

50 QUESTIONS TO ASK TAROT

FOR SELF-CARE



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INTRODUCTION

Using Tarot for self-care is one of the best ways to use your cards. The trickiest part is knowing what to ask in order to get the best guidance possible.

This guide is here to offer you 50 different questions you can ask your cards. You'll find these split into five different categories in total, organised by the most common self-help and self-care problems that I, my members and students often come across.

Dip into whichever section you feel the need to focus on and use this guide as a support to help you build out your Tarot practice.

At the end of the guide, you'll see a simple four-card Tarot spread for ultimate self-care. This Tarot spread has been designed to help you focus on the four key areas of your life. Feel free to use this to experiment with the questions or even build on the spread, adding more positions that you feel called to create.

Enjoy!

Cat x

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When Self-Doubt Creeps In

- 1) What are my greatest strengths and why should I be proud of them?
- 2) Where can I look for proof that I am capable of achieving this?
- 3) Where are these doubts stemming from and what evidence is supporting them?
- 4) Where can I find more support to help me realise my value?
- 5) What do I need to do in order to feel more confident in what needs to be done?
- 6) How am I stopping myself from achieving my full potential right now?
- 7) What do I need to do to prove to myself that I can achieve what I have set out to achieve?
- 8) What parts of me need more celebration, compassion and self-love?
- 9) What thoughts and ideas are betraying me right now and how can I start to rewire them?
- 10) What comparisons am I making right now and how can I ignore what others are doing in order to find my own way?

When Decisions Need to be Made

- 1) How can I trust myself more in order to make this decision?
- 2) What are the pros and cons of making this decision?
- 3) What self-created or external obstacles are currently preventing me from making this decision?
- 4) How am I being influenced by outside energy and how is it helping or hindering me with this decision?
- 5) What are my biggest fears and doubts about making this decision and how can I overcome them?
- 6) Are the fears I have about making this decision based on rational or irrational thinking?
- 7) What steps do I need to take next in order to make a final decision and how can I take them?
- 8) What will I miss out on if I choose X decision and how will that affect me?
- 9) What will I miss out on if I decide to not make this decision and how will that affect me?
- 10) What am I giving too much attention to and where would my attention and focus be better placed?

When Things Aren't Going Your Way

- 1) How do I need to readjust my thinking and how do I see this situation?
- 2) How can I take control of this situation and is that the best course of action right now?
- 3) What do I need to focus on to help me better understand this situation?
- 4) What energy is controlling my reaction to this situation and how can I change perspectives?
- 5) How can I better adapt to the way things are right now?
- 6) How can I move through this situation in a healthy and honest way and how will it benefit me?
- 7) What are the core energies at play in this situation and how can I work with them?
- 8) What parts of this situation am I focusing too much on and where would my attention be better placed?
- 9) How are my conscious and subconscious goals aligning and if they aren't, how can I adjust them?
- 10) What is the main reason I feel like the universe is working against me right now?

When You Feel Exhausted

- 1) Where am I experiencing energy waste and how can I better manage my energy moving forward?
- 2) What areas of my life am I focusing too much on?
- 3) How can I create a better balance in my life?
- 4) How can I ensure I spend an equal amount of energy on filling my own cup as I do filling that of others?
- 5) What parts of my life am I overly focused on and which areas should I focus on to give back to myself?
- 6) What do my mind, body and soul need right now in order to feel rested and recharged?
- 7) What habits and routines are causing me to feel exhausted right now and how can I switch them up?
- 8) What wall am I trying to push through right now and why was that wall erected in the first place?
- 9) What is this exhaustion trying to tell me about my actions, thoughts and feelings right now?
- 10) How can I ensure I don't burnout in the future? What needs to change?

When You Feel Lost

- 1) How am I not being true to myself right now?
- 2) What am I currently keeping repressed and how is it causing negative symptoms in my life right now?
- 3) What fears and worries are clouding my judgement right now and how can I clear them away?
- 4) How can I better ground myself in order to find more stability and mindfulness?
- 5) What is keeping me rooted right now and is it helping or hindering my ability to find direction?
- 6) What are the main areas of my life that I can look for more optimism and understanding?
- 7) How can I reconnect with the most authentic version of myself?
- 8) What parts of myself have I lost and need to work to regain?
- 9) What has changed recently that has caused me to feel lost and how can I make shifts to get back on track?
- 10) What signs do I need to look for in order to feel more confident in where I am and what is in-store for me?

The Ultimate Self-Care Tarot Spread

This four-card Tarot spread looks to create more mindfulness around the four key areas of your life. Use it to assess what the dominant energies are in these areas and how you can create a better balance between them:

- 1) Mental Space
- 2) Emotional Space
- 3) Physical Space
- 4) Creative Space

1

2

3

4

STAY CONNECTED

Creating a valuable self-care practice using your cards means being able to be open, honest and vulnerable. To help you do just that, I created a self-led video workshop called Tarot For Reconnection.

In the workshop, I take you through a series of tasks to help you use your cards to see yourself in a new light, identify new areas for growth and feel more connected with your authentic self. Check out the workshop by clicking the button below.

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