



# How can I love myself?

Self-love is a journey that isn't about the destination. Sometimes we get stuck and we need a small reminder of what we're capable of and who we are. This involves reminding ourselves that we're worthy of love, and the most important love we can have is the love of ourselves.

This tarot spread was designed to help you remember who you are, what you're good at, and that you are responsible for loving yourself.

Card One: How am I really?

Card Two: What am I amazing at?

Card Three: What is my purpose right now?

Card Four: What is getting in my way?

Card Five: How can I best love myself right now?

