



Past Present Future

*A simple spread for gaining perspective on where you've been,
where you are and where you may be heading.*



This three-card spread offers a clear snapshot of your story.
It invites you to reflect on your past, ground in your present and
consider the potential of your future.
Use it as a tool for insight, clarity and intentional growth.



PAST



PRESENT



FUTURE

HOW TO READ THIS SPREAD



Past: Experiences, influences and lessons that have shaped your current situation.



Present: Your current circumstances, opportunities, challenges and energy.



Future: A possible direction of travel if current energies continue.

KEY INSIGHTS



Block • Action • Outcome

A PRACTICAL SPREAD FOR MOVING THROUGH OBSTACLES
AND GAINING CLARITY ON YOUR NEXT STEP.

This three-card spread offers a clear path through what feels unclear.
By identifying your current challenge, the action that will create momentum and
the potential outcome, you can move forward with intention and confidence.



1

CURRENT BLOCK



2

ACTION REQUIRED



3

POTENTIAL OUTCOME

How To Read This Spread

- 1 Current Block: What may be holding you back or creating resistance.
- 2 Action Required: What would best support progress or movement.
- 3 Potential Outcome: The likely result of taking that action.

My Next Best Step



Focus • Block • What you don't know

A spread for uncovering where your energy is most needed
and what may be happening beneath the surface.

This spread helps you gain clarity by exploring what deserves your attention,
what may be holding you back and what unseen influence could shape your
next steps. Take a breath, set an intention and trust what emerges.





Where To Focus



Current Block



What You Don't Yet Know

HOW TO READ THIS SPREAD

- 1 Where To Focus:
The area of life, mindset or opportunity
calling for attention.
- 2 Current Block:
The challenge, fear or pattern
creating friction.
- 3 What You Don't Yet Know:
An unseen influence, opportunity or
perspective waiting to emerge.

WHAT STANDS OUT MOST

