



Julie's Tarot Reading

Stopping Self Sabotage Tarot Spread

Ok we all do it – on days we feel fed up we blow that diet or we have that one extra drink, at that moment, we just don't care, but the question is why do we “Self Sabotage” is there another reason.

So let's take a look at the Tarot spread below & see if we can figure that out.

Card No 1: What problems are causing me stress & affecting my daily life?

Card No 2: What can I do to manage my everyday problems?

Card No 3: What do I need to let go of to be able to cope?

Card No 4: How can I honour my feeling without compromising my happiness?

Card No 5: What can I change to limit any feeling of fear?

Card No 6: How are my thoughts holding me back?

Card No 7: What can I action immediately to take back my power?

Card No 8: How can I break this cycle to overcome my limitations?

