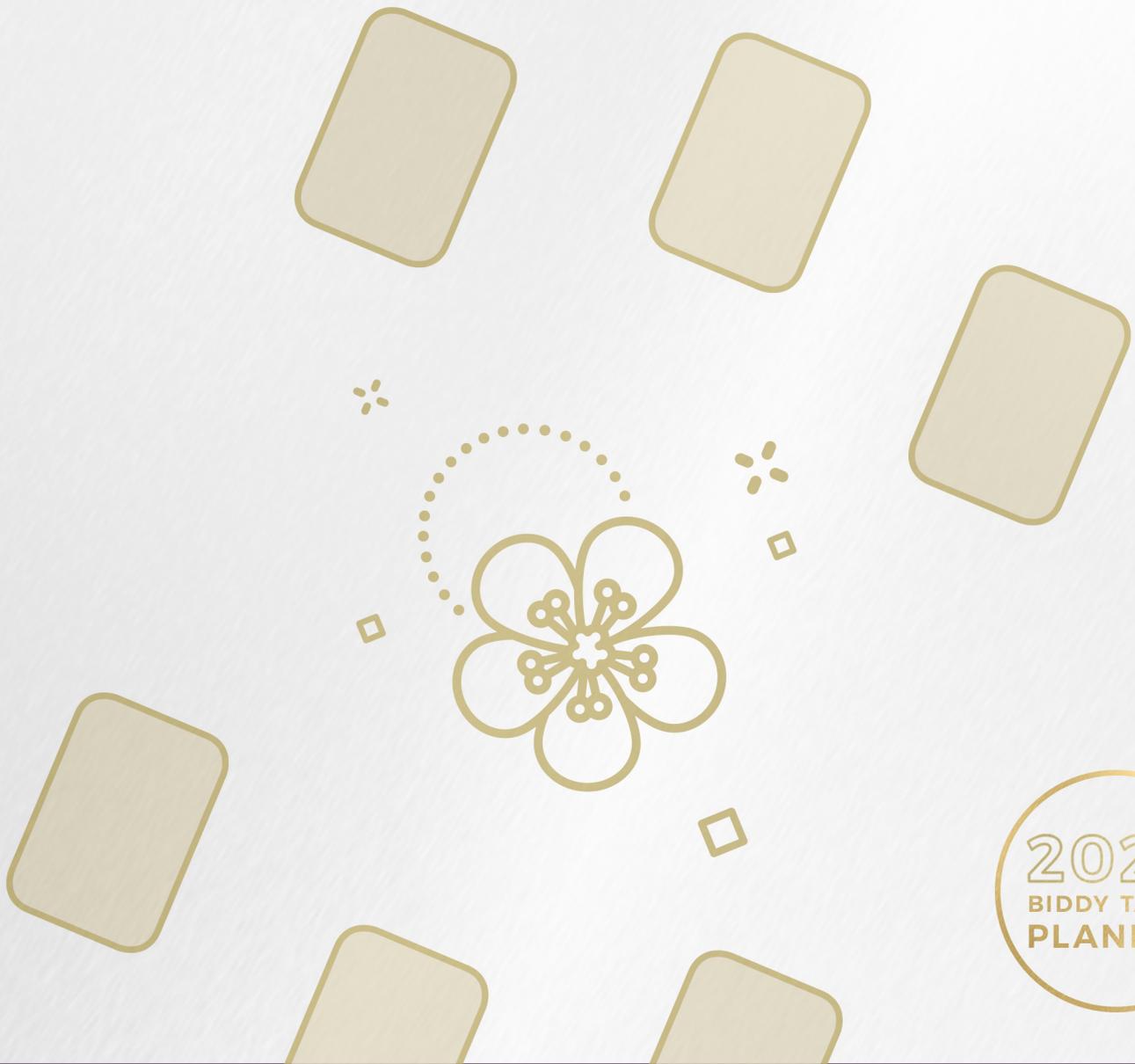


A 2020 Bidy Tarot  
Planner Bonus

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# Tarot Spreads for Self-Discovery



# Self-Love Spread

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If you're having one of those pre-menstrual days, feeling down about yourself, or you want to dig deeper into creating more love for yourself, try out this Self-Love Tarot Spread to pick up your spirits again.

