

[WORKBOOK]

5 SIMPLE STEPS

to READ TAROT
with CONFIDENCE





Welcome

YOU + TAROT CARDS = INNER WISDOM AT YOUR FINGERTIPS

If you could ask about a relationship, decision, or situation anytime you wanted, and receive a clear, life-affirming answer, right on the spot... would that make life better? Because that's what reading Tarot cards - and this Guide - is all about!

Hi, I'm Brigit - professional Tarot reader & teacher, intuitive business coach and Founder of Bidly Tarot (www.biddytarot.com).

I'm here to help you learn the language of Tarot, bring more intuition, inspiration and flow into your days, and ultimately create a life you adore.

And just so we're clear...

Tarot cards alone aren't magic.

(In fact, they're just ink on paper!)

There's nothing weird, wicked or woo about it.

But what is magical is how Tarot cards help you connect with a deeper, more expansive part of yourself. The part of you that knows there are no limits, there's always more than enough, and anything you want is possible.

That's why I created this free workbook, **5 Simple Steps to Read Tarot with Confidence** - to help you live a more intuitive life with Tarot as a guide.

In this Workbook, I'll show you five simple (and fun!) techniques you can use every day to connect with the Tarot cards. Put your intuition on speed dial and learn to read Tarot from the heart, not the book.







It's my belief that anyone can learn to read Tarot - including YOU - and my work (and this Workbook) shows you how.

Warm Wishes

Brigit
xox



LET'S CONNECT

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STEP 1

**START A TAROT
JOURNAL**



STEP 1 **START A TAROT JOURNAL**

When I first started learning Tarot, do you know what one resource gave me the absolute best information about the Tarot cards? It wasn't a year-long course on how to read Tarot. And it wasn't a book written by the most expert Tarot readers.

It was my Tarot journal.

You see, my Tarot journal helped me to connect to the Tarot on a personal and intuitive level - and that's where the magic happens.

I used it for recording my personal meanings for the 78 Tarot cards, based on what I read in books but more importantly, what I experienced through my Tarot readings. I used it for recording actual tarot readings, new spreads, new Tarot reading techniques and more. It quickly became my very personal, 'go to' source for reading Tarot. (And it's what brought Bidly Tarot into being when I first started the website in the late 1990s.)

So, if you don't have a Tarot journal, then today is the day to start one. And even if you do have a Tarot journal, you might want to consider some of the creative ideas I have for you for writing in your journal.

Your Tarot journal is a place where you can store your ideas, lessons, insights and thoughts about Tarot. You can use it, just as I did, to record your notes about the Tarot cards and Tarot reading techniques. Or, if you're a highly creative person, you can create beautiful artwork in your journal that helps you to build a personal connection with the Tarot cards.

The beauty of a journal is that it starts the process of making Tarot personal. You are taking what is most helpful for you as you learn about the Tarot cards, and you're turning it into something that has meaning for YOU. You're not just relying on what 'the book' says - you're relying on what your heart says.

And that's when Tarot becomes magical.

So let's get started...

Step 1: Find a beautiful notebook.



It might have blank pages or faint lines. It might be plain and simple, or decorated and elaborate. It might be hand-made or store-bought. It might be spiral bound or perfect bound. It might even be an online blog or a hardcover notebook. You choose.

Step 2: Divide your journal into sections.

Here are a few ideas for what sections you may want to create in your Tarot journal:

- ▷ **TAROT CARD MEANINGS** - one page for each Tarot card where you can jot down your personal insights and stories associated with the card. You can also create picture collages, write poems, build word clouds, or write fictional stories to help you build a personal connection with the Tarot card meanings.
- ▷ **PERSONAL TAROT READINGS** - space to record the date of your reading, your question, the cards drawn and the key messages. Come back to the reading in a few weeks or months and reflect on what has come to pass.
- ▷ **TAROT READING TECHNIQUES** - collect your notes on how to shuffle, ask the right questions, select the cards, and so on.
- ▷ **TAROT SPREADS** - collate your favourite Tarot spreads or even create your own.
- ▷ **PERSONAL REFLECTION** - you may be working with a particular energy (e.g. letting go), so pick a Tarot card that embodies that energy (e.g. the Hanged Man) and journal about what that card means to you and how you can tap into its deeper lessons.

