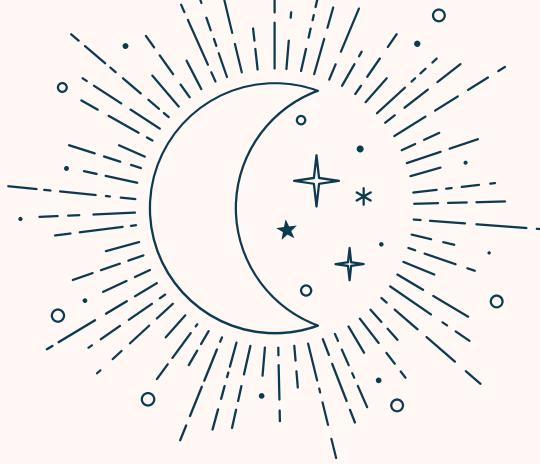


# SECRET GARDEN TAROT & ENERGY

*Reflect, Record, & Grow  
Your Intuition*



[NicholesSecretGarden.com](http://NicholesSecretGarden.com)



# WELCOME TO YOUR SECRET GARDEN

This journal is your sacred space to explore tarot, track your energy, and deepen your intuition. Use it as often as you like: daily, weekly, or whenever you feel called

## Instructions:

- Daily Use: Pull a card and record your thoughts.
- Energy Check-In: Notice your emotions and energy each day.
- Weekly Reflection: Look back to see the lessons and patterns that unfold.
- Print & Reuse: Print extra copies of the Daily and Energy Check-In pages whenever you need more space.

Your journey is unique. Trust what you feel, and let this journal grow with you.



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# TODAY'S TAROT PULL

Every card holds a message

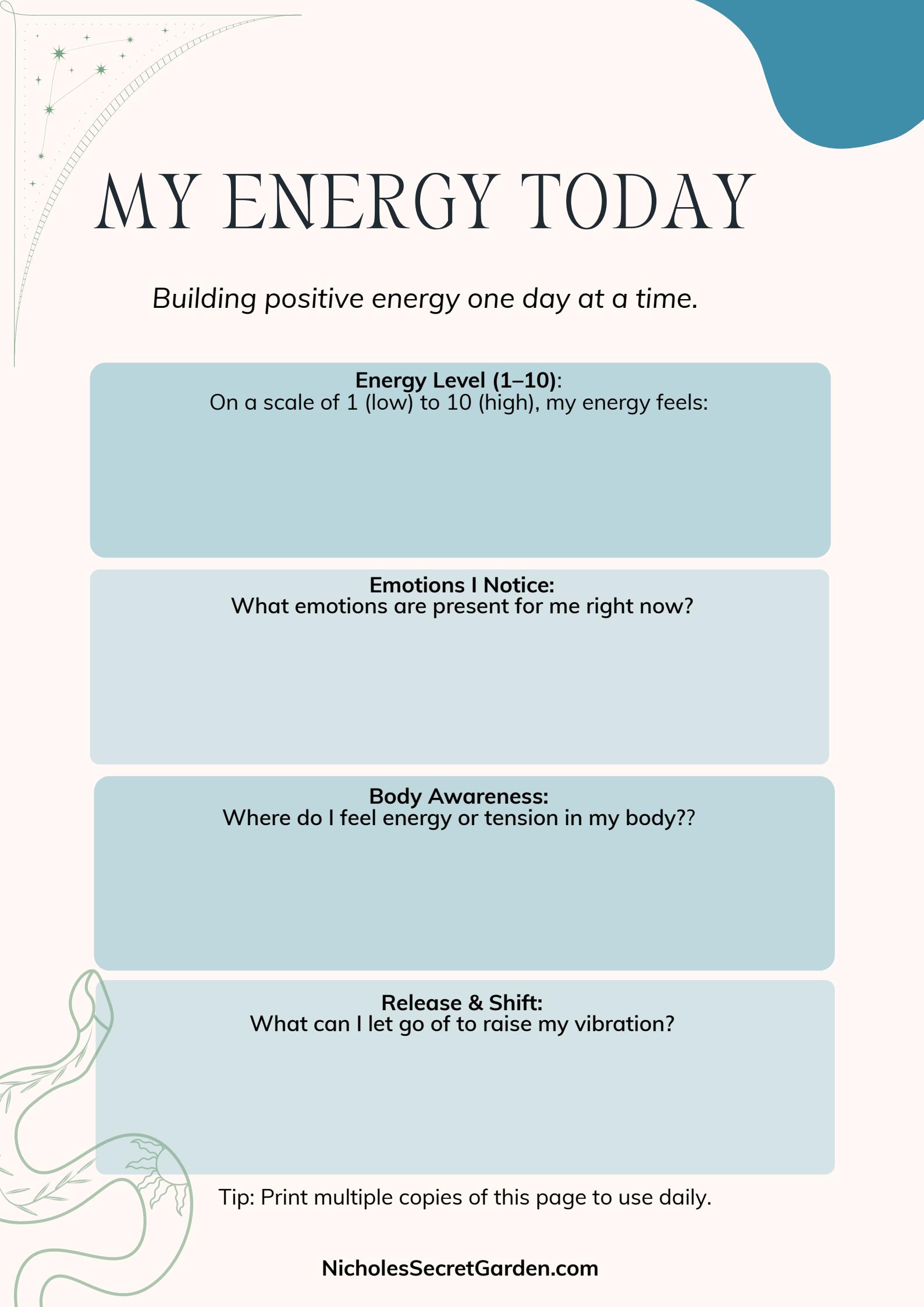
**Card Pulled**  
Which card did I draw?

