



Ep 17: Tarot Cards Journal Prompts / Conversation Starters

Do you tend to weigh things up with your rational brain, or do you 'follow your gut' or your heart - even when it doesn't always make logical sense?

Do you trust your intuition? Or do you tend to second guess yourself or seek opinions and advice outside of yourself. If you do feel intuitive, how does that come through for you? Do you feel it physically somewhere in your body, or does it come via journaling, oracle cards, or when you're in the shower, meditating or out in nature?

Reflect on those times in your life when you've followed your heart over your head. What happened when you did?

Are there any ongoing signs, inner niggles or 'coincidences' that keep showing up in your life, perhaps trying to lead you somewhere? Explore any resistances, fears or stories you're telling yourself. What might happen if you let go of those and followed the breadcrumb trail?



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Until next time, open your mind, open your heart - and stay curious.

Positively yours,
Kelly x



Kelly Pietrangeli is the creator of Project Me, a global movement of women who are stepping out of auto-pilot and consciously creating their lives.

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