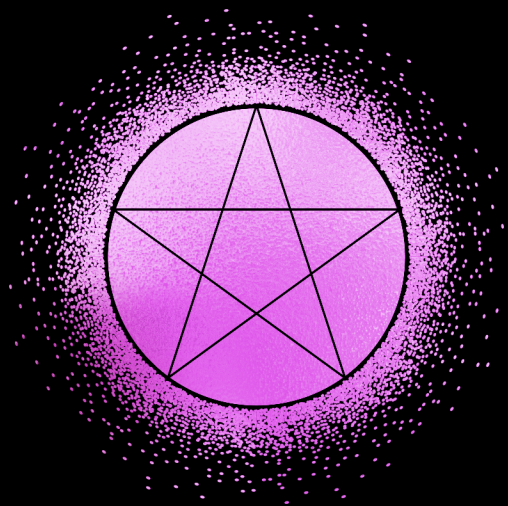


A Daily
Tarot Card
Goal Sheet

Nurture Your Intuition With
Your Intentions



DAILY FOCUS SHEET DIRECTIONS

This sheet helps you know what the page is designed for and how to use it. However, it's just suggestions. Feel free to use the page however you desire.

Moon in Zodiac Sign - The circle is to draw in the moon phase according to where it is at the time of filling out the page. And then you can either creatively draw the zodiac sign over the phase of the moon, or write it in underneath.

Weather - The weather box is for recording the highs and lows of the day and draw in any weather illustrations to get your doodles in.

Weekly Intentions - This box is meant to write down your goals you most want to work towards this week. As you consider your energy this day, how can you continue to retrain it towards your goal? Your challenge is to keep moving your energy up to the level you need to achieve that goal.

So each day you can write your goal again, refocusing through writing, recommitting each day to do this. It doesn't matter if some goals take longer than others. The point of this part of the worksheet is, don't give up. Don't ever give up. You will get there eventually. If you are frustrated, consider how you might be able to break the goal down into a smaller part.

For instance, if you want to start exercising, but don't have the motivation, instead of actually exercising, what about just getting dressed to go exercise and then seeing how you feel. All week long your goal could simply be "put on exercise clothes," and that's it, but with emphasis on feeling good to accomplish it.

Commit to that small step of feeling better. Your brain loves to be rewarded this way, so small doable goals are excellent in training your brain towards this reward system. Which in fact, your brain really does release a dopamine hit for you. Once you've achieved this small goal of getting dressed to exercise, then consider what the next small step might be. Maybe it is sitting on the exercise bike for 5 minutes.

Or turning on the exercise video but just having it on in the background. Maybe it's stepping outside or just sitting on the weight bench. Or, if you want to go somewhere to exercise, maybe it's just sitting in the car. It doesn't matter what the next goal is, just make it the next step from the last one. This slowly conditions your mind to familiarize with this lifestyle you're trying to choose, but which can be hard to shift to if there are emotional blocks. This helps you work through those emotional blocks a little at a time. And also, rewarding your brain as you go. This creates positive association with the goal you're struggling with.

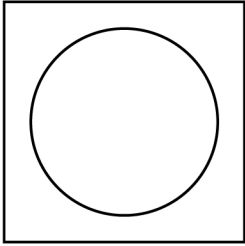
If you have to sit in your car for 10 minutes and then go back inside for 6 weeks, then so be it. Do not judge yourself. Use that time to keep loving and coaching yourself that everything is going to be okay and you will get there in time. And continue doing this until you've achieved doing the thing you want.

The rest of the worksheet is hopefully self explanatory, however if you have any questions, feel free to contact me.

DAILY FOCUS

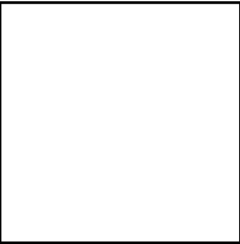
Date _____

Moon in



Zodiac Sign

Weather



Daily Tarot Card

Deck _____

Card _____

Energy of card. What sticks out the most? (trust your intuition)

Weekly Intention

How do you feel today?

How does your body feel?

How does your environment feel?

How do you want to feel today?

How can you love yourself more to allow how you want to feel in more? How can you let more love in to move you towards your future goals in life? If you're feeling down, resistant, dense or angry energy, refer to Processing Shadow Energy