



Best You Tarot Daily Tarot Journal



WELCOME!

Congratulations on downloading Best You Tarot's Daily Tarot Journal. This journal is a great start to developing a self-care routine that keeps you grounded and feeling fulfilled.

In my own Tarot practice, I pull a daily Tarot card and a daily oracle card to keep me motivated and focused on my own personal growth. Like any spiritual or personal development practice, don't get bogged down with trying to be perfect. Instead, try doing what feels right.

The first step is to shuffle, cut the deck and pull a Tarot card.

Then, truly examine the Tarot card — the artwork, the colors, the numbers, the people. What stands out to you? What's your first thought about this card? How do you feel when you look at the card? Write it down.

If you're still confused or you would like a deeper meaning, pull a clarification card. How do the two cards work together? How do they interact?

I have found that pulling a Tarot card from the bottom of the deck also helps shed light on my daily Tarot reading. The bottom card often represents unseen energies — situations, subconscious feelings or people you might not be aware of — that are influencing your life.

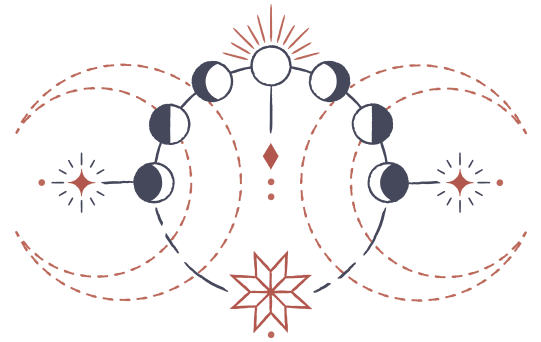
Finally, do you notice people or situations that seem to mirror the energy of your daily Tarot card? It's OK if you don't. However, if you go about your day and discover what this card means to you, return to your journal and write it down.



Daily Reading Ritual

In today's always-on world, it's not easy to calm the busy mind. Here are some ideas to get relaxed, stay centered and to activate your intuition:

- ✓ If evenings are better for you, try taking a hot bath
- ✓ Listen to Binaural Beats on Good Vibes' YouTube ([click here](#))
- ✓ Try deep, mindful breathing exercises
- ✓ Listen to guided meditations
- ✓ Make some tea
- ✓ Get outside and go for a walk
- ✓ Turn your phone off. Stay in the present moment.
- ✓ Get active. Do some yoga or Tai Chi.
- ✓ Release negative thoughts. Replace those thoughts with positive self-talk.



Before you get started ...

Take a moment to consider what your daily Tarot ritual will look like. How can you enhance this experience so that you are more connected, more focused and more grounded in the present.



**What do I need for
a daily Tarot reading?**



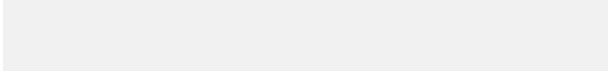
**Why do I need a daily
Tarot ritual?**



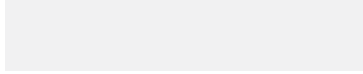
**How can a daily Tarot
ritual align me with my
Highest Good?**

DAILY TAROT JOURNAL

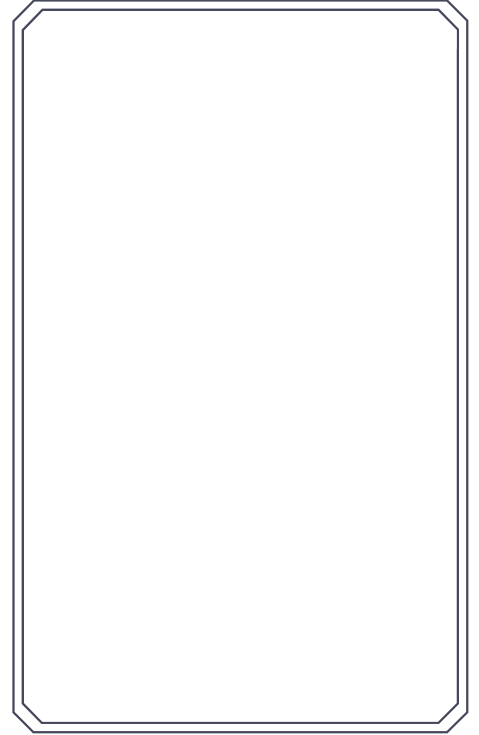
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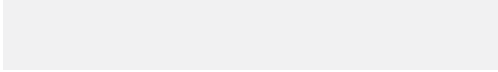
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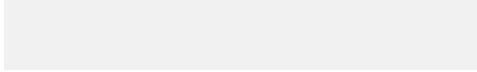
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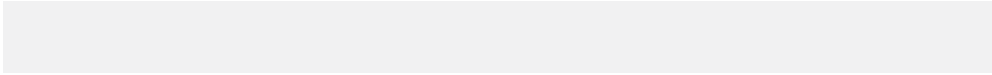
UNSEEN CARD



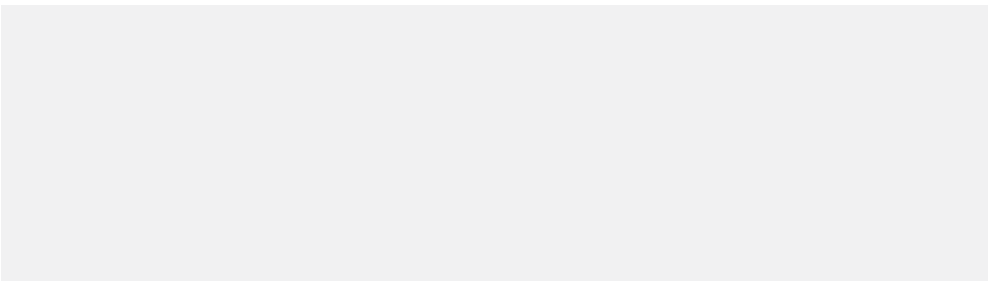
ORACLE CARD



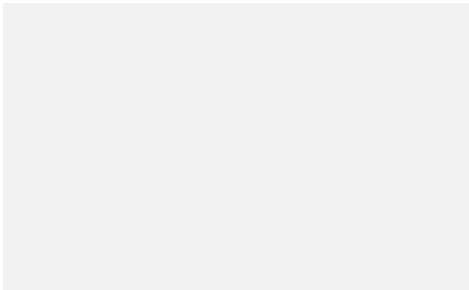
CLARIFICATION CARD(S)