Step 3: Start writing.

Set aside 10-15 minutes a day to write in your Tarot journal.



If you'd like a headstart with your Tarot journal, then check out my Tarot Card Meanings Workbook available [here](#). This Workbook is a fully interactive PDF that allows you to write, edit and save your very own Tarot card meanings, helping you to create a personal and intuitive connection with the Tarot cards.

Learn more at biddytarot.com/tarot-guides/workbook

STEP 1 **START A TAROT JOURNAL**

STEP 1 Exercise

My Tarot journal will be (a notebook, a blog, etc.):

I intend to use my Tarot journal for:

The key categories are:

My first journal topic will be:

Writing in my Tarot journal makes me feel:

STEP 2

**DRAW A TAROT
CARD A DAY**



STEP 2 **DRAW A TAROT CARD A DAY**

In Step 1, I showed you how to start your very own Tarot journal to build your personal connection to the Tarot cards. How is it going? Have you started journaling? Trust me, the more frequently you write in your journal, the more you open up to the possibilities of Tarot in such a beautiful and personal way.

Now, are you ready for Step 2? Yes?!

I started my Tarot studies way back when I was 18. I read lots of Tarot books, memorised the meanings of the Tarot cards according to the experts and studied as many different systems and topics related to the Tarot as possible. I also invested hours and hours into my studies in the hope that I would finally be an amazing Tarot reader just like the Tarot experts I had read about.

But there was just one problem.

It didn't work.

I was fumbling my way through Tarot readings with cards in one hand and a book in the other. I struggled to connect with my intuition because I was hell-bent on getting the card meanings 'right'. And my readings were bland and robotic.

By trying to 'master' the Tarot through memorisation and rote learning, I had ignored the most important part of reading Tarot - my intuition.

So I changed my strategy. Instead of investing hours and hours every day into Tarot, I spent just 5 minutes with the Tarot cards. Yes, 5 minutes a day.

You may already know the technique that I'm about to share with you. But what you may not know or realise is just how powerful this technique really is.

In fact, it is so powerful that it changed the way I read Tarot forever. I

believe it can do the same for you.

As soon as I started using this technique, my connection with the Tarot cards sky-rocketed and learning the Tarot card meanings became SO much easier and quicker. More importantly, I became a more confident and intuitive Tarot reader because I was finally connecting with inner wisdom and listening to my inner voice.

So, are you ready to become a better Tarot reader and discover this 5-minute exercise? Here it is...

The 5-minute exercise that changed the way I read Tarot is the Card-A-Day activity.

Step 1 - Select a Card

Randomly select a Tarot card for the day. You might ask the Tarot, "What might I expect from today?" or "What Tarot card most needs my attention today?". Or, you might have no question at all. You choose!



Step 2- Gaze at the Card

Gaze at the card you chose. What comes to mind immediately? What imagery do you notice? What energy do you pick up from the card? What words come to mind? What do you sense intuitively? Write it down in your Tarot journal.

If you need some extra help with the Tarot card meanings, then check out my eBook, [The Ultimate Guide to Tarot Card Meanings](#). This eBook has over 330 pages of practical and in-depth Tarot card meanings for every kind of Tarot reading - love, career, well-being, finances, spirituality and more.

You can access this must-have guide on the Tarot card meanings at biddytarot.com/tarot-guides/ultimate-guide-to-tarot-card-meanings/.



Step 3 - Observe Your Day

Now go about your day as normal. But what I want you to do is look out for people and situations that embody the energy of the card you drew.

Let's say you drew the Page of Swords. Does the young, chatty guy



down at the coffee shop remind you of the Page? Talk to him today and see what he can teach you about the Page. And how about that new project you started - can you feel the Page's energy there? Pay attention to everything you do and experience and watch the Tarot card come to life.

