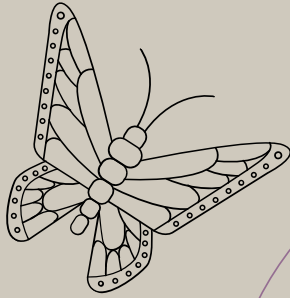


TAROT FOR GROWTH



Daily Journal

About The Author



I'm a Holistic Health Practitioner and I've dedicated my life to helping people (just like you) learn, heal, and manifest the life they've always dreamed of. My journey started over 10 years ago when I first discovered the life-changing magic of tarot for personal growth!

Tarot isn't about predicting the future or mystical fortune-telling. It's a powerful tool for self-reflection, gaining clarity on tough decisions, and understanding the patterns that keep you stuck. This daily journal helps you use tarot as your personal growth compass - not to tell you what will happen, but to help you understand what's happening inside you right now. Each draw becomes a conversation with your inner wisdom, cutting through the noise to find what you actually need to hear.

We're skipping the part where you need to memorize card meanings from a book. Instead, you'll learn to trust your intuition and discover what each card means for YOUR life and circumstances.

Lasting Wellness: Daily tarot practice isn't about dramatic revelations every day. Sometimes it's gentle guidance, sometimes it's a reality check, and sometimes it's just a moment to pause and check in with yourself.

Ready to let tarot guide your personal growth journey?

-Melissa Bishop

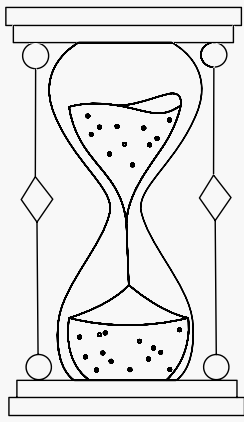
ARE YOU READY
TO TRANSFORM?

SCHEDULE A CALL



melissa@wholeheartedstudio.net

www.WholeheartedStudio.net



Tarot for Growth

Daily Journal

What is Tarot?

Traditionally made up of no less than seventy-eight cards, modern day Tarot decks can be wildly different. Tarot cards come in all sizes, with all types of artwork on both the front and back. Some Tarot deck creators even make up their own additional Tarot cards. The meanings and the message of each one of those seventy-eight cards, however, usually remain the same.

Many believe that Tarot cards serve only to tell the future, but this is not true. When used traditionally, Tarot cards speak of the past and present, and are supposed to give clues and ideas about the future that you are potentially heading into.

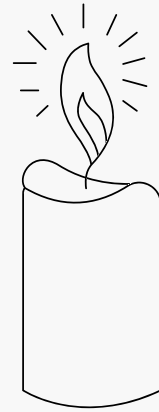
Why Does This Work?

When done traditionally, a Tarot card reading can put everything into perspective in a clear and understandable way. Every Tarot card reading is prefaced by a question. Oftentimes, each card will then come up in the past, present, or future position and will shed some light on the topic of your question.

Whether or not you believe in spiritual or esoteric things, or even in the art of telling the future, a Tarot card reading can help you better understand your own thoughts. You'll realize potentially dangerous patterns in your life, and get a better understanding of Self. Even the question that you ask in your mind can help you understand something about yourself, and in this way a Tarot card reading can truly help you.

Tarot *Daily Journal* for Growth

How To Use This Journal



Each journal entry includes a Tarot Pull for the day (or following day), depending on whether you choose to start or finish your day with this journal. Either one works, it really just depends on what feels right to you.

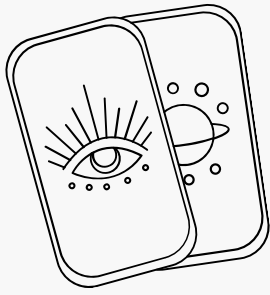
Each entry also has a section to fill in an intention and action for each of the following:

(Cups) Heart
(Pentacles) Body
(Swords) Mind
(Wands) Soul

We practice this because the true balance needed for a happy, fulfilling, and purposeful life is the balance of the Heart, Mind, Body, and Soul.

