



Daily One-Card Tarot Pull Journal

A simple seven-day log to start a tarot habit you will actually keep.

— HOW TO DO A DAILY ONE-CARD PULL —

What do I notice first in this card's artwork?

What words or feelings come to mind?

What will I watch for as my day goes on?

What did the card come to mean to me?

My Seven-Day Pull Log

	1	2	3	4	5	6	7
Card drawn	☐	☐	☐	☐	☐	☐	☐
First thought	☐	☐	☐	☐	☐	☐	☐
One word for the day	☐	☐	☐	☐	☐	☐	☐
What I noticed later	☐	☐	☐	☐	☐	☐	☐

NOTES

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7



Look Back on Your Week

Which card or theme showed up more than once?

Which pull matched my day best, and why?

What question will I carry into next week?

What made this small ritual easy or hard?