Step 4 - End of Day Notes

At the end of the day, come back to your notes and write down your personal experiences for the day in your Tarot journal. You'll be amazed at how much you've just learned about the card, without even opening a book!

This simple, 5-minute exercise literally changed the way I read Tarot because it gave me personal, real life examples of how the Tarot cards work and it encouraged me to trust to my inner wisdom rather than always relying on an external source.

Go ahead, pick a card and watch that card come to life right before your eyes.

STEP 2 Exercise

The question I will ask the Tarot each day is:

The Tarot card I drew today is:

My initial response is:

This is what happened today (and how it related to my card):

STEP 3

**READ THE
PICTURE IN THE
CARD**

[WORKBOOK] 5 SIMPLE STEPS TO READ TAROT WITH CONFIDENCE

So you've got a Tarot journal and you're working with a-Tarot-card-a-day. I bet you've started to see some shifts already with how you read Tarot.

Now, I'm going to share with you the easiest, most creative and intuitive way to read a Tarot card. Even better, you won't have to memorise a thing with this simple yet effective technique!

But first, let's take a super quick history lesson, shall we?



The earliest known Tarot decks were created in the 1400s when the vast majority of people were illiterate. Think about it - the only way to convey deep spiritual lessons and important sacred texts when everyone was illiterate was to do so through pictures, rather than words.

And so the Tarot cards were used as an alternative to written material for many centuries in various religious and spiritual circles.

That is why, now, the Tarot cards are so incredibly rich in their symbolism and imagery - because there are many deep, spiritual lessons contained within the pictures on the cards.

So, knowing this, can you guess what is the easiest, most creative and intuitive way to read a Tarot card?

Read the picture - that's right!

All you need to do is connect with what's happening within the Tarot card and in no time, you have your Tarot card meaning.

And you want to know something else that's really neat? The symbolism in the Tarot cards is incredibly telling, too. Not only can you tap into the



STEP 3 **READ THE PICTURE IN THE CARD**

collective wisdom by understanding traditional symbolism, you can also tap into your own wisdom (AKA your intuition).

See the snail in the Nine of Pentacles? What does that remind you of? “Slow and steady wins the race”? Or the bridge in the Five of Cups - what does that mean to you? Perhaps, “build a bridge and get over it”?