Interestingly, these four elements are represented in the tarot through the Minor Arcana- Cups representing the Heart, Swords representing the Mind, Pentacles representing the Body, and Wands representing the Soul. The closer we come to harmony in these realms, the more vibrant, joyful, and loving we can be with ourselves and others.

This practice is important because 1) You will have some clear direction for the day ahead and 2) By writing these 'To-dos' down you can release them from your mind and free up space in your conscious and subconscious mind, making room for new thoughts, dreams, and ideas.



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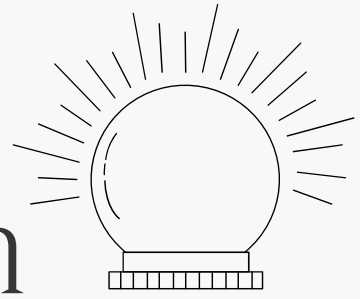
How To Use This Journal Continued...

Beside each one you will write down something you will do to nourish each of these elements that day (or the following day). Here are some examples to get you started:

Cups (Heart) -This one is about connections and relationships with others. Who could you reach out to, to see how they are doing and let them know you care? You could give a stranger a compliment. You could give someone in your everyday life your real, focused attention. It really doesn't have to be a big or grand gesture. What speaks to your heart? What could you do to fill your heart with joy?

Pentacles (Body)- This one is about nourishing your physical body. For example, I have been fulfilling this one by taking a relaxing walk around my neighborhood every morning. You could fulfill this 'to-do' by doing yoga, working out, eating healthy food, or drinking lots of water. It's really up to you. Even if you only feel like you only have five minutes to devote to this task, you may be surprised how much taking five minutes to nourish your physical body can improve your entire day.

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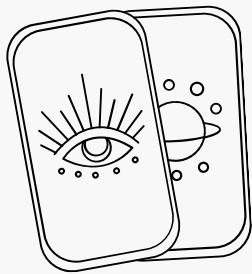


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Beside each one you will write down something you will do to nourish each of these elements that day (the following day). Here are some examples to get you started:

Swords (Mind)- What are you going to do to stimulate and take care of your mind today? Our minds crave challenges and goals to work towards. A good way to do this is through learning something new. You could take some time to read a book or even just listen to an audiobook while you do the dishes on a new subject you're interested in. What can you do to learn today? What can you do to stimulate your mind? (Hint: you're not going to find it scrolling through social media.)

Wands (Soul)- Wands represent the element of Fire and this one is all about passion and energy. What lights a fire in you? Only you can answer this for yourself. What are you passionate about? What are you drawn to in a way that may defy your own logical mind or reasoning? I don't say this to infer you need some mega project to fulfill this realm. But if you can close your eyes and let all your reasoning and logical thoughts about what you should care about or like fall away, what are you drawn to? What thing can you lose yourself in and time falls away when you're doing it? (This is also known as being in a 'flow' state.)



