



3-Card Daily Check-in

A quick ritual for clarity, focus, and intention— by Tarot by Marie

This simple spread invites you to pause, center, and listen. In just five minutes, you'll identify your current energy, receive a clear message, and choose your next best step. Use it in the morning to set the tone or at night to integrate your day.

What you'll need:

- A tarot deck (and/or an oracle deck)
- A quiet spot
- A notebook or notes app

Optional:

- A candle
- Soft music
- Breathwork

Anything that helps you feel grounded

The Spread

Card 1	Present Energy	What's here now? The tone, theme, or lesson in the field.
Card 2	Clear Message	What do I need to hear or understand about this energy?
Card 3	Next Best Step	What action, shift, or boundary will support me today?

5-Minute Flow

- **Ground (30-60s):** Take three slow breaths. Place your hand on your heart and ask for clear, kind guidance.
- **Shuffle & Ask:** Consider the questions, "What's the energy I'm in? What do I need to hear? What's my next best step?"
- **Pull 3 Cards:** Lay the cards face-down, then turn them over one by one, jotting down keywords before diving into analysis.
- **Connect:** Pay attention to repeating symbols, suits, directions, or numbers. What's the overarching theme?

Choose: Decide on one small action you can complete today in under 20 minutes.



Journal Prompts

- 1) If the Present Energy had a headline, what would it be?
- 2) The Clear Message asks me to consider...
- 3) My Next Best Step becomes easy when I...
- 4) One thing I can release today is... and one thing I can welcome is...

Quick Interpretive Tips

Majors = theme of the day; Cups = feelings; Wands = energy and momentum; Swords = thoughts and clarity; Pentacles = body, money, logistics. Reversals can suggest internal focus, a delay, or a request to soften. Stay curious and avoid doom narratives.

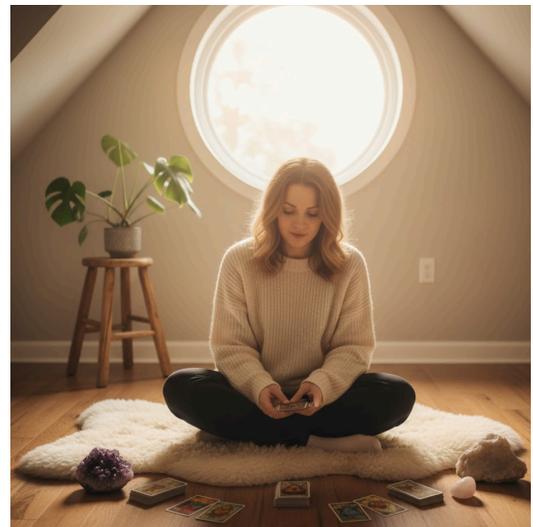
Two Mini Templates

Love / Relationships

- 1) How am I showing up in love today?
- 2) What truth supports deeper connection?
- 3) One step I can take to keep my heart open is...

Life / Career

- 1) What wants my attention?
- 2) What would simplify or clarify this?
- 3) One step to move momentum is...



A Gentle Note

Tarot mirrors your agency—it doesn't replace it. Use this spread for reflection and insight. For medical, legal, or financial matters, seek licensed professionals.

Want a deeper pull?

Book a 30-minute personal love reading for focused, compassionate guidance.

Book: tarotbymarie.com/book • Follow: [@itselimarie](https://www.instagram.com/itselimarie)