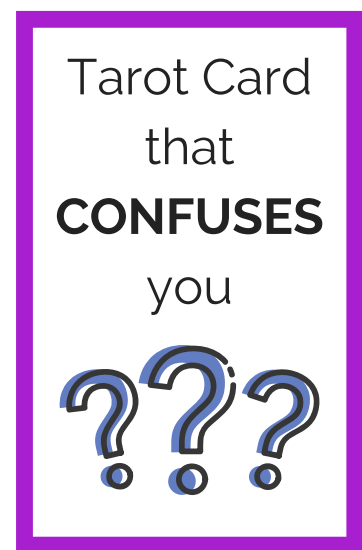
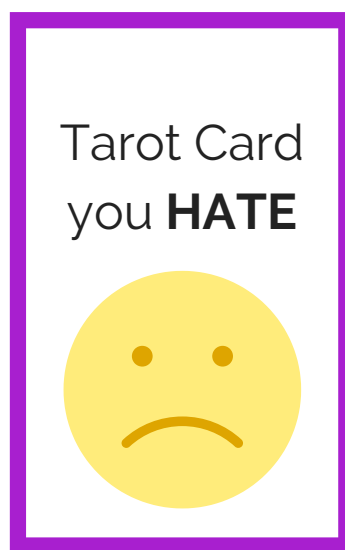


Exploring Aspects of Self Tarot Card Spread

Turn your cards face up and **consciously choose 3 cards** – a card you **love**, a card you **hate** and a card that has always **confused** you...

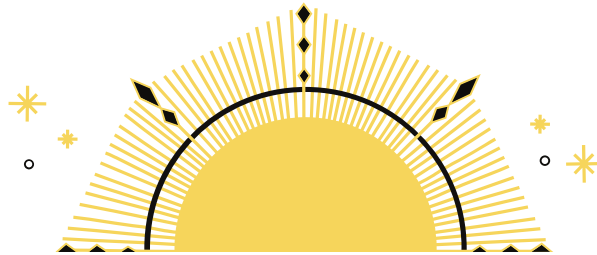


This card represents your "**ideal self**" and the traits you want to cultivate. This may also be the part of yourself you approve of and the part you show to the world.

This card represents your "**misunderstood self**" - the part of you that is most confusing to you right now. Often this card represents issues you are currently working on.

This card represents your "**disowned self**" - this is your "shadow self", the part you keep hidden. This may be a part of yourself that you are ashamed of or that you've deemed inappropriate.

Exploring Aspects of Self Tarot Card Spread



Some questions you may want to ask each card...

- What part of myself does this card represent?
- How do I feel about this part of myself? How do I treat it?
- What role does this part play in my life right now?
- What figure am I most drawn to? What happens when I embody that figure?
- If these cards could talk to each other, what would they say?