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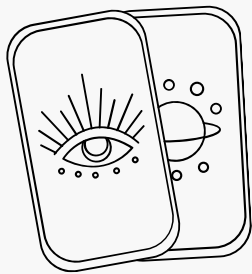
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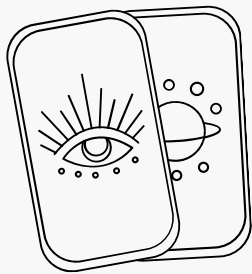
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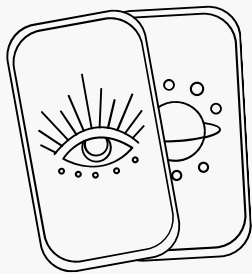
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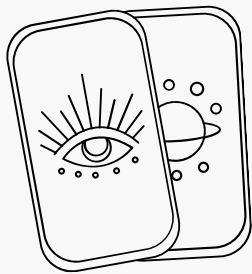
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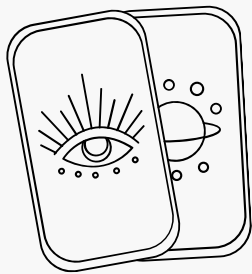
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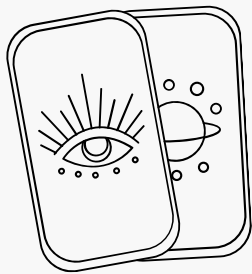
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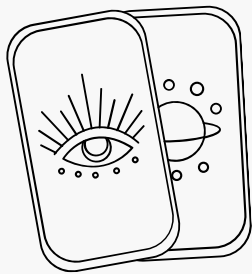
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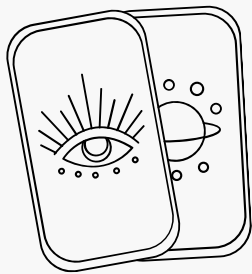
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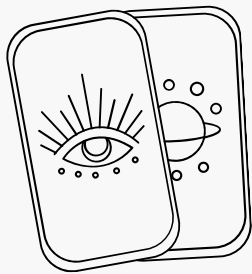
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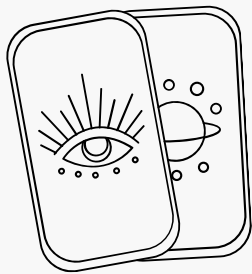
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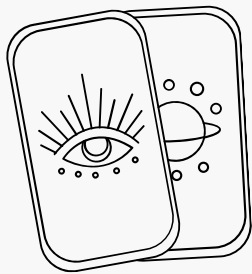
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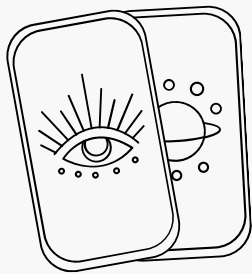
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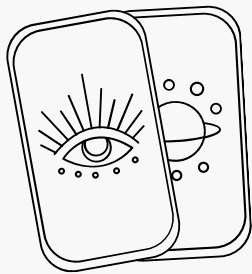
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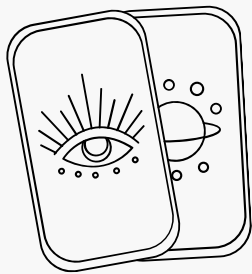
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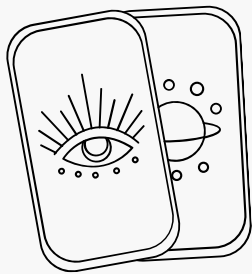
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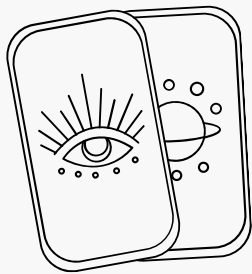
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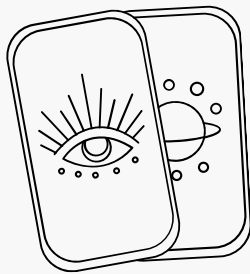
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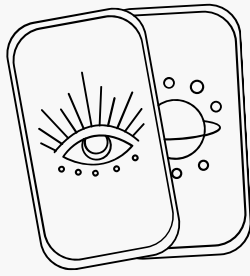
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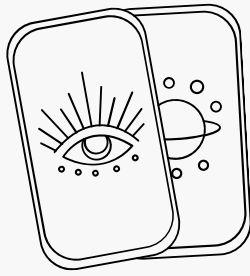
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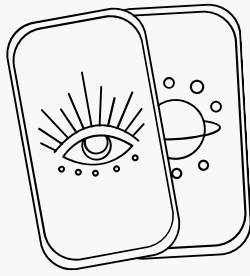
