

# 7-Day Theme Journal

Date \_\_\_\_\_

Deck Used \_\_\_\_\_

Cards Drawn

**Theme** \_\_\_\_\_ Interpretation \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Challenges** \_\_\_\_\_ Interpretation \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Opportunities** \_\_\_\_\_ Interpretation \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Influences** \_\_\_\_\_ Interpretation \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Advice** \_\_\_\_\_ Interpretation \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Self-Care** \_\_\_\_\_ Interpretation \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# 7-Day Theme Journal

Cards Drawn \_\_\_\_\_

Reflection

Interpretation

---

---

---

## Weekly Insights

What surprised me this week?

---

---

---

Key Lessons Learned?

---

---

---

How Can I Apply These Insights?

---

---

---

List 3 Things I am Grateful For This Week

---

---

---

# 7-Day Theme Journal

## How to Use This Spread

Shuffle your tarot deck while focusing on the energy of the upcoming week.

Draw seven cards and place them in the following positions:

1. Theme: The overall energy or message for the next seven days.
2. Challenges: What to look out for and what to avoid.
3. Opportunities: Areas to embrace and focus on.
4. Hidden Influences: Factors affecting you, positive or negative, that may not be immediately obvious.
5. Advice: Guidance on how to keep moving forward.
6. Self-Care: How to find time for yourself and maintain mental clarity.
7. Reflection: Lessons you'll learn by the end of the week.