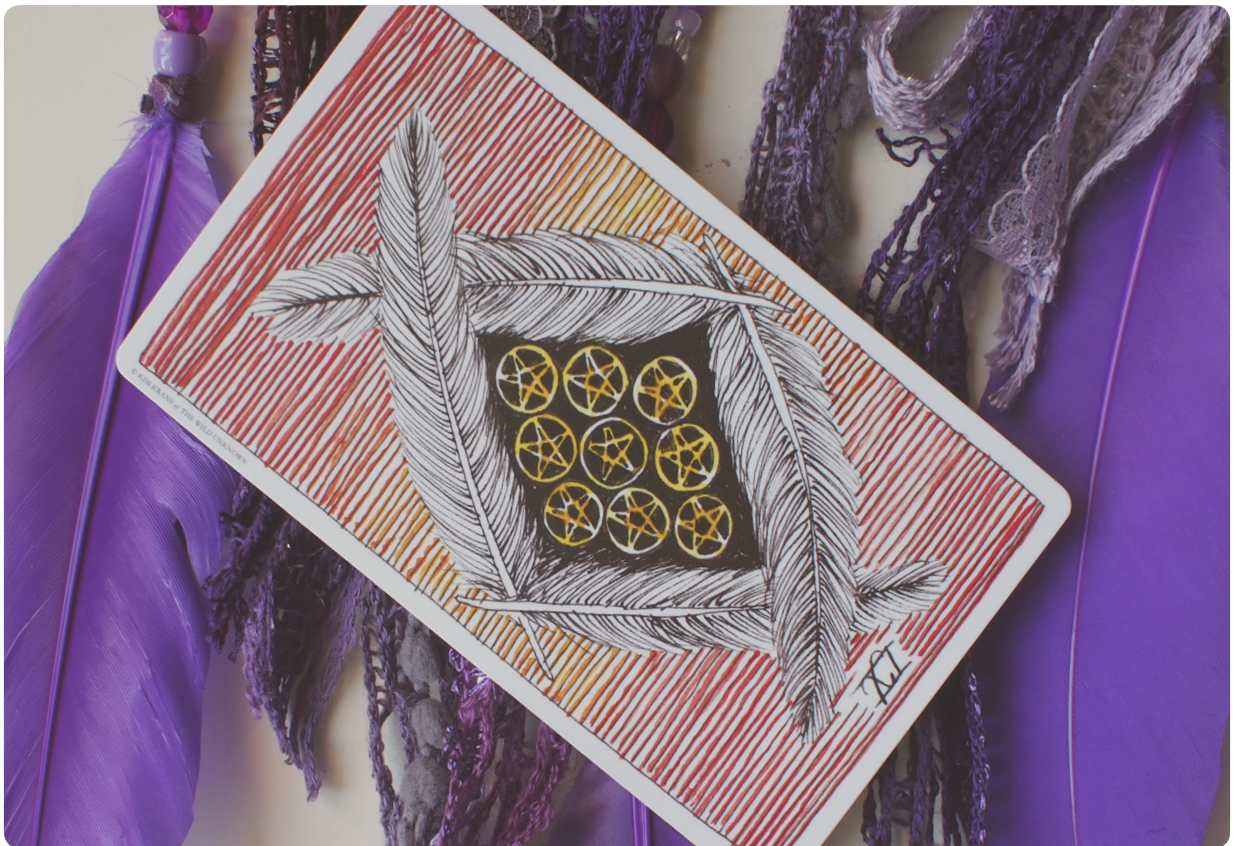
The more you connect with the imagery and the symbols of the Tarot cards, the easier it is to interpret the cards and to create a personal and intuitive connection with the Tarot. Here’s exactly how...

Step 1 - Gaze at the Card

Gaze at the Tarot card for a minute or so and take in everything that you see on the card. Scan over the imagery with your eyes. You don’t have to interpret anything right now - just take it all in.

Step 2 - Build the Story

Now build the story around the Tarot card. What's happening in the picture? Describe exactly what you see. And why is it happening? What's the deeper lesson or the moral of the story?



Step 3 - What Attracts Your Attention?

Gaze at the card again and notice what symbols attract your attention. Reflect for a moment on what this symbol means. What do you know of its traditional symbolism? What does it mean to you personally?

Sometimes the two may indeed be different. For example, a lion traditionally represents courage and strength but for me personally, it also represents comfort and protection. (When I was a child, I used to have a soft toy lion that would make me feel better when I was unwell.) What's important here is that you're connecting with collective wisdom and inner wisdom (i.e. your intuition) through the symbolism in the cards.

Of course, if you ever need a helping hand with what a card means, I highly recommend having *The Ultimate Guide to Tarot Card Meanings* by your side. For each and every card, I share the traditional symbolism, descriptions and meanings for all types of situations. You can access the eBook [here](#).

Step 4 - What Else Can You Find?

Consciously make an effort to find something in the card that you didn't notice before. It might be the background, the landscape, the colour scheme, or a minor detail within the card. What extra information does this give you?



Step 5 - Summarise Your Learnings

Finally, summarise what you have learned about this card. What new meanings have you accessed? What does this card tell you that you didn't know before? Capture your new insights in your Tarot journal.

There you have it - one of the easiest ways to master the Tarot cards without having to memorise 78 different meanings!

Over the next few days, I want you to continue drawing a Tarot card a day, but this time, read the card using the images only. Go with what you see and feel in the card. And make sure you note everything down in your Tarot journal. Notice how you connect with your intuition even more powerfully using these simple methods!

