

Root of Scarcity

A Shadow Work Tarot + Journaling Toolkit

Part 1 of the “Rewriting the Scarcity Story” series

This gentle, reflective guide will help you uncover and begin healing your personal scarcity story through tarot, journaling, and embodied awareness.

For more similar resources, visit fromcentowholeness.com and browse Tarot for Inner Exploration.

△ What's Inside

- A 5-card tarot spread to explore the root of your scarcity beliefs
- A guided reflection space for each card
- Deep-dive journaling prompts
- A cheat sheet: Tarot archetypes often linked to scarcity
- A 7-day self-awareness practice to track emotional patterns

◆ Tarot Spread: The Root of Scarcity

Before pulling cards, settle into a quiet space. Place one hand on your heart. Breathe in the intention to see without judgment, to meet your younger self with care.

Card Positions + Prompts:

1. What belief about scarcity lives in my shadow?

→ What quiet or unconscious belief about lack has been shaping my life?

2. Where did this belief come from?

→ Trace the root. What early messages, family dynamics, or ancestral wounds lie beneath?

3. How has this belief protected me?

→ What did this story help me avoid or control? How did it try to keep me safe?

4. What truth is ready to emerge now?

→ What new story is rising in me? What do I know now that I didn't then?

5. What inner resource or energy can support me?

→ A source of resilience, support, or comfort that wants to walk beside me.

 **Write Here::**

Card #:

Card drawn:

First impression / keywords:

What it reveals to me:

What this brings up emotionally or physically:

Card #:

Card drawn:

First impression / keywords:

What it reveals to me:

What this brings up emotionally or physically:

Card #:

Card drawn:

First impression / keywords:

What it reveals to me:

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Card #:

Card drawn:

First impression / keywords:

What it reveals to me:

What this brings up emotionally or physically:



Journaling Prompts

After the spread (or on a separate day), use these prompts to deepen your self-inquiry:

- What belief about scarcity surfaced in my reading?
- What messages did I hear about money, lack, or need as a child?
- What was I taught—directly or indirectly—about asking for more?
- How does this belief still shape me today?
- How do I shrink, overcompensate, or overgive because of it?
- What would change if I no longer believed this story?



Scarcity Archetypes in Tarot: A Cheat Sheet

These are common cards that may appear in this work. Their meanings shift depending on context—but they often whisper scarcity's themes.

Pentacles (especially 4 and 5): Material fear, hoarding, rejection, deprivation

Nine of Swords: Anxiety, inner critic, intrusive beliefs

Ten of Wands: Overwork, burdened self-worth, proving through exhaustion

Five of Cups: Grief over what was never received

Four of Cups: Emotional flatness, rejection of abundance

The Devil: Attachment to lack, scarcity addiction, survival habits

The Empress (reversed): Blocked receiving, feeling unworthy of nurture

The Star: (upright or reversed) Longing for hope or trust in life's flow

Temperance: Healing from extremes—learning to trust sufficiency

One-Week Reflection: Tracking Emotional Patterns

For the next 7 days, track moments when you notice feelings of “**not enough**”—whether it’s about time, energy, love, money, attention, or self-worth.

Each day, jot down:

- What triggered the feeling
- The story you told yourself
- A compassionate reframe or need behind it

 *Example:*

“Today I felt panic about money when I saw a bill. The story was: ‘I’ll never catch up.’ But the need underneath was safety. I reminded myself: I’m working toward stability, not rushing it.”

Day 1:

Day 2:

Day 3:

Day 4:

Day 5:

Day 6:

Day 7:

A Final Invitation

This is not a fix. It’s a first step. Scarcity beliefs were built over time, often to protect your softest places. Let this toolkit be a slow conversation with those parts—not a demand for change, but an opening to **soften into enoughness**.

You’re allowed to want more. You’re allowed to rest. You’re allowed to receive.