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# TAROT

FOR CREATIVITY  
& SELF-GROWTH

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Five *easy* methods to transform  
your Tarot practice *today*

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# Introduction

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Tarot speaks in an ancient language of imagery, symbolism and patterns. While that language may seem hard to decipher at first, you can become capable of understanding it by trusting your instincts, placing value on your personal interpretations, and stop searching for the *right* answers.

When you place *yourself* inside the cards – your emotions, beliefs and experiences – the more transformative you will begin to find your Tarot practice.

Whether you are a complete beginner or a Tarot expert, this short guide will give you **five easily actionable methods** designed to invigorate and strengthen your relationship with the cards, your creativity, and yourself.

Let's get started.

# Preparation

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Tarot can be comforting, challenging, or somewhere in between. If you accept a card's invitation and engage in deep work, be prepared for your mood to shift in any direction and look after yourself accordingly. Remember, you can always refuse an invitation.

## Steps

- Choose a comfortable place and time where you will not be disturbed.
- Set the atmosphere with candles, incense or music as preferred.
- Take grounding breaths for as long as needed to settle the mind, such as box breathing: in for 4, hold for 4, out for 4, hold for 4.
- Shuffle the cards and begin your work.

## *Which deck should I use?*

For all of the following methods in this guide, I recommend using a traditional, fully illustrated deck. You can't go wrong with the classic *Rider Waite Smith* or *The Stretch Tarot*.

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## *Method One:*

# KEEP A TAROT DIARY

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Grab yourself a notebook and create your own Tarot diary following the steps below.

### *Steps*

- Write the name of each card at the top of a separate page so that you have a whole page dedicated to each card.
- Draw a card, turn to its page in your journal and write a short entry recording your current mood, thoughts, and experiences.
- Perform regular card draws (weekly/daily) and repeat this process.

As you update your diary, you will be building up your own reference book of card meanings. When you revisit a card, you can also look back on the past entries and compare them to your current mood and events. Do you notice any patterns or common themes?

*Method One:*

# KEEP A TAROT DIARY

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*Example*



*Three of Wands*

*31.01.25*

*Feeling excited and optimistic. I have a few project ideas I want to get started on and we've been making holiday plans for the year as well.*

## *Method Two:*

# WRITE THROUGH THE TAROT

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Use the imagery of the cards as a trigger for a stream of consciousness: a freely-associative writing style in which you write about whatever comes to mind. It can be highly personal and it doesn't have to make sense to anyone other than yourself.

### *Steps*

- Set a timer: anywhere between 10-30 minutes works well.
  - Draw a card.
  - Start by writing in first person, present tense, as if you have been dropped into the scene and are observing what is happening around you in real time.
  - Describe the scene, using the senses. What can you see, hear and smell?
  - Add details or action to the scene which you cannot see on the card. Perhaps turn around and imagine what is going on behind you. Perhaps make the figures on the card speak.
  - Shift focus away from the scene, and go inward. Write about a belief, memory, dream, or fear – whatever comes to mind.
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## Method Two:

# WRITE THROUGH THE TAROT

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## Example



### 1. The Magician

I am standing in a garden, teeming with bright flowers. Birdsong lulls through the warm air. Before me, a robed figure stands at a table with objects laid out on top of it. As I examine the objects, he raises one arm in the the air and speaks: "I am in control of all things."

I think about the things I control in my life...

## *Method Three:*

# SEEK QUESTIONS, NOT ANSWERS

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Stop using the Tarot to try answering questions. Instead, use the cards to generate questions which you can ask yourself as prompts for meditation and self-reflection.

### *Steps*

- Draw a card.
- Think of a question to ask yourself.
- Spend time thinking about your answer, letting yourself dig deep.
- Optionally, record your thoughts in a journal.