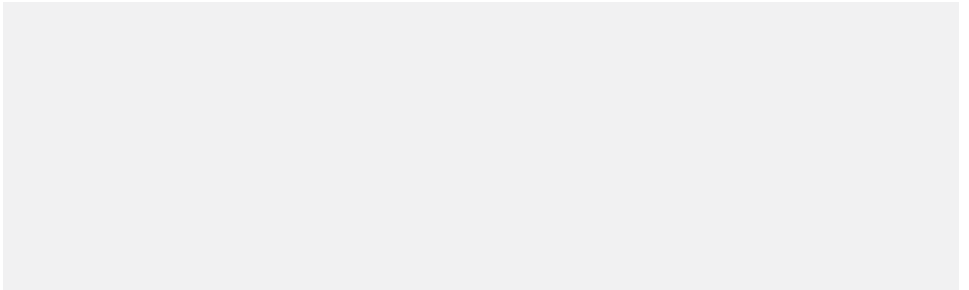
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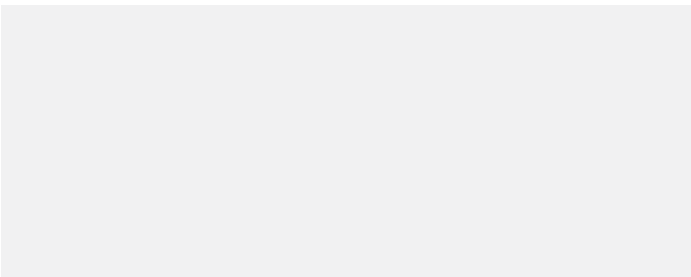
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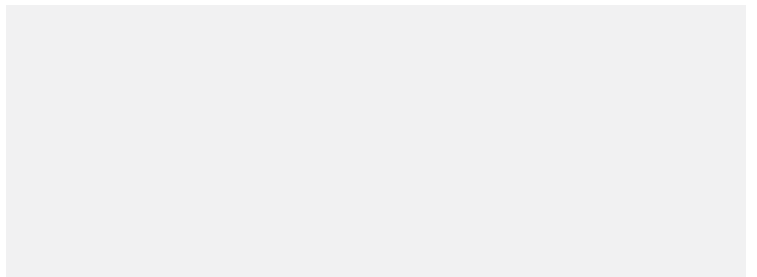
HOW DO THESE CARDS MAKE YOU FEEL?



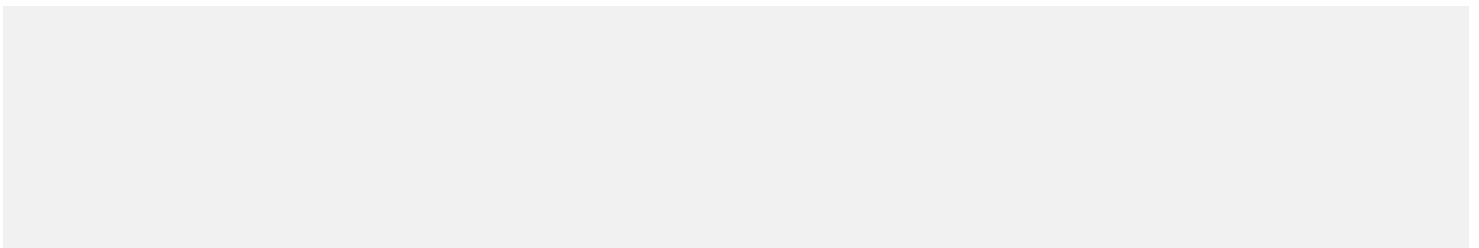
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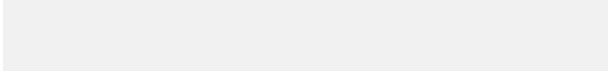


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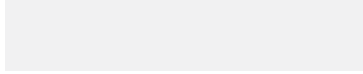