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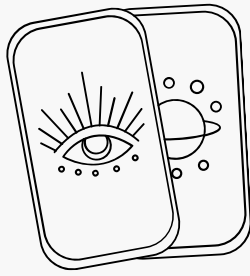
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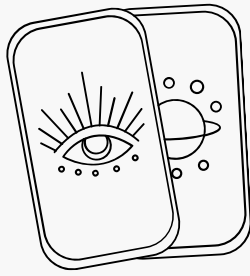
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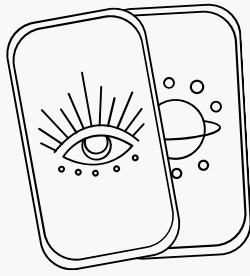
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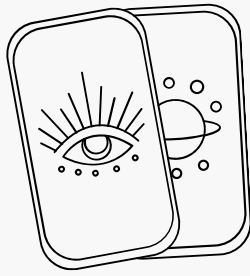
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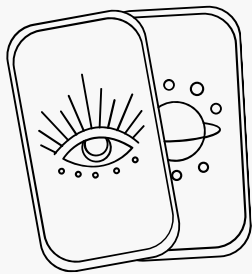
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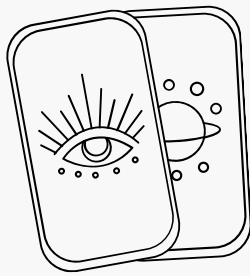
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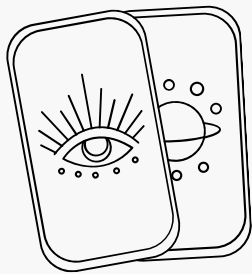
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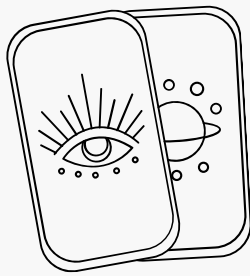
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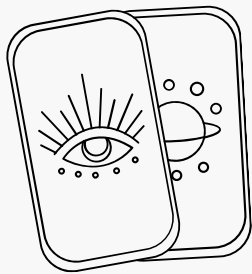
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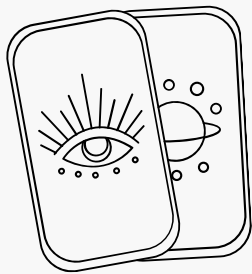
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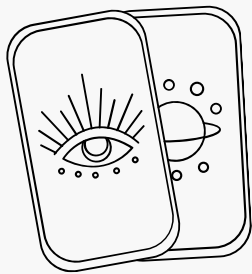
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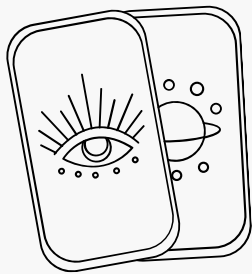
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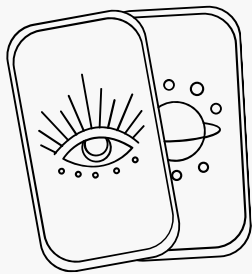
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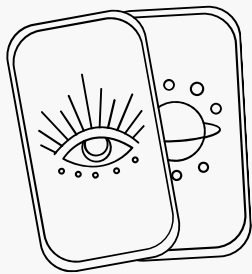
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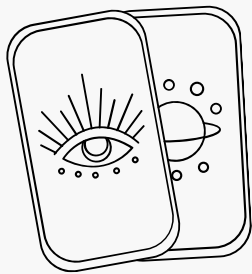
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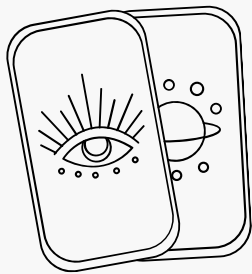
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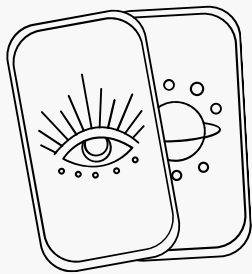
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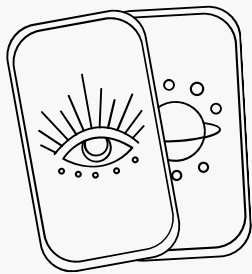
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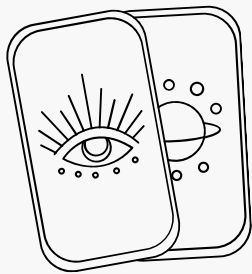
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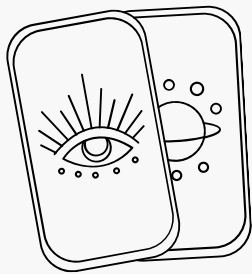
