

How to use your deck

there is no wrong way, only your way

- 01 **Print and cut.** Print the following pages on thick paper, 200 gsm or more feels wonderful in the hand. Cut along the dashed lines. Each sheet holds four cards.
- 02 **Draw one card each morning.** Shuffle the deck face down, pull one card, and read it out loud. Let it be the first words you give yourself today.
- 03 **Sit with it.** Place the card where you will see it: the mirror, your desk, your journal page. One sentence, carried all day, goes deeper than fifty read once.
- 04 **Use the themes when you need them.** The five colors hold five themes: Self-Love (rose), Worthiness (sage), Healing (gold), Body (earth), and Rest (stone). On heavy days, choose your theme instead of drawing blind.

Self-Love
CARDS 1 TO 4

SELF-LOVE

I am allowed to take up space in
my own life.

01

SELF-LOVE

I speak to myself the way I would
speak to someone I love.

02

SELF-LOVE

My softness is not a weakness. It
is where my power lives.

03

SELF-LOVE

I do not have to earn rest, love,
or gentleness.

04