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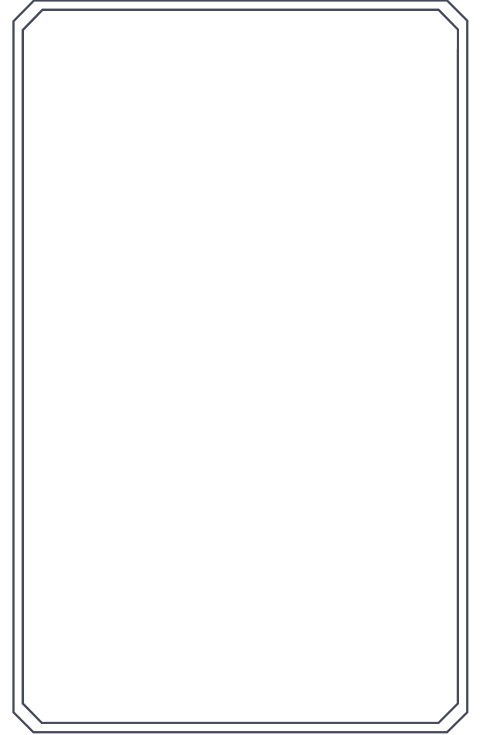
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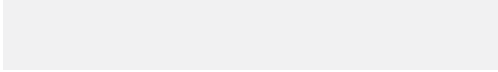
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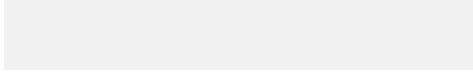
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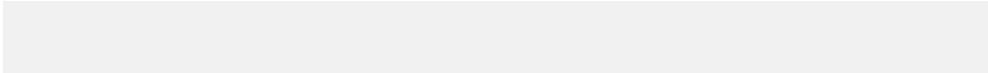
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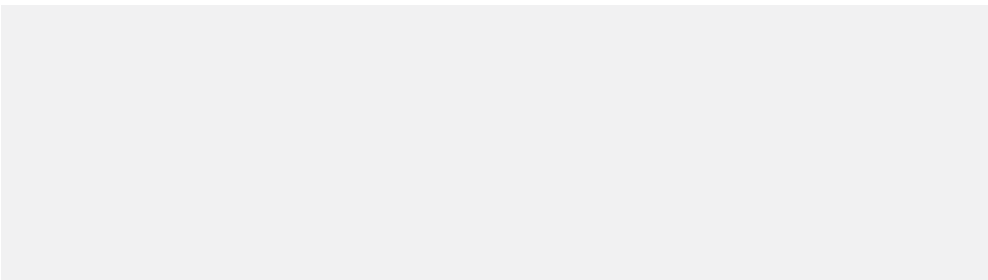
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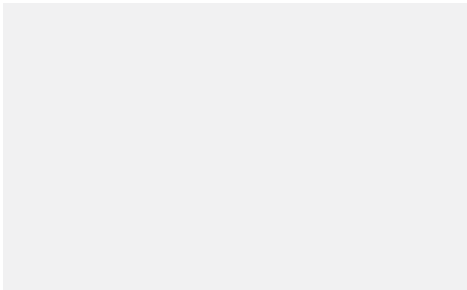
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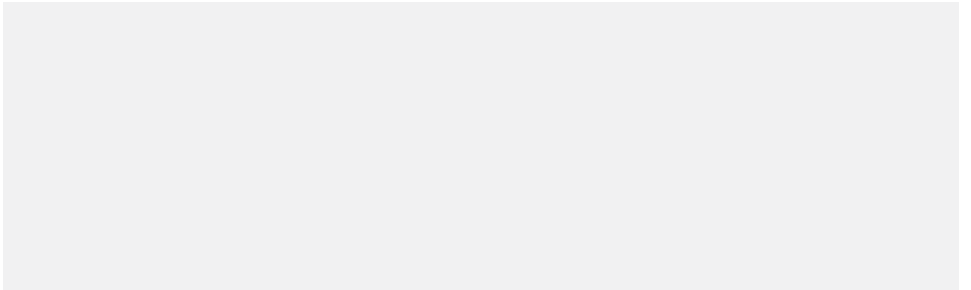
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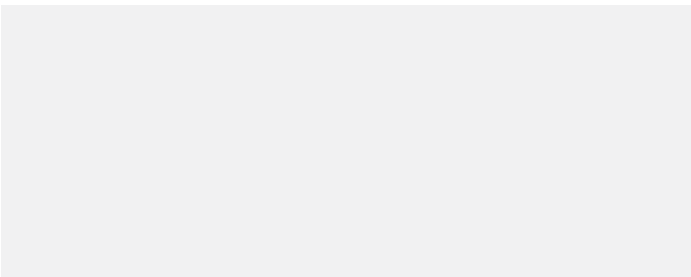
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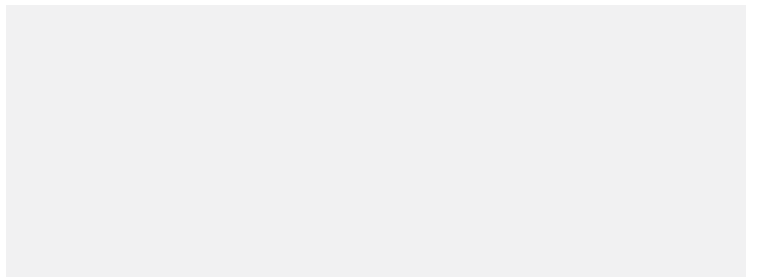
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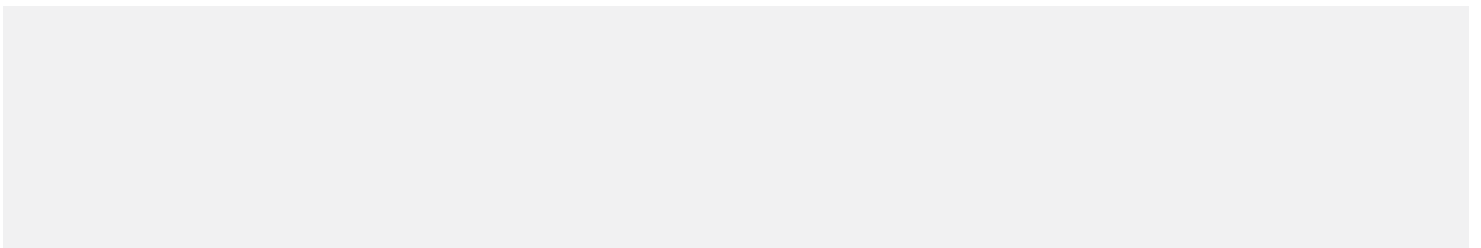
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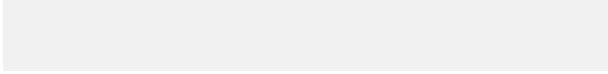


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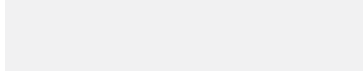


