



## Goal Setting

From Healing Thru Tarot Podcast by Dr. Heather Hardison

You will want to divide your deck into 3 piles for this discussion.

Pile #1: Major Arcana (cards numbered 0 - 21)

Pile #2: 40 Minor Arcana Cards (Ace - 10 in the 4 suits)

Pile #3: Court Cards (Page, Knight, Queen & King in the 4 suits)

To narrow down which goals I need to work on, I can ask a specific question about **major life themes** that I need to focus on and then shuffle the **Major Arcana** pile and pick 1, 2, or 3 cards to work with.

**For specific daily actions I need to take or to implement into my regular routine**, I will pull cards from the **Minor Arcana** pile. This could tell me what actions to start taking daily to see improvement on my goals including health, career, or relationships.

**To figure out which relationships need work**, I pull from the pile of **Court Cards**. These cards represent the different people in my life. **Or if I want to know which personality traits I need to work on for myself**, I will also use the court card pile to shuffle and choose a card. Working with the cards in these smaller piles helps to gather specific guidance on the type of action I need to take instead of pulling cards from the full deck.

You can ask the cards which goals need to be prioritized and let the cards paint the picture for you. This is helpful when you are starting from scratch and don't have any direction yet.

You can also flip through your decks to see which cards jump out at you at that moment. You may find you get inspired by the images so you can set many goals by pulling cards and building a goal list around those cards. In this way, you are using the cards as a springboard to launch ideas.

Also, if you have a specific goal already in mind, find the cards that best represent that goal. Then will use those images while intention setting or you can display them in my environment. These cards act as reminders of your goal and you can work off the energy from those particular cards. You may also meditate on those images throughout the day and even use them as inspiration to write or journal about your goals.



**3 Card Spread:**

*Choose a card to represent the goal you have in mind.*

*Choose a card then to symbolize the energy you need to embody to bring that goal about.*

*And the last card represents the action you need to take to bring the goal to fruition.*

All of these methods of goal setting use the energy and intention behind the images in the tarot to help enhance the energy you are directing towards your goal. This raises your vibration and gives you more momentum when striving to achieve the goals you set for the week, month, or year.

## MONTHLY INTUITIVE PLANNING



1

What worked in the past month?



2

What didn't work?



3

What did I learn?



4

What is the theme of this month?



5



6



7

...

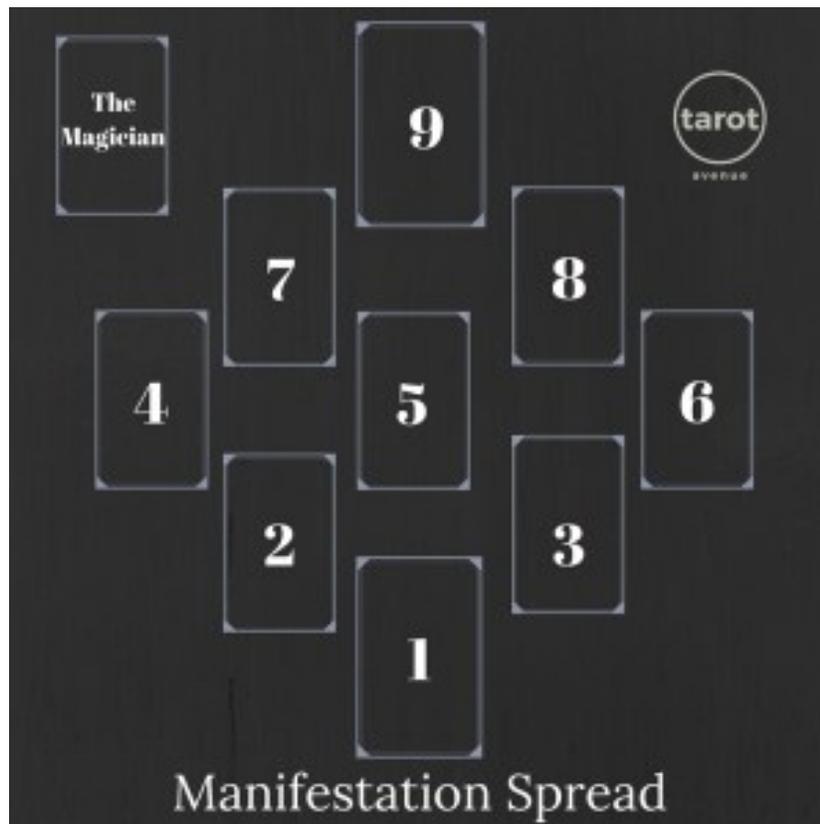
Set your goals and pull a card for each. See if they align with your intuition. If not, adjust your goals.

BIDDY@biddytarot



## Manifestation

Using the Magician's Tools: The cards in-between 1 and 9 represent the steps that you need to take to reach the goal and are as follows: (from [www.tarotavenue.com](http://www.tarotavenue.com))



1. Where you are now?
2. What you need to know about making your dream a reality?
3. What's going to help you?
4. What do you need to let go of or do less of?
5. What obstacles could stand in your way?
6. How should you tackle that obstacle?
7. Who can help you, if anybody?
8. How quickly will this happen?
9. Your goal!



# SAGE WIND TAROT CIRCLE ... MAY 2021

Ways to Manifest from: @WellnessFoundry

Choose a card that best represents what you want to manifest. Ex) choosing the Emperor to cultivate more structure, assertiveness and order in your life. Make that card your phones screensaver and then every time you pick up your phone you're reminding yourself of your intention. Energy follows thought.

## Affirmations

From: @tarotassociation

Shuffle your deck and pull out the first 2 MAJOR arcana cards you find. Lay them out side by side.

Create an affirmation by making the first card a verb and the second card an adverb.

Ex.) one a "doing" word and one a "how is it being done" word. DEVIL + FOOL = Enjoy Freely.

Then simply add "I will..." or, "I shall..." or similar to make it a self-in-the-present sentence: I WILL ENJOY FREELY.

Change it up every week and see how you do!