



The Gentle Rituals Guide

Your card deck is more than a set of words — it's a daily ritual, a soft exhale, and a doorway back to the creative woman you've always been. There's no right or wrong way to use them — only the way that helps you feel present, encouraged, and inspired.

Here are some beautiful, simple ways to bring them into your everyday life:

✨ 1. Begin with a Daily Draw

Each morning (or whenever you need grounding), shuffle the deck and choose a card intuitively. Let this be your creative theme for the day — a gentle reminder of who you're becoming.

Tip: Place your card somewhere you'll see it: beside your teacup, above your desk, in your journal, or on your bathroom mirror.

✍️ 2. Use the Journaling Prompts to Go Deeper

Every card includes a matching prompt so you can explore your thoughts, patterns, desires, and creative stories. Write freely — no perfection, no pressure. This is where clarity and confidence begin to bloom.

🌙 3. Create a Soft Evening Ritual

Choose a card to close your day. Reflect on how the message showed up in your thoughts or actions. Let the words settle your nervous system and prepare you for a restful night.

🎨 4. Use a Card Before You Make Art

Pick a card before drawing, doodling, collaging, writing, painting, or crafting. Let it set the energy of your creative session — supportive, brave, and beautifully imperfect. This works especially well on days when you feel stuck or unsure where to begin.


♥️ 5. Keep a Small "Inspiration Spread"

Lay out 3–5 cards on your desk or pinboard for the week.

Choose themes like:

- What I need
- What I'm releasing
- What I'm embracing
- What I'm learning about myself
- What my creativity needs right now

This creates a visual reminder that creativity is a relationship you're gently tending to.





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6. Take a Card With You

Slip one into your handbag, diary, car visor, or phone case. A tiny pocket reminder of your worth and creativity travels with you through the day.

7. Use Them as Emotional Anchors

If you're feeling overwhelmed, discouraged, tender, or lost — pull a card. Let it be a soft landing place. Breathe the words in and let them soothe you.

8. Save Your Card as Your Phone Lock Screen

Take a photo of the day's card and make it your wallpaper. Every time you unlock your phone, you're reminded of your strength and softness.

9. Use Your Cards in Groups or Circles

These cards are beautiful tools for:

- women's circles
- art classes
- retreats
- book clubs
- coffee with a friend

Invite each person to choose one card and share what it means for them.

10. Trust Your Intuition

Your deck is designed to meet you exactly where you are.
Use one card a day or five.
Journal deeply or not at all.
Display them, shuffle them, meditate on them, breathe with them.

There is no wrong way — only your way.

Let these cards be your gentle companions as you return to creativity, confidence, and your artful self.



Jo Ann Cutler
**Artful Living
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