STEP 3 Exercise

The card I chose for today is:

This is what is happening in the card's picture:

This is why I think this is happening:

STEP 3 **READ THE PICTURE IN THE CARD**

These are the symbols I see:

This is what I think the symbols mean:

This is unexpected:

This is what I think the Tarot card means overall:

STEP 4

A SIMPLE 3-CARD TAROT READING



STEP 4 **A SIMPLE 3-CARD TAROT READING**

Now, what is it with us humans? We always like to over-complicate things and make them seem a lot harder than they need to be.

Tarot is no exception.

There are thousands of Tarot spreads, thousands of different types of decks, multiple 'systems' that can be applied to the Tarot, and book after book about 'the next big thing' in Tarot. Yet where do we store (and use) all of this information? Is there really enough space in our heads to full comprehend and get comfortable with this knowledge?

There are even Tarot professionals who want Tarot to be super complicated, so that they can be seen as the 'all-knowing expert' and can keep newbies out of the 'mysterious art'. They want that those new to Tarot will always remain in the 'fog' of not being able to "crack the code" and "unlock the hidden mysteries of the Tarot". (Cue fog machine and spooky music.)

But here's the deal.

Tarot doesn't have to be hard. It doesn't have to be complex. And you don't have to learn complex systems, memorise copious amounts of privileged information and get 'initiated' into a secret group or association.

You'll get the most out of the Tarot when you keep it simple, Seeker!

If you're new to Tarot, don't overwhelm yourself with complexity. You've got enough on your plate with learning how to read the Tarot cards to worry about things like Kabbalah, elemental dignities and 'secret' symbols scattered throughout the Tarot deck. (Sure, these are all fascinating when you have mastered the basics, but if you're still building your confidence - fuh-ged-about-it!)

And if you're a seasoned Tarot reader, I bet you'll find that when you keep things simple, you'll open the floodgates to your intuition.



So, let's keep it simple, seeker and focus on how to actually read the Tarot cards - with just 3 cards - to gain deep intuitive insight into your life and manifest your goals and dreams.

Step 1- Ask a Question & choose a spread

Ask a question and choose a 3-card spread to work with.

You can create your own or for some inspiration, listen to my podcast on 3 card Tarot spreads - biddytarot.com/btp10-never-fail-3-card-spreads.

Step 2- Shuffle

Shuffle and lay out the Tarot cards.

Step 3 - Gaze

Gaze at the 3 cards first and take note of what comes to you intuitively. What stands out to you? What do you feel or sense from these 3 cards?

Step 4 - Read the Picture

Read the picture in each card, as it relates to the position in your chosen spread and the question you asked.



Step 5 - Tell the Story

Tell the story of the reading from the first card to the last card and summarise the key messages.

Step 6 - Write it up in Your Journal

Take note of your reading in your Tarot journal and pat yourself on the back if this is your very first Tarot reading!

And if you want to take your Tarot reading practice deeper, then I recommend my online Tarot training program, [TF2: Read Tarot with Confidence](#).

Using simple yet powerful techniques, I'll show you how to read Tarot in a way that creates change and transformation in your life and others'.

I'll walk you through the 7 steps to an accurate and insightful Tarot reading, including asking the right questions, choosing the perfect spread, weaving the story into the cards and connecting deeply with your clients (or yourself) through Tarot.

I'll teach you not only how to read Tarot for yourself with clarity, but how to read for others in a way that is has a lasting impact and inspires deep transformation.

And I'll also let you in on a few 'insider secrets' from my 20 years' experience as a professional Tarot reader.



READ TAROT WITH CONFIDENCE

Learn more at biddytarot.com/courses/tf2

STEP 4 Exercise

The 3-card spread I am working with is:

The question I asked is:

The cards I drew are:

The story in **Card 1** is:

And this means...:

STEP 4 **A SIMPLE 3-CARD TAROT READING**

The story in **Card 2** is:

And this means...:

The story in **Card 3** is:

And this means...:

Altogether, the key message is:

STEP 5

**PRACTICE,
PRACTICE,
PRACTICE**

STEP 5 **PRACTICE, PRACTICE, PRACTICE**

Do you know what the secret is to being a completely confident Tarot reader, every time? Practice, practice, practice.

