

STOP SECOND-GUESSING YOURSELF

Self-Trust Tarot Reset Workbook

YOUR EMPRESS ENERGY



COPYRIGHT @ 2026

HOW TO USE THIS WORKBOOK

This workbook is designed to help you reset your inner clarity and rebuild trust in your own judgment.

Set aside 30–45 uninterrupted minutes.

Have your tarot deck and a pen ready.

Answer honestly. Do not edit yourself.

PART 1: SELF-TRUST ASSESSMENT

Current State Reflection

Answer the following before pulling any cards.

1. What decision am I currently overthinking? _____

2. What outcome am I afraid of? _____

3. Whose opinion feels louder than my own right now? _____

4. If no one else existed, what would I choose? _____

5. On a scale of 1-10, how much do I trust my own judgment right now?

1 2 3 4 5 6 7 8 9 10

PART 2: THE SELF-TRUST RESET SPREAD

5-Card Layout

Card 1 – What is driving my doubt?

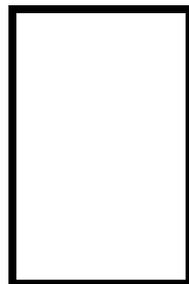
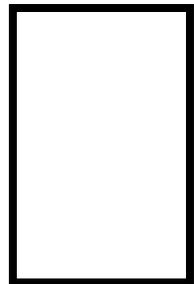
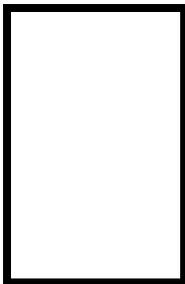
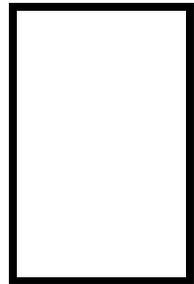
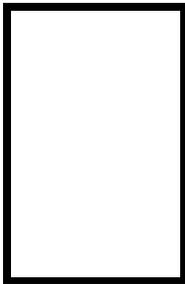
Card 2 – What fear is distorting my perception?

Card 3 – What truth am I ignoring?

Card 4 – What would self-trust look like in this situation?

Card 5 – The aligned action I need to take

Pull all five cards before interpreting.



PART 3: CARD INTERPRETATION WORKSHEET

Card 1 – What is driving my doubt?

Card: _____

Initial reaction: _____

How this shows up in my behavior: _____

Card 2 – What fear is distorting my perception?

Card: _____

What worst-case scenario am I imagining? _____

Is this fear based on evidence or projection? _____

Card 3 – What truth am I ignoring?

Card: _____

What do I already know deep down? _____

Why am I resisting this truth? _____

Card 4 – What would self-trust look like here?

Card: _____

If I trusted myself fully, what would I do differently? _____

What boundary, action, or decision would shift immediately? _____

Card 5 – The aligned action I need to take

Card: _____

What is the simplest next step? _____

What happens if I delay this action? _____

PART 4: SELF-SABOTAGE RECOGNITION

Identify Your Pattern

Check any and all that apply:

- Overthinking every possible outcome
- Seeking repeated reassurance from others
- Changing decisions after outside opinions
- Ignoring intuitive nudges
- Avoiding decisions entirely

PATTERN REFLECTION

When did this pattern begin? _____

What payoff do I get from staying in doubt? _____

How has this pattern cost me in the past? _____

Any other thoughts that came to mind? _____

PART 5: CONFIDENCE REBUILD COMMITMENT

Rewrite the Narrative

Old belief about myself:_____

New belief I am choosing:_____

Decision Declaration

The decision I am making:_____

Why this decision aligns with my higher self:_____

7-DAY TRUST CHALLENGE

For the next 7 days I will:

Make small decisions without outsourcing my power.

Pause before asking for reassurance.

Act on my first clear instinct when safe to do so.

Write one sentence each day reflecting how it felt to trust yourself.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

FINAL INTEGRATION

Self-trust is not about being perfect.
It is about being aligned.

Clarity follows commitment.

Return to this spread any time you feel yourself slipping back into doubt.

You already know more than you think you do.

*Until our energies cross again,
I'm wishing you much peace, love and happiness!*

~Laurie



Your Empress Energy Tarot