ORACLE CARDS READING

Card Reflection Journal

Your optional paper companion.

A little space on paper.

Use this journal alongside your card journey, or return to it later. Tick, circle or write - whatever suits you. A few words are enough, and every question is optional.

01 Choose and notice

Pick an image on the website. Read the reflection and notice what it brings to mind.

02 Explore what might help

Use the feeling and support cards, or the choices on these pages. There is no right combination.

03 Keep one useful thing

Save your automatic summary online, use these pages, or simply take a small idea with you.

The website gives you a complete reflection without writing. This journal is here if you prefer paper; you do not need to use both.

Personal use: reprint these pages for your own reflections. Skip anything that does not fit, and stop whenever you wish.

What is here today?

Tick, circle or write. You can leave any section blank.

Date

My card / image

What did my card bring to mind?

A situation, a thought, a question - or just one word.

What feeling is here?

- ☐ Worried
- ☐ Sad
- ☐ Frustrated
- ☐ Hopeful
- ☐ Mixed
- ☐ Not sure
- ☐ Something else:

More than one feeling can be present. Choosing a feeling does not define you, and you do not need to make yourself feel differently to complete this page.

One phrase I would like to keep from my reflection

A little direction.

Choose what feels useful, rather than what you think you should need.

- ☐ Space
- ☐ Rest
- ☐ Connection
- ☐ Clarity
- ☐ Support
- ☐ One small action
- ☐ Not sure yet
- ☐ Something else

A perspective I want to carry with me

Keep a phrase from your closing card, or add your own.

One small experiment - optional

What could I try? Make it manageable. Resting or leaving a question open can also be a choice.

When might this fit?

No action is required. You can finish here and let this be enough for today.

What will I carry forward?

Return later if you wish. This is a chance to notice, not to mark your progress.

Date

_____

What did I try, or choose to leave alone?

What did I notice afterwards?

What might I keep, adapt or leave next time?

For now, I would like to...

- ☐ Keep this idea
- ☐ Try something smaller
- ☐ Let it rest
- ☐ Leave the answer open

An experiment offers information, not a verdict about you. You can return to the cards whenever you would welcome another perspective.