

One day

A daily pull and the four lines under it. Print as many as you need — a month of them is a book.

THE PULL

Date	
Deck	
Card	
Upright or reversed	

BEFORE YOU LOOK IT UP

The first thing you thought when you turned it over. Write it before you read anyone else's meaning — it is the only part of this that is yours.

WHAT THE BOOK SAYS

WHAT THE DAY ACTUALLY DID

Filled in at the end of the day, not the start of it.

CARRIED FORWARD

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