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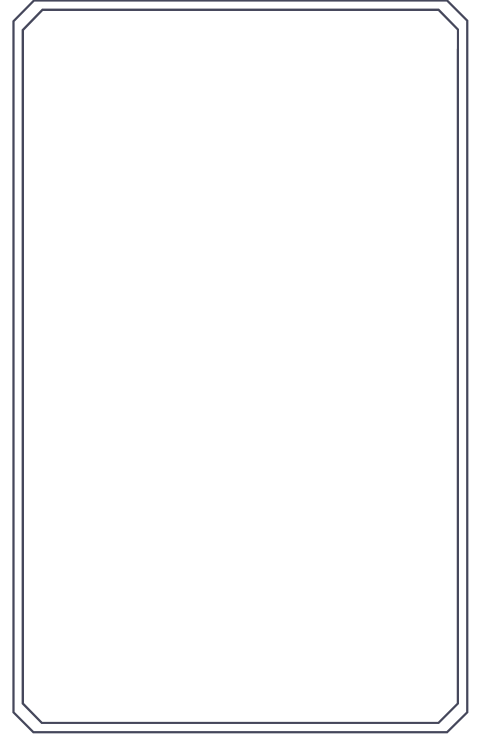
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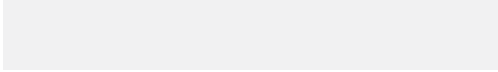
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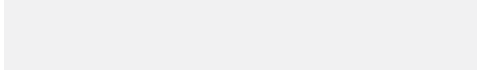
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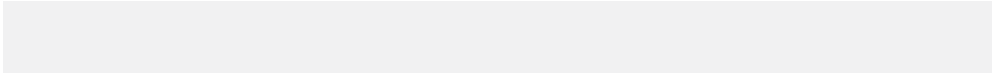
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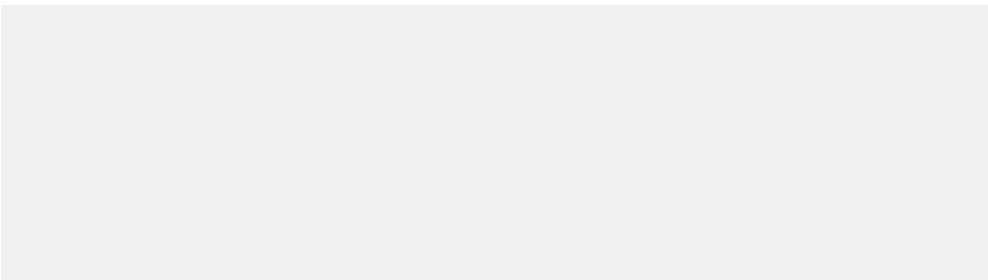
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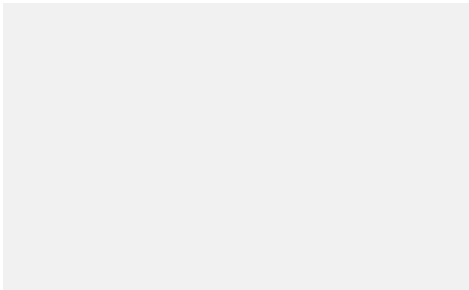
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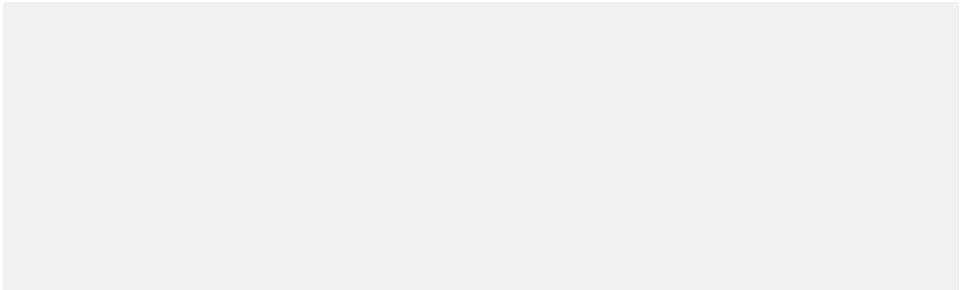
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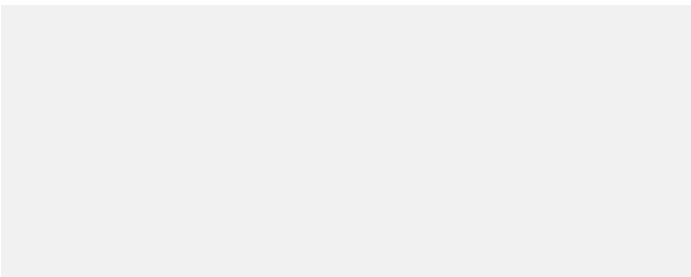
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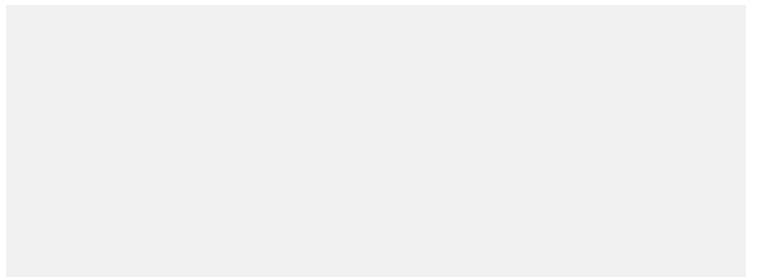
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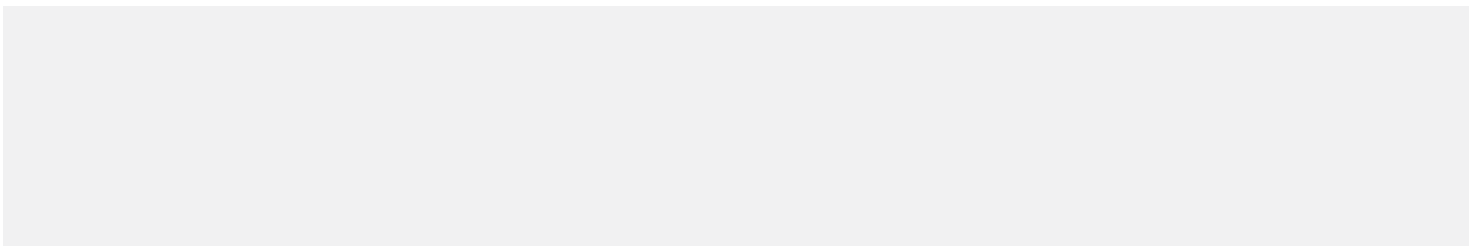
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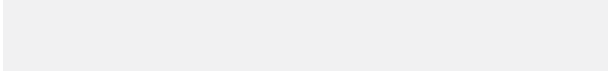


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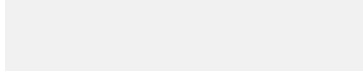


