



TAROT

Journaling

Welcome

INTRO + HELLO

HOORAYYYY!!! I'M THRILLED YOU'RE HERE AND CURIOUS TO LEARN HOW TO TAP INTO YOUR INTUITION USING TAROT + JOURNALING!

IF YOU DON'T KNOW ME BY KNOW, I'M BRITTNEY CARMICHAEL, AND I LOVE ALL THINGS WOO-WOO AND TAROT IS MY MAGICAL TOOL OF CHOICE!

THIS GUIDEBOOK IS DESIGNED TO HELP YOU START YOUR DAILY TAROT JOURNALING RITUAL AND SHARE SOME OF MY FAVORITE TAROT SPREADS TO HELP YOU FIND INSTANT CLARITY.



ONCE YOU GET THE FOUNDATIONAL MEANINGS OF THE CARDS, YOU CAN START TRUSTING YOUR INTUITION TO INTERPRET HOW EACH CARD IS MEANINGFUL TO YOU.

REMEMBER, THE TAROT IS A WAY TO CONNECT WITH YOUR INNER VOICE SO GIVE YOURSELF THE FREEDOM TO HAVE FUN WITH THIS.

YOU CAN MAKE THIS A PART OF YOUR SPIRITUAL SELF-CARE ROUTINE AND USE THE CARDS TO HELP YOU SORT OUT YOUR THOUGHTS AND EMOTIONS FROM A HIGHER PERSPECTIVE. TRY JOURNALING YOUR EXPERIENCE.

YOU DON'T HAVE TO MEMORIZE ALL THE CARDS. LEARN THEM AS THEY COME UP FOR YOU AND OVER TIME YOU'LL START TO REMEMBER WHAT THE MEANING OF EACH CARD REPRESENTS. THERE IS NO WRONG ANSWER. THE MOST IMPORTANT THING IS TO TRUST HOW YOU FEEL. YOU ARE THE MAGIC!

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3-card spread

The 3-card spread can be used in many different combinations. Below are a few of the ones I use regularly, but I encourage you to create your own scenarios so they are specific to your situation.

PAST - PRESENT - FUTURE

PROBLEM - CAUSE - SOLUTION

WHY - WHERE - WHEN

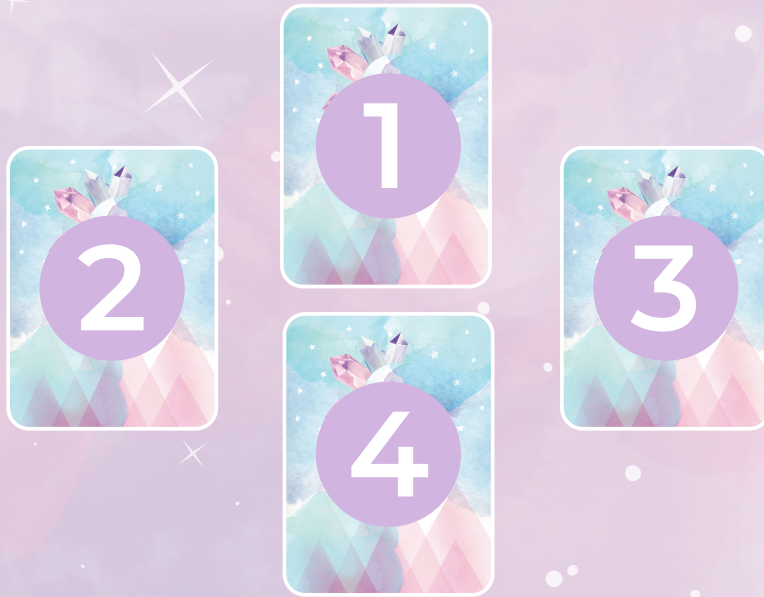
WHERE YOU ARE - WHAT YOU WANT - HOW TO GET IT

CONTEXT - FOCUS - OUTCOME



self-care spread

If you're struggling with taking time for yourself, this Self-Care spread will help you to get clear on what your soul needs most right now.



1

My biggest self-care struggle.

2

What I need most now.

3

What I need to do better in the future.

