

Card

feeling or mood

movie or song

Title

Number

Suit

first impressions

metaphor or quote:

Describe it

memory

Direct speech or draw it

Reflections:

Tarot Journal Worksheet

Use the worksheet to journal about the card you pulled. You do not have to fill in all the spaces! Quickly go through and fill in what pops out at you. If you want to spend more time and try to pull out additional information they you are welcome to do that as well. Over time, you will connect more and more deeply with the cards.

Card - write down which card you pulled for journaling

Feeling or mood - what mood is being portrayed by the card? What feelings does it bring up?

Movie or Song - does a movie scene , character or title come to mind? How about a song lyric?

Title - can you give this card a title (other than what it might have in the deck)?

Number - write a few keywords for the number

Suit - write a few keywords for the suit

First impressions - write down your first impressions of the card. Good/bad/neutral? What is it trying to convey? Is there something on the card you particularly like or don't like?

metaphor or quote - does the card bring to mind a metaphor or quote?

Memory - does the card spark a memory

Describe it - write down in detail what you see on the card. Include colors, textures, setting, objects, symbols. Just write it all down.

Direct speech or draw it - If the card was speaking, what would it say? OR Make a quick sketch of the card.

Reflections - at the end of the day come back and reflect on your day and see if you can connect it to the card.