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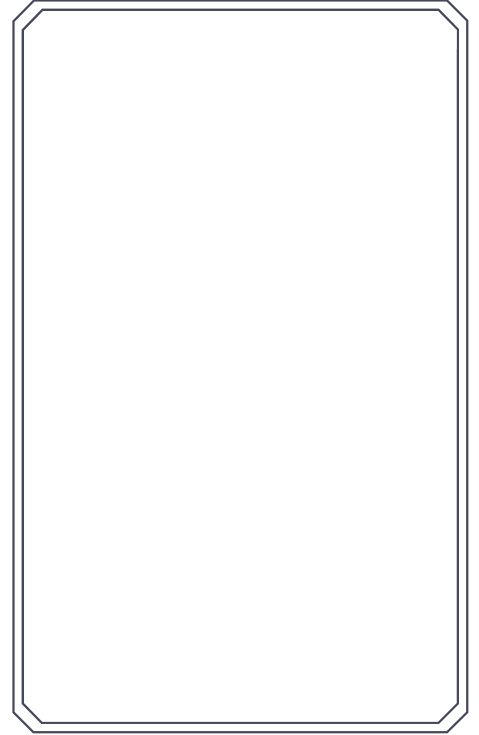
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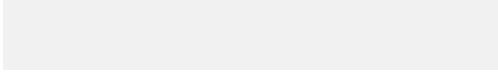
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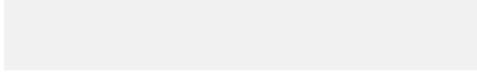
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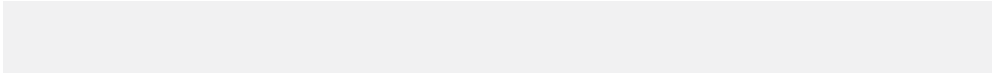
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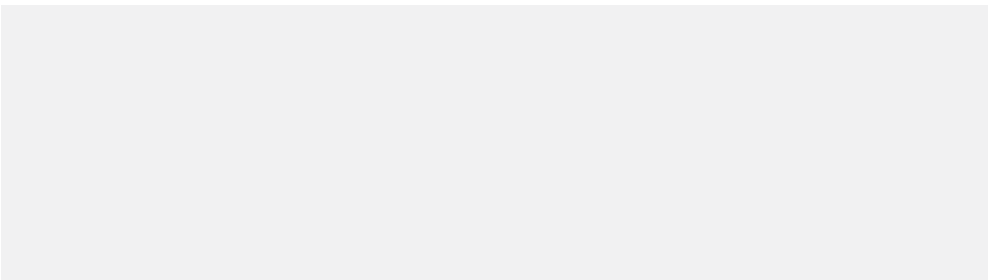
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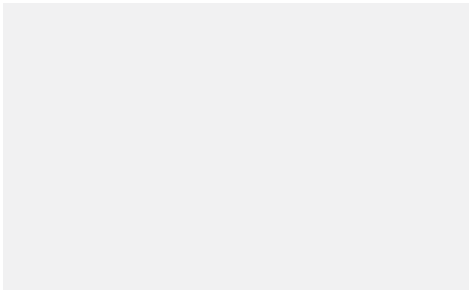
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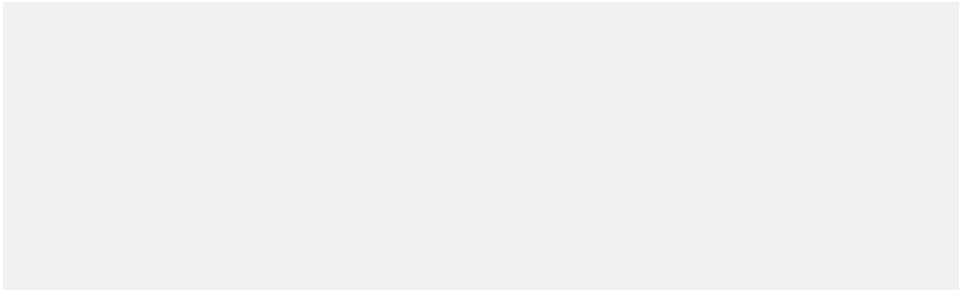
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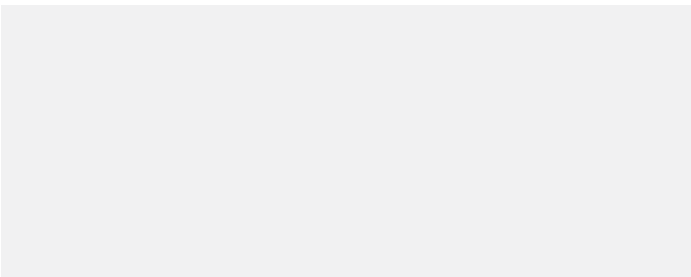
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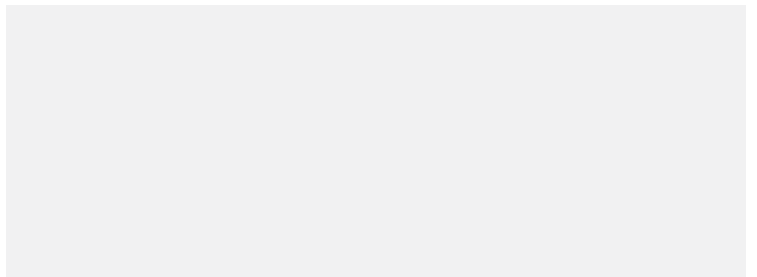
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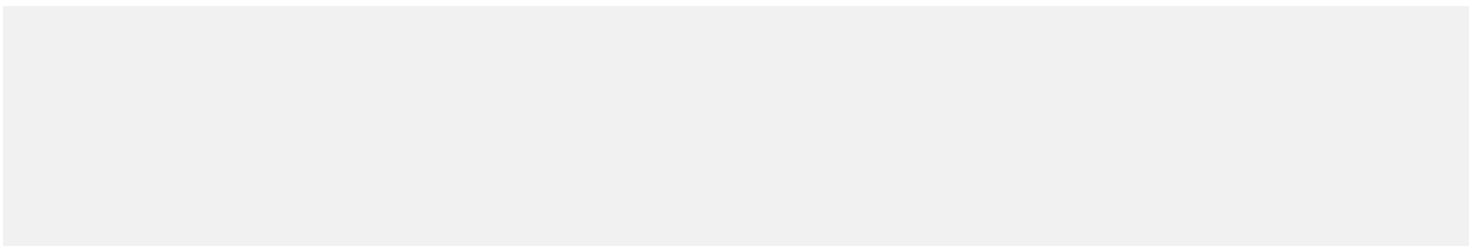
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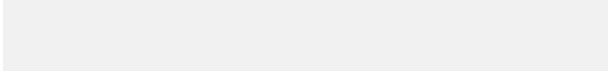


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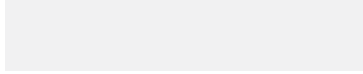


