

Daily Draw Record

May 18th

3 of Swords - triple goddess.

while this is a card of heartbreak and worry I feel like there is a freedom of choice here. I will use today to focus on myself and choose self-care and work on things on my plate today.

morning draw: set intention.

Knight of Pentacles - triple goddess

Self-care was definitely what I learned to do today. I snacked when my body needed it; drank a lot of tea; picked up the house; took a lot of breaks in between knocking off items on the do list. I even snuck in some movies and TV time.

evening draw: lesson learned

as I went through my day, I reminded myself to be gentle - don't be so heavy handed on myself. This lunar full moon in scorpion is really hard on me, so I should try and keep the 3 swords from digging in too much.

Good call on the self-care.

insights & review