**1.** How do I feel about myself right now?



**2.** What do I love about myself?  
**3.**  
**4.** (three cards)



**5.** What aspect of myself do I need to release?

**6.** What aspect of myself do I need to accept?



**7.** What aspect of myself do I need to grow and nurture?

**8.** How can I create a more loving relationship with myself?

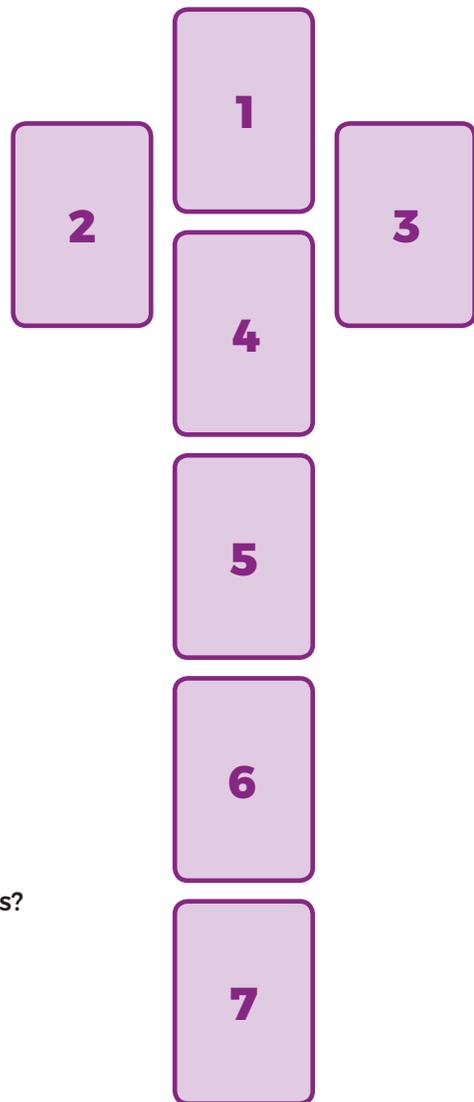


Add another layer of insight to the reading by journaling your personal responses to each question, using the Tarot cards to help you go deeper.

# Manifestation Spread

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Before you do the Manifestation Tarot Spread, set your intention for what you want to create (i.e. your 'goal'). Be as specific as possible, while also allowing a little room for the Universe to surprise and delight you in how your goal will be manifested. Write it down and then use this Manifestation Spread—perhaps at the start of each month, quarter, New Moon or simply when a new opportunity opens up for you.

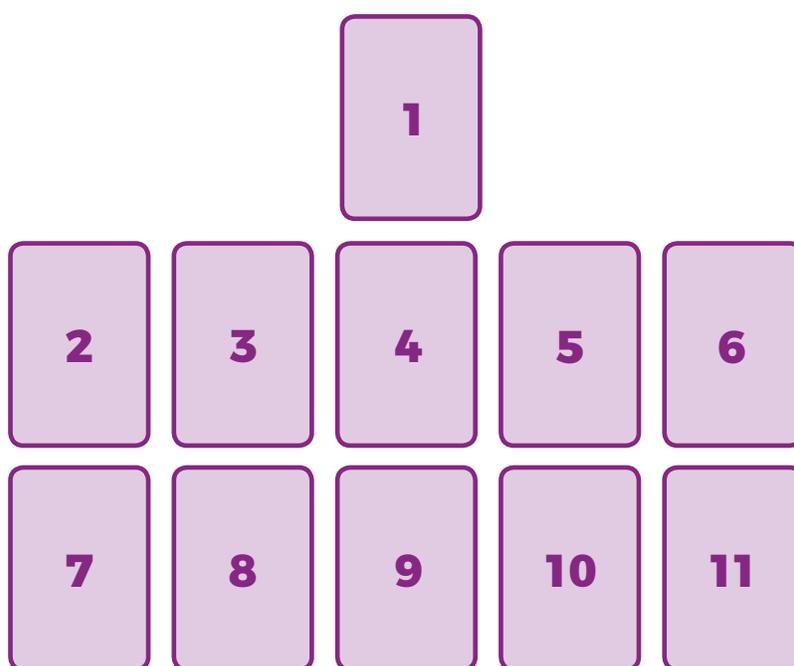


- 1.** Where am I now in relation to my goal?
- 2.** How am I in alignment with my goal?
- 3.** What do I need to release?
- 4.** What do I need to grow?
- 5.** What steps can I take?
- 6.** What lesson will I need to master?
- 7.** What might I experience over the next 3 months?

# Spiritual Compass Spread

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The Spiritual Compass Spread is a deep and soulful spread, designed to help you get to the core of your inner being. Give yourself the time and space to create a really sacred experience as you lay out these cards and interpret what they mean for you on a soul level.

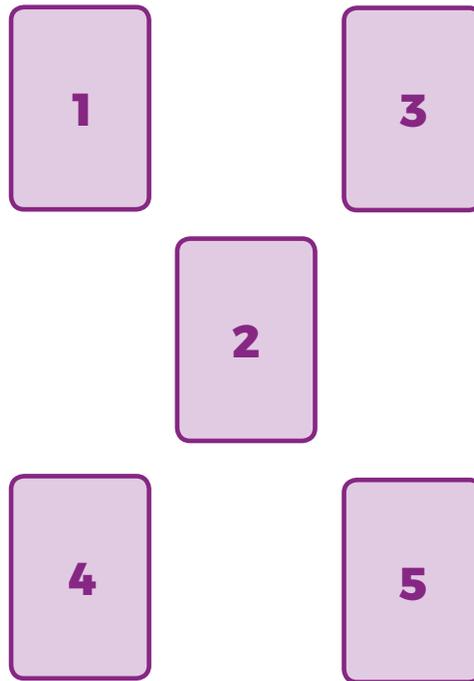


- 1.** Where are you in your life right now?
- 2.** Where do you want to be in the next year?
- 3.** Where do you want to be in the next five years?
- 4.** Who are you becoming?
- 5.** What is your greatest talent or potential?
- 6.** What can you do to unlock your creativity?
- 7.** How can you speak your 'truth'?
- 8.** What can you do to contribute to the community?
- 9.** How can you connect with your sacred path?
- 10.** How can you get from here to where you want to be?
- 11.** What is your first step?

# Self-Care Spread

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Use this Tarot spread any time you're feeling stressed, exhausted, or burnt out. Give yourself permission to take some time out from your busy schedule and take care of yourself.



- 1.** What does my soul need right now?
- 2.** How can I nurture myself?
- 3.** What can I release and let go?
- 4.** What do I need to surrender to?
- 5.** What might I experience if I give myself permission to rest and relax?