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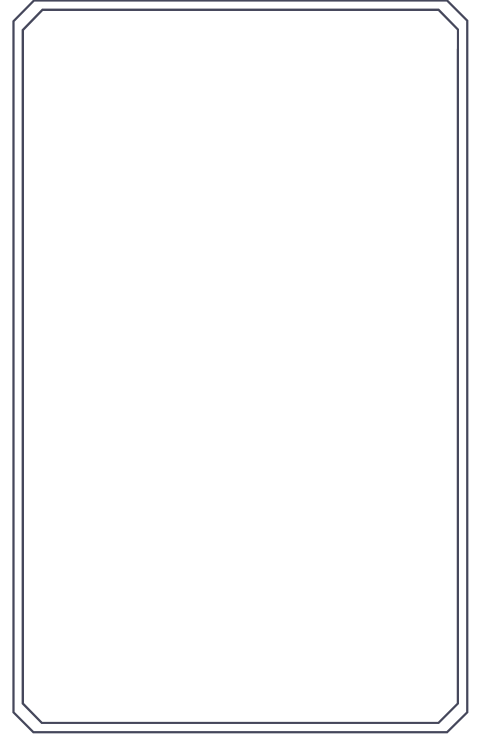
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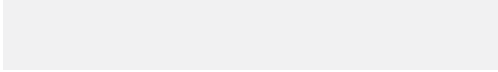
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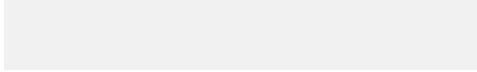
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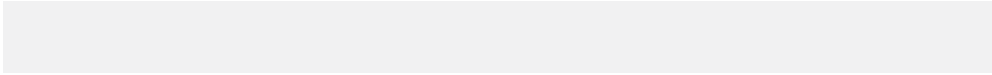
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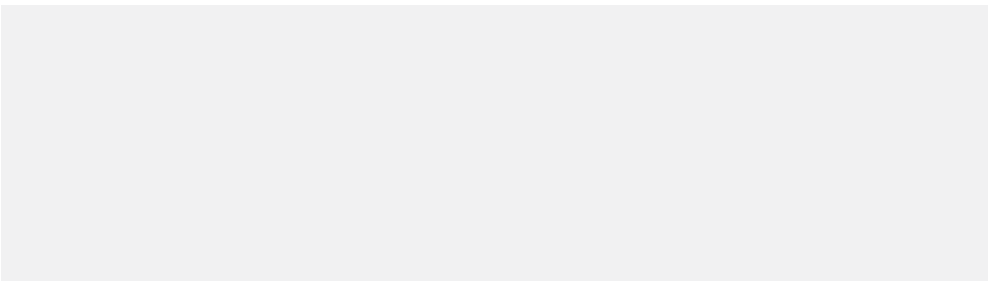
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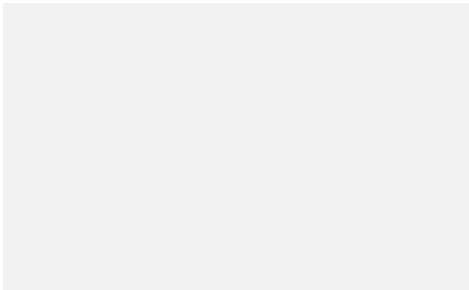
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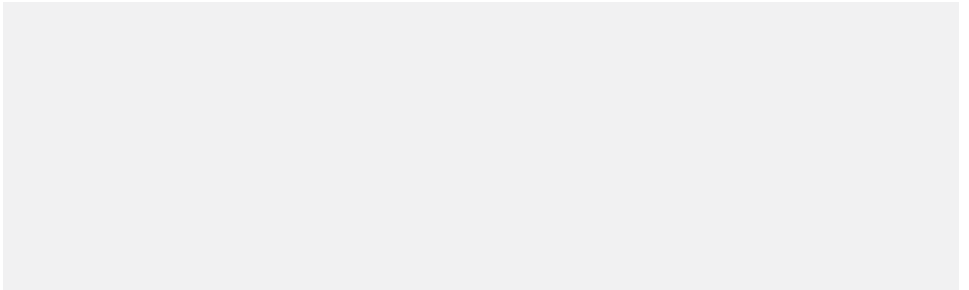
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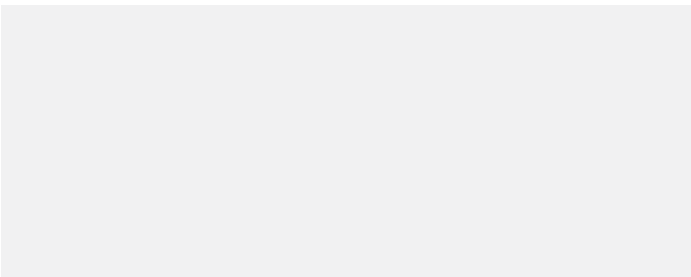
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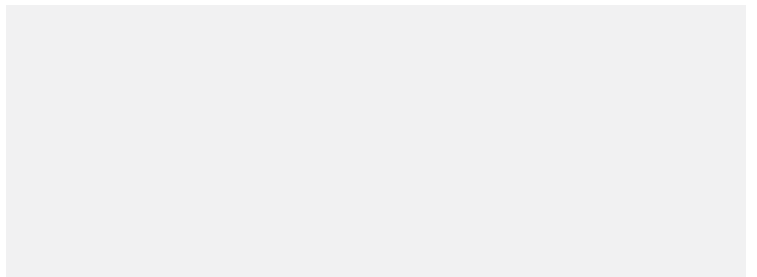
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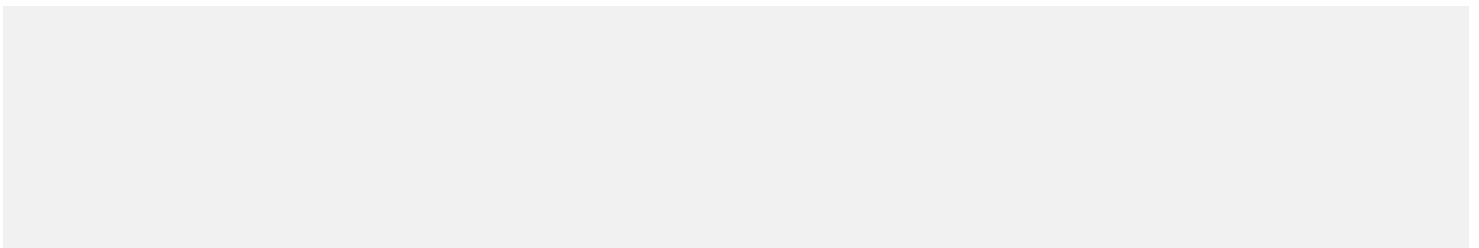
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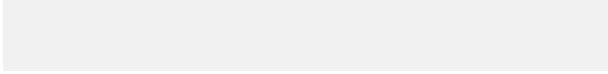


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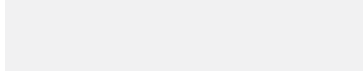