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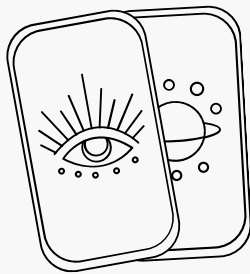
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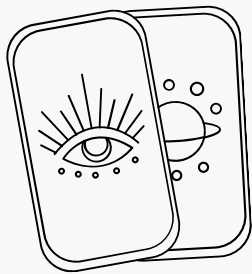
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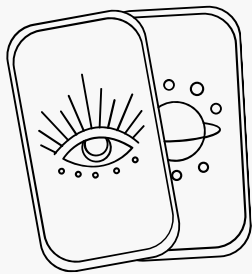
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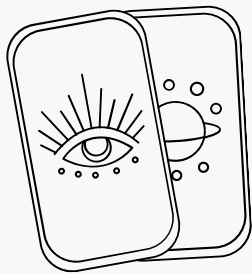
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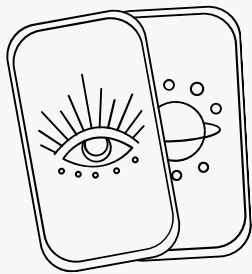
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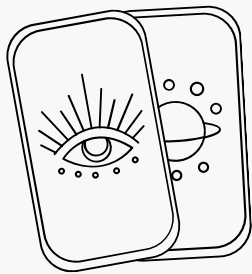
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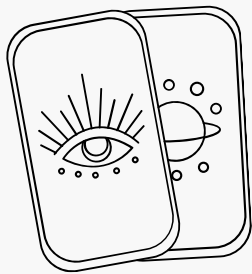
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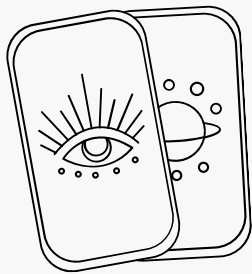
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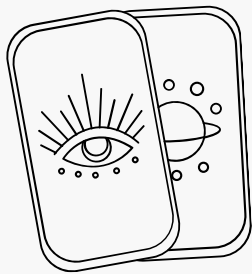
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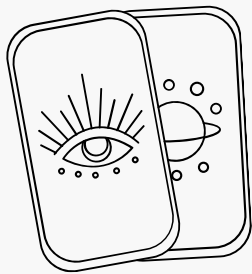
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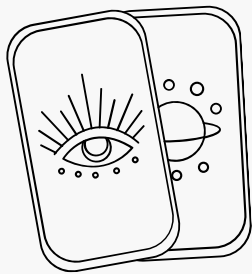
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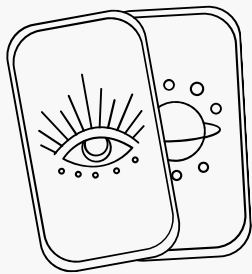
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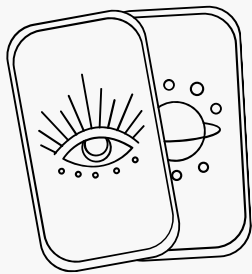
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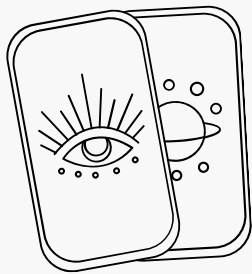
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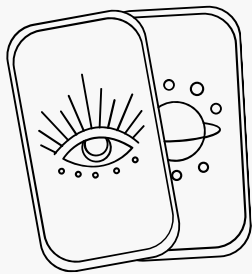
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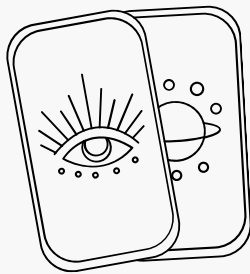
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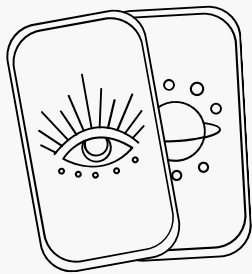
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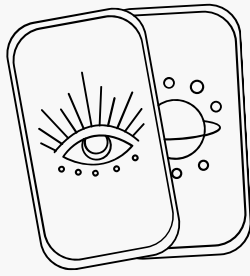
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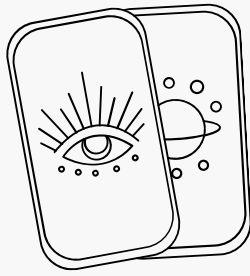
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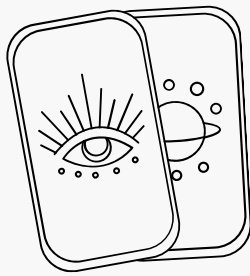
