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4-Card Daily Spreads

Ideas for your daily card pull.

<p>DAILY FOUNDATION</p> <p>Card 1 Energy - <i>What energy am I carrying into today?</i></p> <p>Card 2 The Good - <i>What is working in my favor today?</i></p> <p>Card 3 The Challenge - <i>What is asking for my attention/growth?</i></p> <p>Card 4 Best Use of Energy - <i>Where should I focus my energy?</i></p>	<p>RELEASE & RECEIVE</p> <p>Card 1 Let Go - <i>What no longer belongs in this day?</i></p> <p>Card 2 Hold On - <i>What is worth protecting and keeping?</i></p> <p>Card 3 Receive - <i>What is trying to come to me?</i></p> <p>Card 4 Anchor - <i>What keeps me grounded through it all?</i></p>
<p>MORNING ALIGNMENT</p> <p>Card 1 Mind - <i>What thought pattern needs my awareness today?</i></p> <p>Card 2 Body - <i>What does my body need from me today?</i></p> <p>Card 3 Spirit - <i>What is my soul calling me toward?</i></p> <p>Card 4 Action - <i>What is the one move I should make today?</i></p>	<p>SHADOW & LIGHT</p> <p>Card 1 The Light - <i>What is rising within me?</i></p> <p>Card 2 The Shadow - <i>What am I not seeing clearly?</i></p> <p>Card 3 The Lesson - <i>What is this moment here to teach me?</i></p> <p>Card 4 The Gift - <i>What is available to me if I stay open?</i></p>
<p>TRUTH & CLARITY</p> <p>Card 1 What I Know - <i>What truth is already clear to me?</i></p> <p>Card 2 What I'm Avoiding - <i>What am I not ready to look at?</i></p> <p>Card 3 What I Need - <i>What would genuinely serve me right now?</i></p> <p>Card 4 What to Trust - <i>Where should I place my faith today?</i></p>	<p>INTENTIONAL LIVING</p> <p>Card 1 Presence - <i>What deserves my full attention today?</i></p> <p>Card 2 Resistance - <i>Where am I pushing against the flow?</i></p> <p>Card 3 Alignment - <i>What puts me back in sync with myself?</i></p> <p>Card 4 Intention - <i>What was my truest intention for today?</i></p>
<p>ENERGY CHECK-IN</p> <p>Card 1 Where I Am - <i>What is my honest starting point today?</i></p> <p>Card 2 What's Draining Me - <i>What is pulling energy away?</i></p> <p>Card 3 What's Feeding Me - <i>What is adding to my cup?</i></p> <p>Card 4 Invitation - <i>What is today asking me to step into?</i></p>	<p>ROOTS & GROWTH</p> <p>Card 1 My Foundation - <i>What am I standing on today?</i></p> <p>Card 2 What's Growing - <i>What is expanding/developing in my life?</i></p> <p>Card 3 What Needs Water - <i>What requires more care and attention?</i></p> <p>Card 4 The Bloom - <i>What is ready to come forward?</i></p>

Daily Affirmations

Use alone, or alongside your daily spread.

<p>DAILY FOUNDATION</p> <ul style="list-style-type: none">— I begin today exactly where I am meant to be.— My energy is purposeful and mine to direct.— What is good in my life is real and growing.— I meet challenges with clarity and steady ground.	<p>RELEASE & RECEIVE</p> <ul style="list-style-type: none">— I let go of what no longer serves me with ease.— I hold onto what matters and release the rest.— I am open and ready to receive what is mine.— I am grounded, steady, and secure in who I am.
<p>MORNING ALIGNMENT</p> <ul style="list-style-type: none">— My mind is clear and open to what today holds.— My body is wise and I listen to what it tells me.— My spirit knows the way- I trust it.— Every action I take today is rooted in intention.	<p>SHADOW & LIGHT</p> <ul style="list-style-type: none">— I welcome the light that is rising within me.— I look at my blind spots with compassion, not criticism.— Every lesson I face is making me more of who I am.— My greatest gifts are found when I stay open.
<p>TRUTH & CLARITY</p> <ul style="list-style-type: none">— I trust what I already know to be true.— I face what is hard with honesty and grace.— I give myself exactly what I need right now.— I place my faith where it belongs: in myself and in love.	<p>INTENTIONAL LIVING</p> <ul style="list-style-type: none">— I am fully present in this moment.— I stop fighting the flow and trust the path.— I return to alignment easily and without guilt.— How I live today reflects who I am becoming.
<p>ENERGY CHECK-IN</p> <ul style="list-style-type: none">— I honor where I am without judgment.— I release what drains me and protect my peace.— I nourish myself with what truly fills me up.— I say yes to what today is calling me toward.	<p>ROOTS & GROWTH</p> <ul style="list-style-type: none">— I am deeply rooted in love, truth, and strength.— I celebrate what is growing in my life right now.— I give tender care to what is still becoming.— I am ready to bloom and I allow it.

Week Ahead

WEEK OF _____

CARD & ENERGY FOR THE WEEK

WHAT TO RELEASE	WHAT TO CALL IN

TOP 3 FOCUSES FOR THE WEEK

MY INTENTION

Monday

DATE _____	DATE ENERGY _____	MOON PHASE ENERGY _____
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CARD 1	CARD 2

CARD 3	CARD 4

AFFIRMATION / INTENTION

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HOW I FEEL

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Tuesday

DATE _____	DATE ENERGY _____	MOON PHASE ENERGY _____
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CARD 1	CARD 2

CARD 3	CARD 4

AFFIRMATION / INTENTION

HOW I FEEL

Wednesday

DATE _____	DATE ENERGY _____	MOON PHASE ENERGY _____
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CARD 1	CARD 2

CARD 3	CARD 4

AFFIRMATION / INTENTION

HOW I FEEL

Thursday

DATE _____	DATE ENERGY _____	MOON PHASE ENERGY _____
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CARD 1	CARD 2

CARD 3	CARD 4

AFFIRMATION / INTENTION

HOW I FEEL

Friday

DATE _____	DATE ENERGY _____	MOON PHASE ENERGY _____
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CARD 1	CARD 2

CARD 3	CARD 4

AFFIRMATION / INTENTION

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HOW I FEEL

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Saturday

DATE _____	DATE ENERGY _____	MOON PHASE ENERGY _____
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CARD 1	CARD 2

CARD 3	CARD 4

AFFIRMATION / INTENTION

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HOW I FEEL

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Sunday

DATE _____	DATE ENERGY _____	MOON PHASE ENERGY _____
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CARD 1	CARD 2

CARD 3	CARD 4

AFFIRMATION / INTENTION

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HOW I FEEL

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