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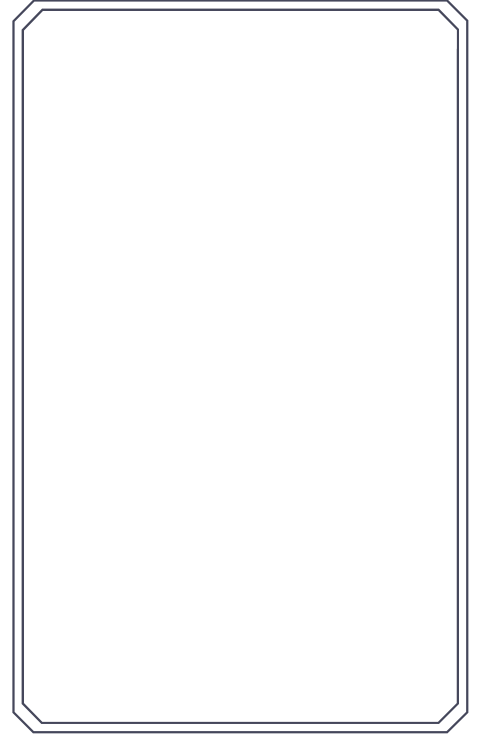
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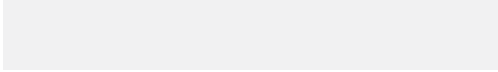
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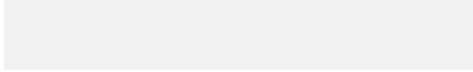
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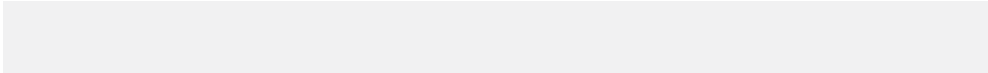
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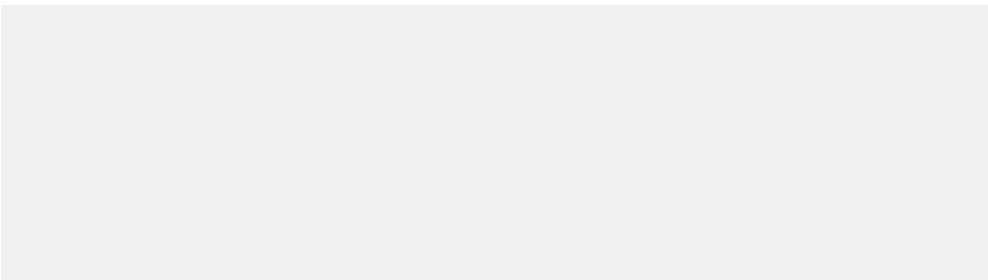
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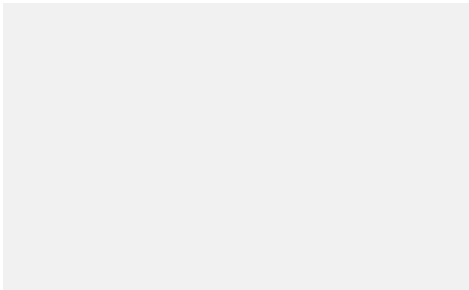
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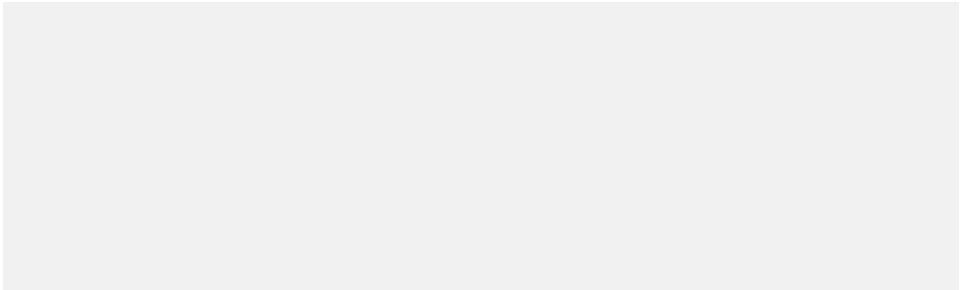
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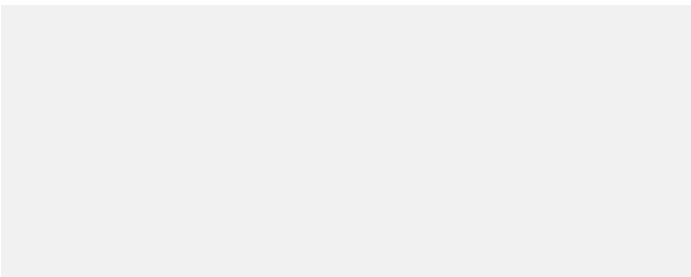
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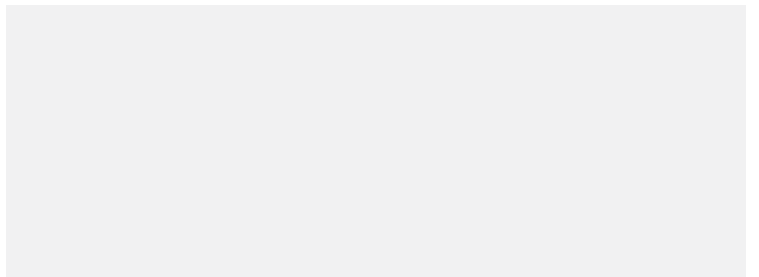
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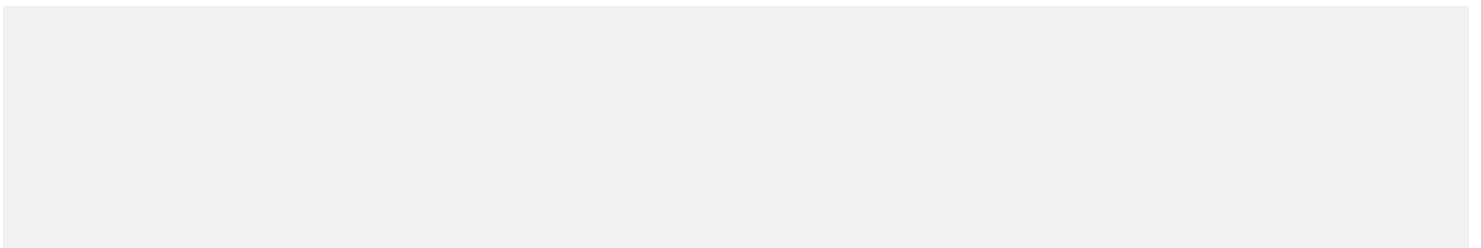
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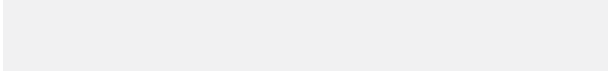