**See It**  
What do I notice first about the card?  
Symbols, colors, feelings:

**Place It**  
How does this card connect to its position or my question?

**Apply It**  
How can I use this card's message in my life today?

Tip: Print multiple copies of this page to use daily.



# MY ENERGY TODAY

Building positive energy one day at a time.

## Energy Level (1–10):

On a scale of 1 (low) to 10 (high), my energy feels:

## Emotions I Notice:

What emotions are present for me right now?

## Body Awareness:

Where do I feel energy or tension in my body??

## Release & Shift:

What can I let go of to raise my vibration?

Tip: Print multiple copies of this page to use daily.

# WEEKLY REFLECTION

The lessons appear when you pause to reflect.



## **Wins This Week**

What went well? Where did I feel in flow?

## **Challenges**

What obstacles or tough moments showed up?

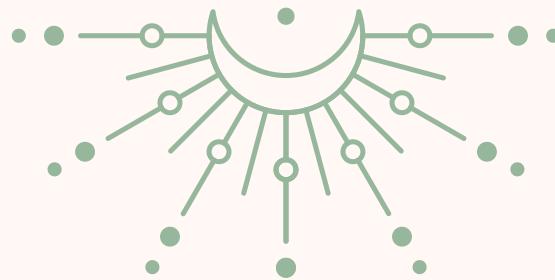
## **Messages from Spirit**

What guidance or synchronicities stood out?