It makes sense, doesn't it? If you want to be a great Tarot reader, you're going to have to start reading Tarot! Practice your Tarot reading skills from Day 1 and you will watch your confidence go through the roof.

But how do you get practice, especially when you're just starting out? Well, today's activity will help you find your perfect practice opportunity.

Step 1: Read Tarot for Yourself

Reading the Tarot for yourself is a quick and easy way to gain more practice in Tarot reading. You are always available, you can give yourself feedback, you can steal a few glances at your Little White Book (with all the card meanings) and you don't have to worry if you get it 'wrong'.

However, reading Tarot for yourself can be hard! You might be more 'biased' or less objective in your interpretations and you usually know yourself too well to 'reveal' anything new. Make sure you set some personal boundaries such as reading only once on a certain topic and drawing only a maximum of two clarifier cards per reading.



Step 2: Create Your Own Fictional 'Client'

Make up a fictional client. Give them a name and create a 'story' about their life. Then, read the cards for them based on some of the (pretend) challenges they might be facing.

Or, if you're into your celebrities, pick up a gossip magazine and find the latest celebrity 'drama', then do a reading for that person. For example, you might read about a celebrity divorce or the latest 'shock' as reported by TMZ! Have some fun with it.



Step 3: Read Tarot for Real People

If you really want to become a confident and intuitive Tarot reader, then it's essential that you start reading Tarot for real people who have real questions.

Sure, you can read Tarot for friends and family. However, when you read for people you don't know, your intuition truly kicks into gear.

Offer your Tarot readings for free, in exchange for the experience and feedback. And make sure that the people you're reading for know that you're learning and open to feedback.



You can set up in a café or a local library. Or, you can join the Bidy Tarot Community and be part of the Free Tarot Readings service where you can access hundreds of people online who would love to have a free Tarot reading with you and help you learn.

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Learn more about the Bidly Tarot Community at community.biddytarot.com/join/



No matter how you do it, make sure you start practicing Tarot reading as soon as possible. You don't have to be perfect or an expert before you start reading. You simply need to have the willingness to try and the willingness to improve. Put yourself out there and watch as your confidence and skills increase rapidly, right before your eyes.

STEP 5 **PRACTICE, PRACTICE, PRACTICE**

STEP 5 Exercise

Over the next month, I intend to practice reading Tarot by:

Over the next 6 months, I intend to practice reading Tarot by:

Extra ideas and notes: :



About Brigit & Biddy Tarot



BIDDY TAROT

I'm Brigit, the Founder of **Biddy Tarot** - a modern online learning community for purpose-driven people who want to connect with their intuition with Tarot as a guide.

Every year, over 3 million people visit our website to learn the Tarot card meanings and how to read Tarot. In fact, type any Tarot card into Google and you'll find Biddy Tarot at the top!

I truly believe anyone can learn to read Tarot - including YOU.

I'll show you how to read Tarot from the heart, not the book.

And I'll help you deepen your intuition and your connection with the Divine in everyday life, using Tarot cards.





Here's how:

- ▶ Listen to the Bidy Tarot Podcast - biddytarot.com/category/podcast/
- ▶ Read the Bidy Tarot Blog - biddytarot.com/blog
- ▶ Discover the Tarot card meanings - [biddytarot.com/tarot-card-meanings/ here](https://biddytarot.com/tarot-card-meanings/here)
- ▶ Learn Tarot in our online training programs - biddytarot.com/courses/

And join over 500 aspiring Tarot readers in the [Biddy Tarot Community](https://community.biddytarot.com/join/) to access exclusive training, resources and support to improve your everyday Tarot reading skills. Learn more at community.biddytarot.com/join/

Much love,

Brigit
xox

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