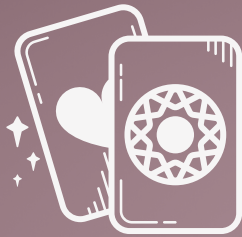


# Tarot for Self Growth

## Part One: What is Divination?



### The Cards Speak Your Language

Associate the cards with people and stories from your own experiences

#### 1 – Pick a card, any card

Select a card to study and look up/think about what it relates to in a day-to-day context

#### 2 – Tell your stories

What personal stories would you tell to illustrate the card meaning to someone else?

#### 3 – Meaning in the media

What characters, songs, or stories do you associate with the card's meaning?

### Journaling: Knowledge and Insight

What do you wish you knew and what do you actually need to know?



#### Write about things you wish you knew

What event would have been different if you'd had crucial info? How could you have gotten that info?

#### Write about things you found out weren't important

What decisions have you made for reasons which later turned out not to be as crucial as you imagined?

#### Write about things you've learned without asking

What lessons or insights have you gotten unexpectedly or without realizing they were important?