**Tip:** Try adding ‘and why?’ to the end of your questions to encourage further thought.

*Method Three:*

# SEEK QUESTIONS, NOT ANSWERS

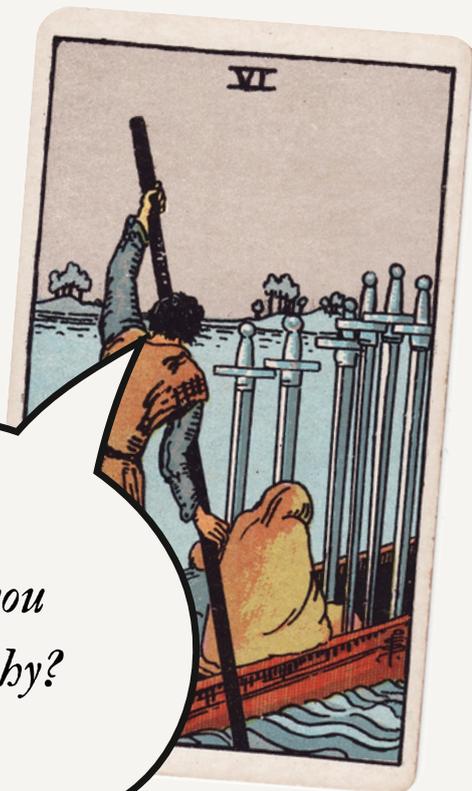
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*Examples*

*What do you  
need to let go of  
and why?*



*Where would you  
like to go and why?*



## *Method Four:*

# CREATE YOUR OWN CARDS

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Whether you try redesigning all 78 cards or just a few, you'll see how magical combining art and Tarot can be.

### *Steps*

- Draw a card. It can be a random selection, or you can choose a card you would like to connect to.
- Observe the imagery closely.
- Design your own card. It can be a recreation of the original imagery, or you can reinterpret it however you would like.
- Optionally, record any thoughts in a journal. It may be worthwhile noting the reason for any conscious design choices you make.

If you are an artist, you can infuse your own personal style into the cards. If not, don't worry. **You don't have to be an artist to make art.** Try to recapture the fearlessness you would have had as a child when colouring in or drawing. Let yourself have fun and make it exist!

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## Method Four:

# CREATE YOUR OWN CARDS

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If you're interested in making your own deck, I've made it super easy for you. Click the links below:



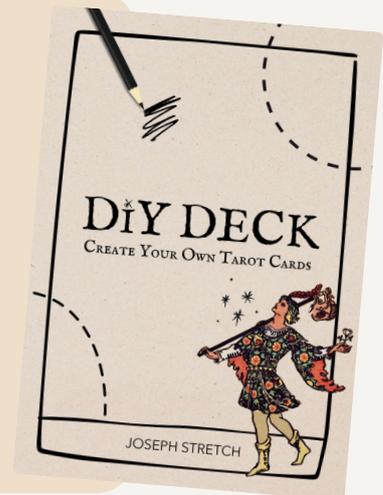
### DIY DECK: CREATE YOUR OWN TAROT CARDS

85 blank cards on specialist card stock offering you the perfect canvas to infuse your personal touch into the Tarot.

[SHOP NOW](#)

### DIY DECK: COMPANION BOOK

Includes clear guidance for every step of the process and over 370 weird and wonderful images for you to cut out and collage.



[SHOP NOW](#)

*Method Five:*

# LISTEN TO YOURSELF

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Tarot is a highly personal tool. The more you can tune in to your inner voice, the more powerful you can make it.

On your Tarot journey you will encounter many different opinions and interpretations of the cards, but ultimately you must decide what resonates best with you.

Feel free to adapt the methods included in this guide to better suit you or to use them as a starting point to come up with your own.

Make up your own rules, be playful, and experiment. However you are called to use the cards, give it a go and see what happens.

The Tarot holds many secrets, and your creativity is the key.



# Let's Connect

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If you have any questions or try any of these methods, I'd love to hear from you!



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