Animal Empaths

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An empath is someone who senses and feels the emotional energy of others. We often think of empathy as being human-to-human. But there are some souls — perhaps like you — who are especially attuned to the emotional world of animals.

Animal empaths feel with animals. We intuitively understand them. We carry a softness that many people misunderstand, but animals seem to recognize instantly.

If you've ever felt more connected to the animal kingdom than to human society, this list is for you. Take a moment. Breathe. See what resonates.

1. ☐ Animals have always been a part of your life, and life doesn't feel the same without them.
2. ☐ You take care of your animals before you take care of yourself (including feeding).
3. ☐ You're highly compassionate toward animals, and feel emotional (and possibly physical) pain if you know of animal cruelty, abuse or neglect.
4. ☐ You understand animals better than people, and being around them calms your anxiety and soothes your soul.
5. ☐ When one of your animals dies, the loss can be excruciating, and you struggle to find peace of mind over the circumstances of how they passed with feelings of guilt or remorse.
6. ☐ You're deeply intuitive, and sense when animals are in pain or struggling in some way.
7. ☐ You're gentle on animals and on the planet.
8. ☐ You're attracted to the healing arts and holistic therapies.
9. ☐ You have empathy for people, but you have even more empathy for animals.
10. ☐ You find yourself daydreaming and have a deep inner world that's creative.

11. ☐ You prefer to have freedom rather than routine and like to do your own thing in your own time.
12. ☐ You worry about your animals as if they were your children.
13. ☐ You're attracted to things that are metaphysical or spiritual.
14. ☐ You're service-oriented, especially when it comes to animals. Rescuing and nurturing animals is part of who you are.
15. ☐ Personally, you're into self-growth and self-help, and you enjoy learning and growing. You also have a desire to make an impact.

16. ☐ The peace of being in nature is calming, and seeing animals in the wild is soothing. (Wanting wild animals to be free might also be a focus in your life.)
17. ☐ Your deep connection with animals causes them to gravitate to you.
18. ☐ You've struggled to fit into society, and may not feel that you're a "people person".
19. ☐ You have difficulty relaxing when people are around you. You have a need for solitude, and want to retreat with your animals.
20. ☐ You may find that you talk to animals more than people, and you feel there is a mutual understanding between you and them.

21. ☐ You trust animals more than you trust people.
22. ☐ Crowded cities or other places that are filled with people are especially difficult for you.
23. ☐ Your fear or anxiety level increases when you're around people, but animals have the opposite affect.
24. ☐ In your view, people lack the unconditional love that animals provide.
25. ☐ Overall, you believe that animals are real and authentic, while people are not always that way.

👉 What Did You Feel? If you nodded along to more than half of these, chances are... You're not just an animal lover. You're an animal empath — someone with a rare and beautiful ability to connect, intuit, and care deeply for beings that others often overlook. You're not "too sensitive." You're wired for love, truth, and connection. And you're not alone.

💖 Want Support on Your Journey? Here are a few gentle next steps created just for you:
🐾 Join our private Facebook group. A sacred space to connect with other animal empaths and intuitives: 📌 www.Facebook.com/Groups/AnimalAngelConnection
🌱 Explore emotional healing and soul guidance
If you're longing for clarity, healing, or to connect with your animals that are alive or in spirit:
📌 Visit my website: MustangMindset.com

You're already whole. You already belong. Thank you for being exactly who you are.

With love and respect,

Kathleen

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Writer of The Animal Empath Journal