



TAROT

BEDTIME SPREAD

Long day? Time to unwind?

Use this spread at night before bed to collect and conclude all of your thoughts from your day.

1. The thing that impacted you the most today.
2. How to release this energy impact before bed.
3. Something important to reflect on from today.
4. How you could of been more mindful today.
5. How to make tomorrow better than today.
6. A symbol to pay attention to in your dreams tonight.