4

What I need to avoid.

astrological spread

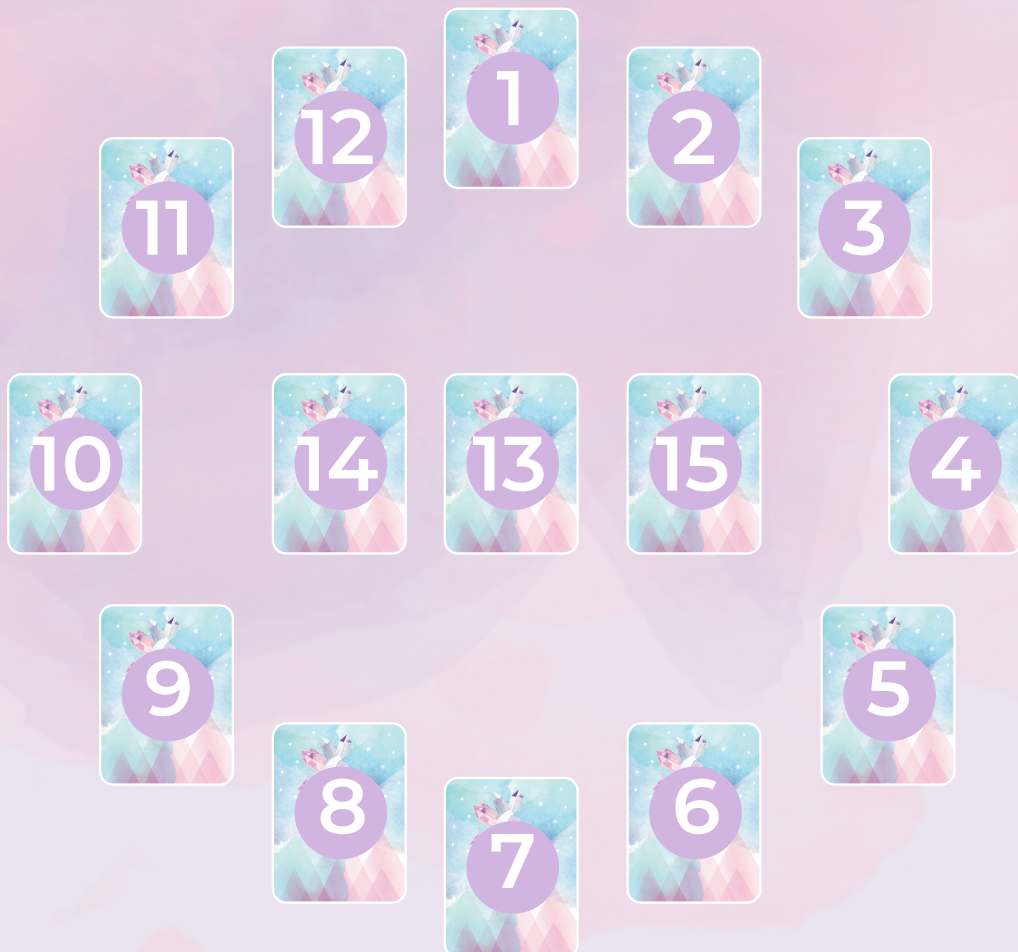
When it comes to Tarot, I like to keep it simple. Once a year I perform a 12-card Yearly Forecast. You can do it anytime, however, I choose either my birthday, the New Year on the calendar, or traditionally in April when the astrology year begins.

#1-12 REPRESENT THE MONTHS AHEAD

#13 IS YOUR YEARLY FOCUS

#14 IS WHAT YOU'RE LETTING GO OF

#15 IS WHAT TO FOCUS ON TO MOVE FORWARD



Journal it out

YOUR DAILY RITUAL

Once you've pulled your card, soaked up the intuitive wisdom and take a moment to see how you feel. Tune into your own intuition and pay attention to the memories, ideas, feelings, or even phrases you hear in your head.

Take time to reflect and journal out each experience. Every time you pull a card, you'll experience deeper layers of learning to uncover more of your authentic Truth. The best way I've found to develop a strong connection to your soul is to journal it out.

Keep a record of each card you pull. When you see the card, write down the mantra in your journal along with any thoughts, emotions, or triggers that arise for you.

Explore your emotions. Evoke your spirit. Ask questions to help uncover your authentic self. Don't be afraid of your darkness. Embrace your shadows because self-love is about accepting your WHOLE self.

The bitchy and the badass.