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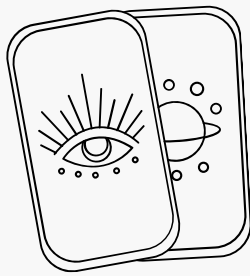
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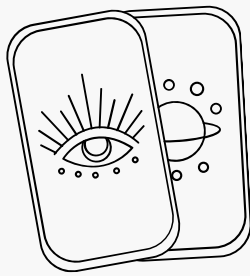
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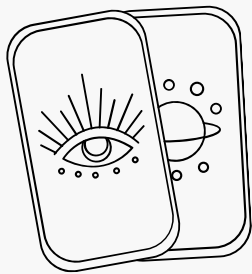
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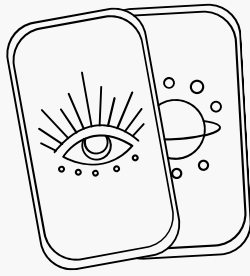
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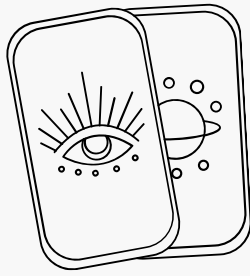
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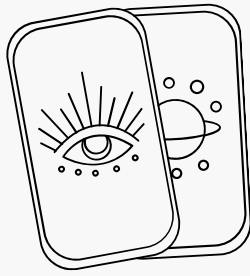
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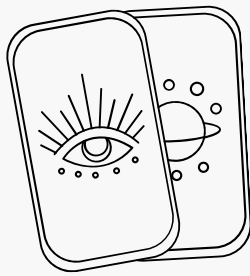
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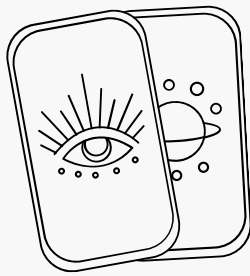
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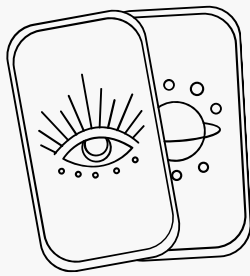
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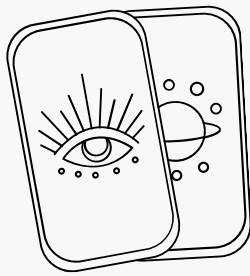
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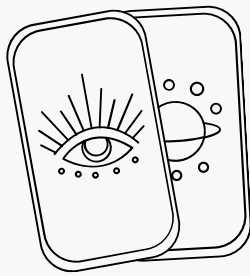
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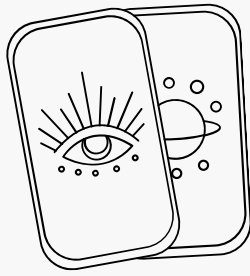
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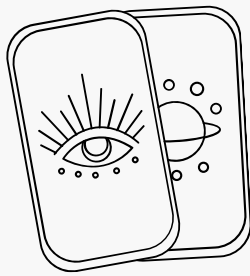
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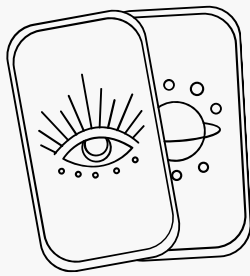
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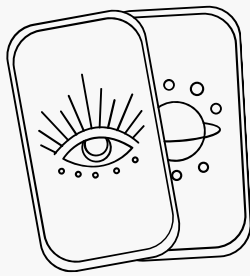
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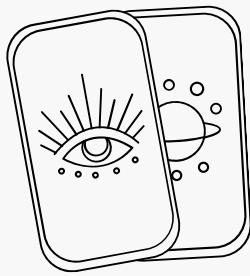
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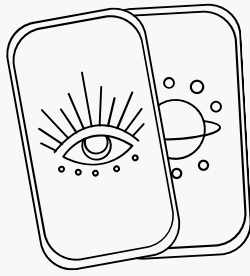
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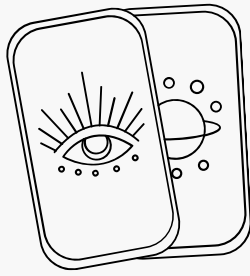
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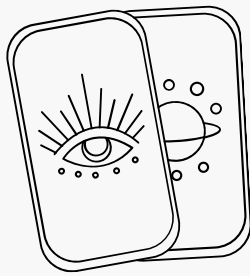
