

TAROT WORKBOOK

A JOURNEY OF INTUITION, WISDOM
AND SELF-DISCOVERY

This workbook is your sacred space.
Write, reflect and connect with
the wisdom within.

1

WELCOME

This workbook is designed to help
you deepen your connection with
the Tarot and your own intuition.

There are no right or wrong
answers – only your truth.

Use this space to learn,
explore and record your
personal insights.

MY INTENTION

I use Tarot to...

I want to learn and grow...

2

ABOUT TAROT

Tarot is a tool for guidance, self-awareness
and spiritual growth. It reflects the energies
around you and the wisdom within you.

The Tarot deck has 78 cards:

- 22 Major Arcana
- 56 Minor Arcana

The Minor Arcana is divided into 4 suits
representing different areas of life.



WANDS
Fire
Passion
Action



CUPS
Water
Emotions
Relationships



SWORDS
Air
Thoughts
Communication



PENTACLES
Earth
Money
Manifestation

3

CLEANSING & CONNECTING WITH YOUR DECK

BEFORE EACH READING, YOU CAN
CLEANSE YOUR DECK BY:

- Smudging with sage or palo santo
- Placing crystals on or around your deck
- Sound cleansing with bells or singing bowl
- Visualizing white or golden light
- Asking your guides to cleanse and protect the deck

CONNECTING RITUAL

Hold your deck in your hands. Take a few
deep breaths. Set your intention and ask
for clear guidance that is for your
highest good.

MY RITUAL

I connect with my deck by...

4

CARD OF THE DAY

DATE: _____

CARD DRAWN:

FIRST IMPRESSION

What did you notice first?

KEY MESSAGE

What is the card trying to tell you today?

HOW DOES IT RELATE TO MY DAY?

5

CARD STUDY TEMPLATE

CARD NAME: _____

PASTE OR DRAW
THE CARD HERE

KEYWORDS: _____

UPRIGHT MEANING: _____

REVERSED MEANING: _____

LOVE: _____

CAREER: _____

SPIRITUAL LESSON: _____

AFFIRMATION: _____

MY NOTES / INTUITIVE MESSAGE: _____

6

THREE CARD SPREAD PAST • PRESENT • FUTURE

Draw three cards and interpret their
messages for guidance.



PAST

MESSAGE: _____



PRESENT

MESSAGE: _____



FUTURE

MESSAGE: _____

OVERALL GUIDANCE / LESSON

7

JOURNAL YOUR READINGS

DATE: _____

QUESTION I ASKED: _____

CARDS DRAWN:



MY INTERPRETATION:

HOW I FELT DURING THE READING:

OUTCOME (IF KNOWN):

LESSONS LEARNED:

8

REFLECTION

What patterns are you noticing in your readings?

What cards appear most often?

What messages are coming through for you
right now?

How has Tarot helped you in your journey?

I TRUST MY INTUITION.
I AM OPEN TO GUIDANCE.
I AM EXACTLY WHERE I NEED TO BE.

The answers you seek are already within you.
Tarot simply helps you listen.