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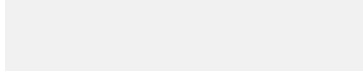


DAILY TAROT JOURNAL

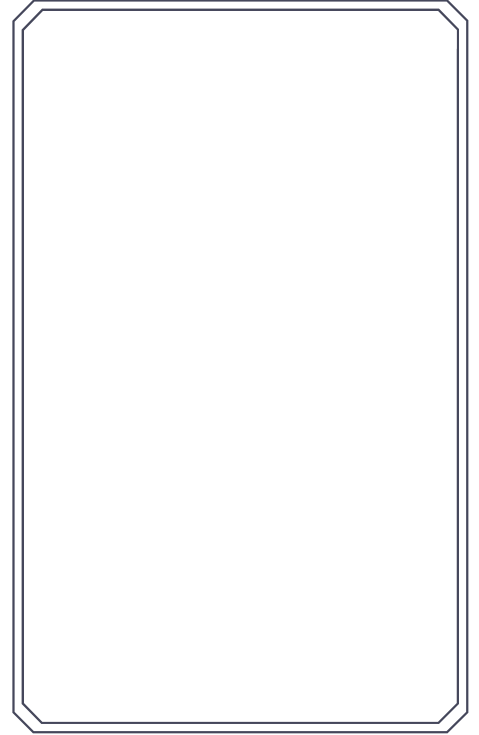
TODAY'S CARD



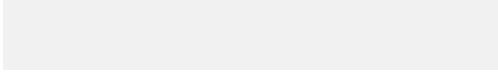
DATE



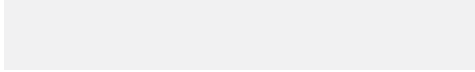
MAIN CARD IMAGE



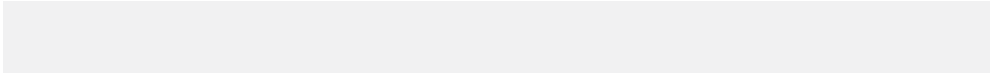
UNSEEN CARD



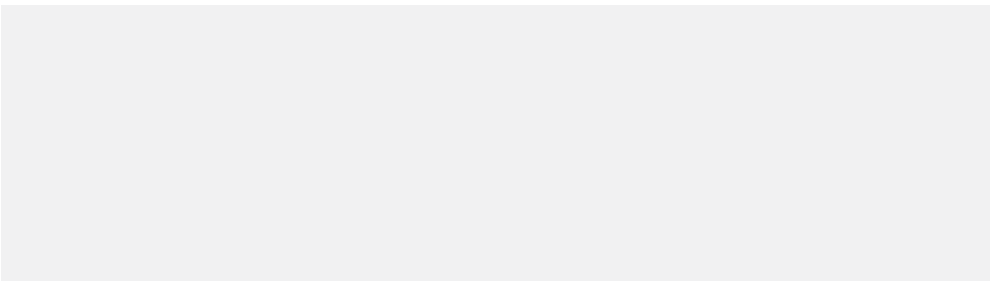
ORACLE CARD



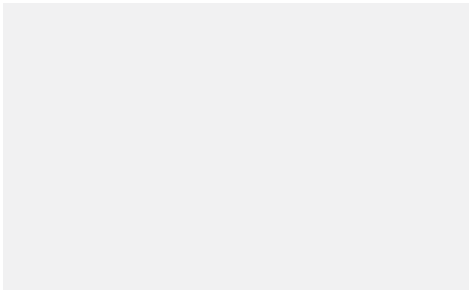
CLARIFICATION CARD(S)



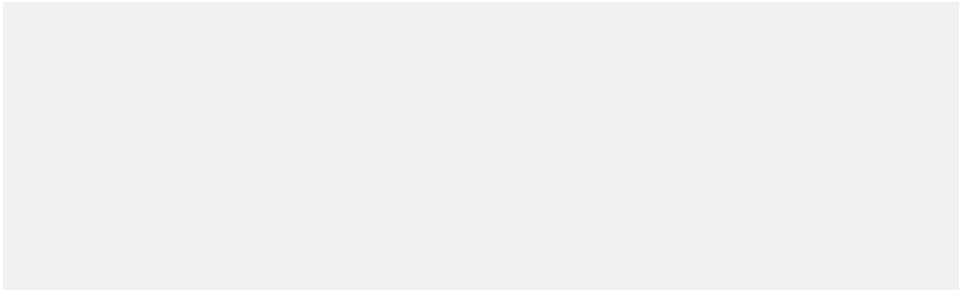
FIRST THOUGHTS OR IMPRESSIONS:



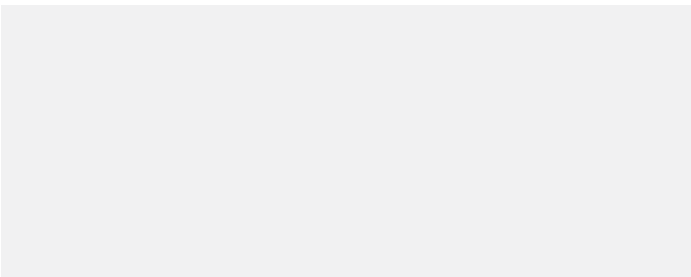
WHAT IMAGERY STANDS? WHY?



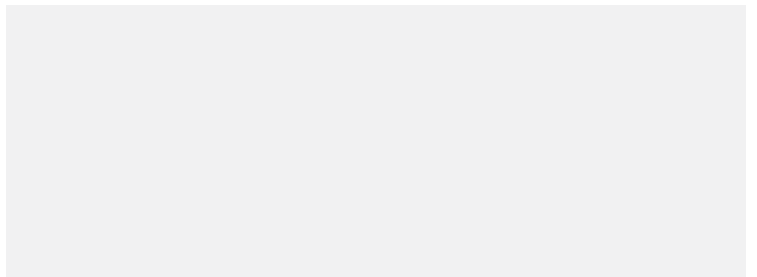
HOW DO THESE CARDS MAKE YOU FEEL?



WHAT EXPERIENCES OR PEOPLE ARE REPRESENTED?



HOW DO THE OTHER CARDS AFFECT THE READING?



LATER IN THE DAY - WHAT PERSONAL EXPERIENCES TIED INTO THIS READING?