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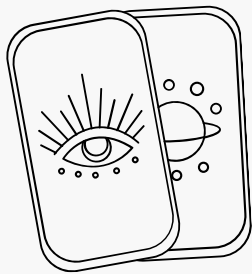
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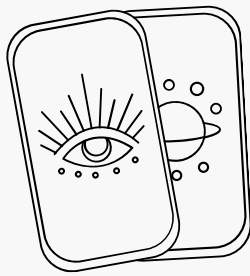
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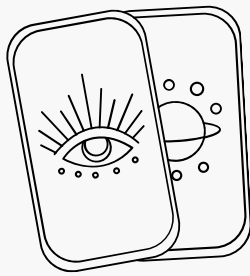
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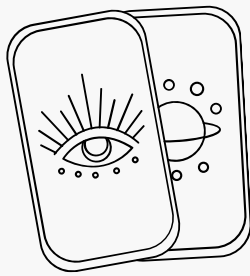
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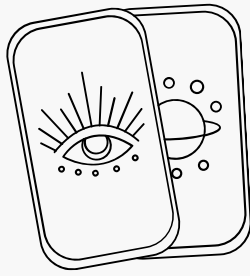
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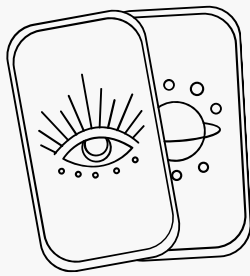
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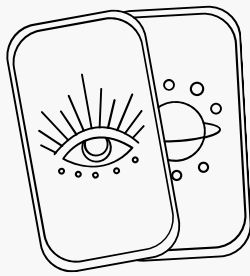
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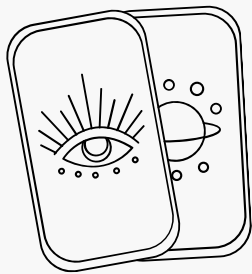
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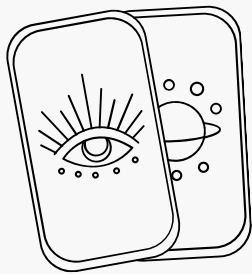
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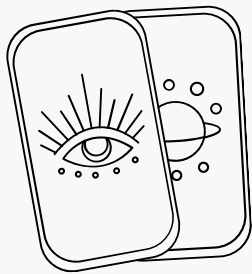
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Resources for Ongoing Support

If you found this guide helpful and want more support:

Services that support sustainable wellness:

- Reiki sessions for energy balance and stress relief
- EFT Tapping for emotional regulation
- Intuitive coaching for authentic growth
- Intuitive Readings for clarity and guidance
- Mediumship readings for connection with loved ones
- Revolutionary Love Program (RLP) for comprehensive healing

Follow for more real talk about wellness:

- Facebook: Wholehearted Healing Studio
- Instagram: @wholeheartedhealingandreadings

Remember: You don't have to do this alone. Professional support isn't a sign of weakness – it's a sign of wisdom.

Contact:



Wholehearted Healing Studio 1169 Walker Road, Dover,
Delaware 19904 Phone: 302-922-7100 Email:

Melissa@wholeheartedstudio.net

Website: www.wholeheartedstudio.net

THOSE
WHO DON'T
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