



# Journaling with Oracle Cards

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# Journaling Exercise.

This document is designed to be used as you follow along with my Youtube Video 'Journaling for Insight – Journaling Exercise – Beginner Guidance Series #2'.

However, the Journaling prompts can be used with any oracle Deck you may have at home.

**Please tick the question you will be journaling with or alternatively write your own in the space below.**

- ☐ 'What aspect of self-love can I lift up, to form the foundation of my day today, and the week ahead?'
- ☐ 'What is Soul yearning for? And how may I best support this need?'
- ☐ What can I focus on this week to keep my self-love levels high?
- ☐ .....

## Chosen Card Number

(If using this without watching the video, then tick the number of cards drawn for the reading.)

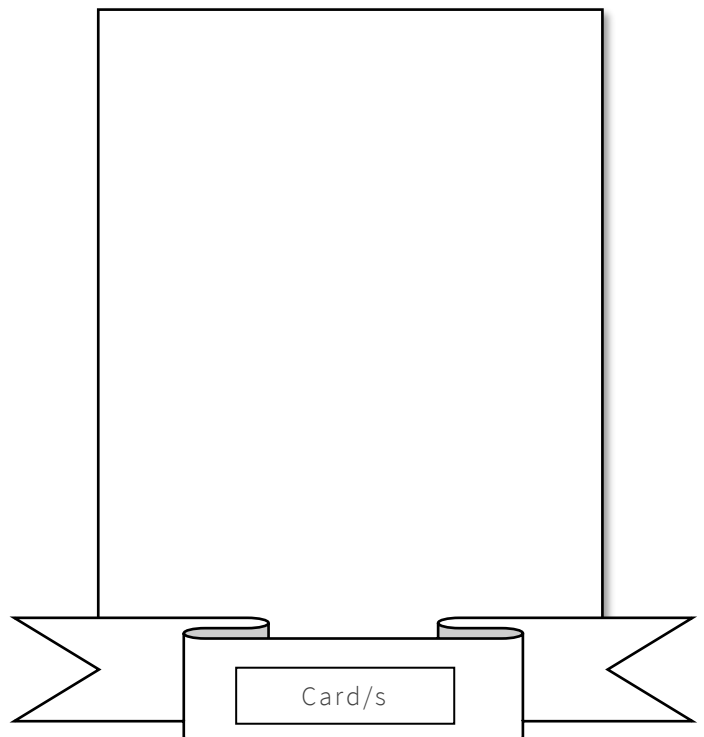
- ☐ One
- ☐ Two
- ☐ Three

Card Deck Used:

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Thank you for following along.

I hope you enjoyed this journaling exercise and gained value from it.

***May you always ‘Find Sanctuary’ as you ‘Lean into Soul’.***

- Keren –

*youtube – Finding Sanctuary*