## **What I'm Taking Forward**

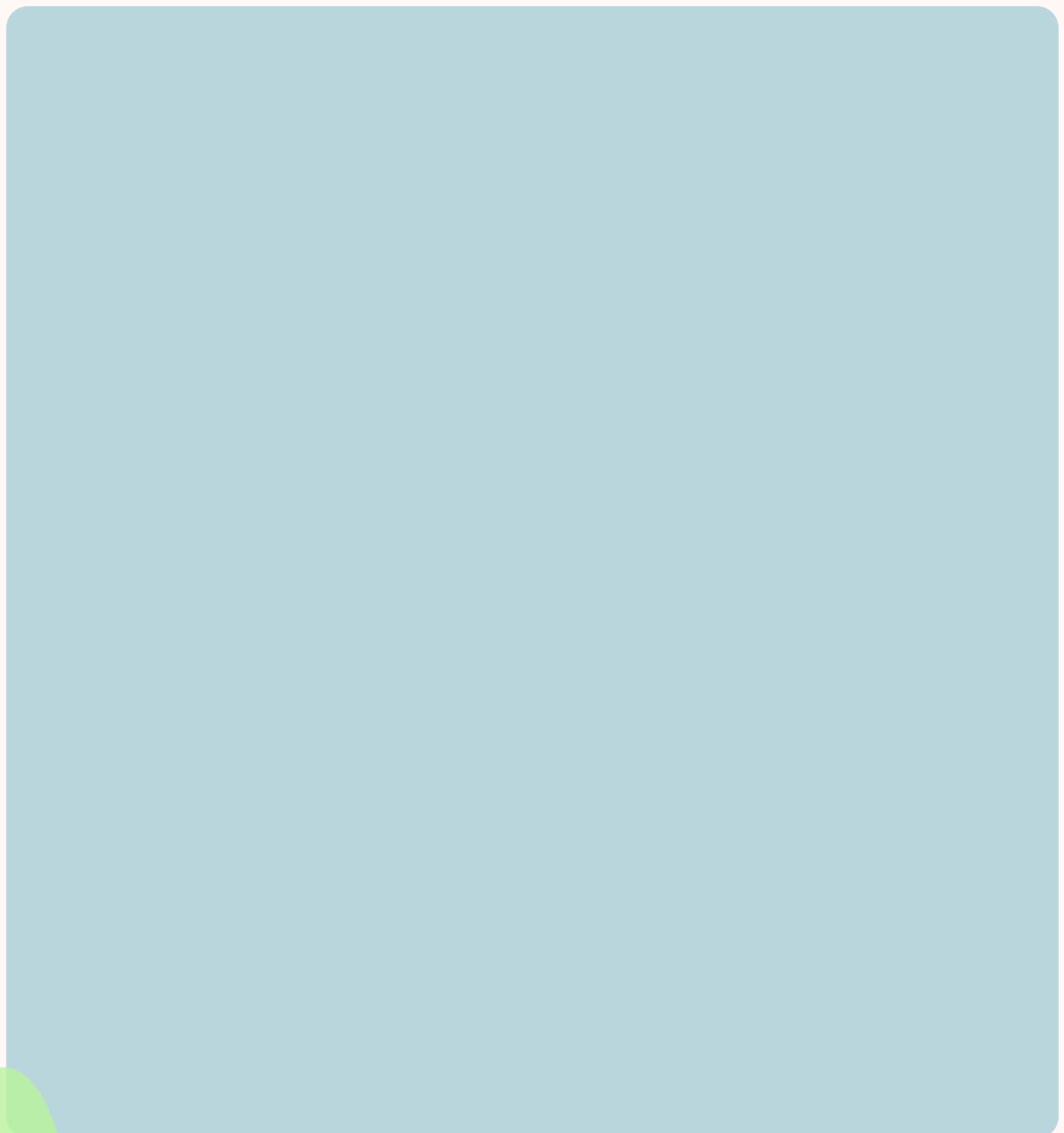
Lessons, energy shifts, or changes to carry with me.

Tip: Print multiple copies of this page to use weekly.



# NOTES & DOODLES

*This is your space to scribble, sketch, dream*



Tip: Print multiple copies of this page to use as needed.

# THANK YOU

Your journey is just beginning, keep growing.

You've completed a cycle with your Secret Garden Tarot & Energy Journal. Every card you pull, every note you write, and every reflection you make strengthens your intuition. Keep showing up for yourself, your practice will bloom more each day.

Explore more tools, decks, and resources at:  
[NicholesSecretGarden.com](http://NicholesSecretGarden.com)