Journal it out

YOUR DAILY RITUAL

DATE:

CARD:

KEYWORDS + MESSAGE:

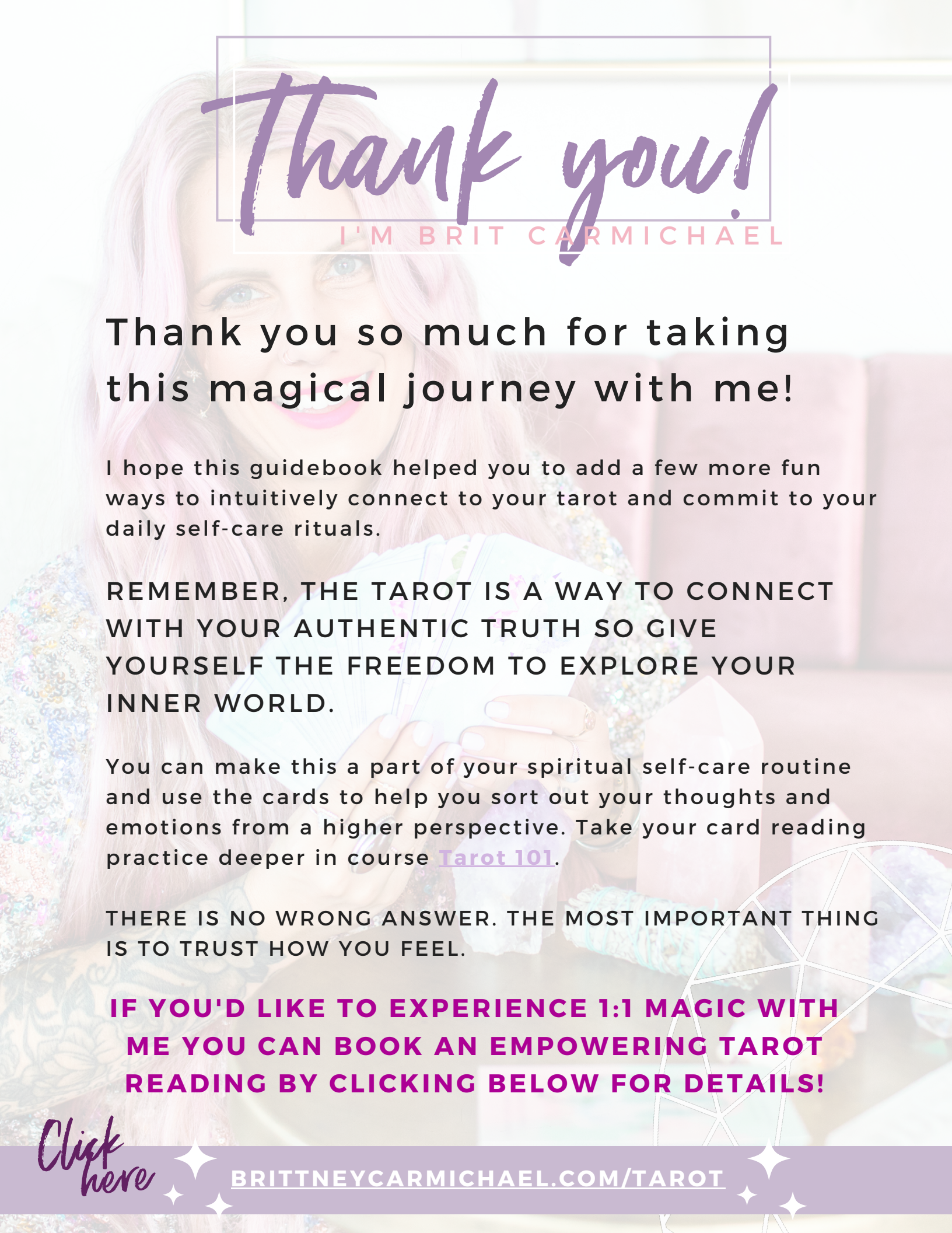
HOW I WANT TO FEEL:

things I'm grateful for:

1. -----

2. -----

3. -----



Thank you!

I'M BRIT CARMICHAEL

Thank you so much for taking this magical journey with me!

I hope this guidebook helped you to add a few more fun ways to intuitively connect to your tarot and commit to your daily self-care rituals.

REMEMBER, THE TAROT IS A WAY TO CONNECT WITH YOUR AUTHENTIC TRUTH SO GIVE YOURSELF THE FREEDOM TO EXPLORE YOUR INNER WORLD.

You can make this a part of your spiritual self-care routine and use the cards to help you sort out your thoughts and emotions from a higher perspective. Take your card reading practice deeper in course [Tarot 101](#).

THERE IS NO WRONG ANSWER. THE MOST IMPORTANT THING IS TO TRUST HOW YOU FEEL.

IF YOU'D LIKE TO EXPERIENCE 1:1 MAGIC WITH ME YOU CAN BOOK AN EMPOWERING TAROT READING BY CLICKING BELOW FOR DETAILS!

Click
here

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