



5 Journal Prompts from the Major Arcana

Transformative Journal Prompts &
Conversations Inspired by Tarot



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The Fool Card

The Fool card encourages us to take big bold leaps into the unknown. It asks us to assume a Sagittarian faith in our process, with the understanding that everything is progressing in our favor.

The Fool card sees us setting out armed with what might feel like childish faith and a glimpse of a dream or manifestation that seems fleeting or ephemeral. Feelings of terror and bliss as well as confidence are common when one sets out on the Fool's journey.

Often associated with the careless yet cheerful aspects of Gemini, the powers of manifestation suggested by the Fool card are particularly potent.

**You believe you can, so you do,
and it ends up being better than what you imagined.**



What risk would you take if you knew you could not fail?

What parts of yourself have you shut down to the adventurous and childlike nature within you?

Is there a story around self-worth versus shame that needs to be released so you can step boldly into the unknown?

Do you quit new endeavors at the first sign of resistance or are you able to persevere ?



The Devil Card

The Devil card in the tarot represents the fundamental principle of overcoming our shadow side. I like to think of it in terms of scaling a mountain. You begin in the valley where patterns are learned from family and societal conditioning. The valley is our comfort zone where we acquire desires and temptations, limitations and fears, and also where we can get stuck.

As you begin the process of assimilating your authentic self--or climbing your mountain--you recognize things that are holding you back from stepping into your power. There are people, places, habits and behaviors you need to leave behind. The more you pack on your back when you head up the mountain, the harder the climb.

The Devil card reminds us we may wish to stay in our unhealthy attachments, stuck in the valley with that heavy load, but **it would be better/easier to unload what holds us back and break free.**



Ask yourself what habits, patterns, dependencies or addictions are holding you back from claiming a more fulfilling, authentic life?

Are you stuck in an addiction, depression, habit or pattern with another person that is detrimental to your wellbeing?

What are the shadow advantages of this behavior, or what need is getting met by staying in this pattern? (You see this dynamic in the "I'm the giver and they are the taker" dynamic. There are reasons both parties remain in this scenario: As much as the taker benefits from the giving, the giver also fills a void by being needed.)



The Emperor Card

The Emperor card represents the seat of power we have in our lives and what we do to maintain our power. It can also represent areas in our life where we are unable to establish or maintain boundaries.

The Emperor needs a strong and fortified sense of self and purpose. The Emperor card fundamentally emphasizes our ability to celebrate our birthright, and reminds us that we have a right to exist in our specific individuality. We have a right to be assertive and to stand up for ourselves.

When we grow up with a diminished sense of self, or feel meek and unheard, the Emperor reminds us above all to claim our independence and our power. **He teaches us to be courageous in identifying and incorporating our most purposeful, powerful and vibrant selves.**



Where can you assume agency that will allow you to act as your most powerful self: what can you say an authentic and resounding NO to?

Is there a relationship where you feel unseen or unheard, and how can you create boundaries to keep yourself safe until you can fully express yourself. (limiting time with the person, pulling back with the information you share)

Is there a situation where you need to assert yourself for either personal or professional satisfaction?

How can you implement structure, routine and discipline to my life in a way that feels empowering?



The Strength Card

The Strength card reminds us we are best when we shine our radiant and authentic light. It asks us to remove our mask and stand in the vulnerability of our true nature, which connects us to our divine self.

It's a call to let go of performative aspects of us that arise from our desire to be accepted by others. It asks that we employ resilience in the face of adversity and approach problems with a strong sense of self and calm disposition.

**It requires us to give ourselves
the compassion we so easily give to others.**



What masks do you wear to keep others comfortable?

**Are you a chronic people pleaser and begin to resent people for you
yourself not being able to set set boundaries?**

**Who do you pretend to be that is no longer in alignment
with your authentic self?**

**What situations or people evoke your inauthentic or masked self,
and what do you think is the driving force behind this?
(A fear of not belonging, of feeling rejected or
abandoned if you reveal who you truly are?)**



The Death Card

The Death card often signifies that significant change is upon you. It can signal a rite of passage, the death of away of life and birth of another.

Joyous things in life often also carry an element of closure or even grief, as we let go of the old to meet the new. Getting married means a departure from living only for oneself, having a child can often feel like the death of an old version of yourself with the birth of an entirely new entity that is tied to you, and leaving a long-standing career can feel like the death of an egoic identity – the list goes on and on.

There are micro deaths, unexpected endings, and deaths that are significant that require a massive transformation.

This is the Death card knocking.



What needs to be released in your life so something new can grow?

Have you been contemplating a major change?

Where is your fear of change holding you back from fully releasing the past so you can “die” and be reborn into a new way of living?

Change is inevitable. What is your relationship to change?

Do you resist change, or are you adaptable?

