



Tarot Energy Cheat Sheet



A simple, ADHD-friendly
reference guide for tracking your
energy cycles with tarot!

Your personal associations with tarot cards may vary. Use this guide as a starting point
and adjust based on your own experiences!

Quick Tarot Energy Guide

How to Use This Cheat Sheet

1. Pull one card daily and log it in a journal, notes app, or by snapping a picture.
2. Use the categories below to quickly assess your energy level.
3. Look for patterns over time to plan your schedule around your natural rhythms.



HIGH ENERGY

Themes: Action, Motivation, Momentum

Majors: Chariot, Empress, Emperor, Sun, Magician, Strength, Fool, Devil

Wands: Ace, Five, Eight, Page, Knight, Queen, King

Cups: Three, Six

Pentacles: Seven, Eight, Nine, Ten, Knight, King

Swords: Ace, Five, Six, Knight



MEDIUM ENERGY

Themes: Balance, Thoughtful, Steady

Majors: Lovers, Temperance, World, Justice, Hermit, Hierophant, Wheel, Star

Wands: Two, Three, Four, Six, Seven

Cups: Two, Nine, Ten, Page, Knight, Queen, King

Pentacles: Ace, Two, Three, Four, Six, Eight, Page, Queen

Swords: Two, Seven, Page, Queen, King



LOW ENERGY

Themes: Rest, Recovery, Overwhelm

Majors: Death, Moon, Hanged Man, Tower, High Priestess

Wands: Nine, Ten

Cups: Ace, Four, Five, Seven, Eight

Pentacles: Five

Swords: Three, Four, Eight, Nine, Ten

Bonus Tips:

- Keep your deck somewhere visible to make daily tracking easy.
- Pair it with an existing habit (morning coffee, evening wind-down).
- Use symbols or stickers in your planner to spot trends at a glance.
- Check for external influences (moon phases, social events, workload).
- Don't stress over "negative" cards, they're just invitations for awareness.


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