



# Fill Your Cup: Focus on YOU Workbook

by Amanda Hughes

Author of *Mystic Storyteller: A Writer's Guide to  
Using the Tarot for Creative Inspiration*

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## A Letter to all Mystic Storytellers

Dear Reader,

Thank you for your interest in and support of my new book *Mystic Storyteller: A Writer's Guide to Using the Tarot for Creative Inspiration* and its companion deck, *Mystic Storyteller Tarot*. If you are reading this letter, I hope you will accept this workbook as a token of my sincere gratitude. This project would not be possible without YOU.

That's precisely why I designed this *Fill Your Cup: Focus on YOU Workbook*—to encourage you to do just that: focus on your needs. So often, creative people like you and I tend to put the needs of others ahead of our own. After all, there are deadlines to make, art to deliver, readers to satisfy, the list goes

on... However, this workbook is intended to help you prioritize your mental and emotional health *first* so that you can show up full and better equipped to support those who depend on you.

Within these pages, you will find a selection of activities pulled directly from the *Mystic Storyteller* book. You are invited to use these spreads to pour back into your cup. Now, find a comfortable, quiet spot where you can work without distraction, shuffle your tarot cards, and let's spend some time focusing on YOU.

In good health,  
Mandy







## How to Use this Workbook

- 1 Shuffle your tarot cards until you are satisfied that they're ready for pulling, and then turn the deck facedown.
- 2 Follow the instructions for each activity.
- 3 Ask yourself the questions included for each spread, using your intuition to consider the answers. If you are using the spreads from your fictional character's point of view, imagine them asking themselves these questions.
- 4 Use the notes pages that follow each activity for capturing your thoughts.



# Gifts of the Magi

Being a writer can sometimes feel unrewarding, and I don't know about you, but sometimes I look around and wish-dream-hope-pray for a nod from the Universe to carry on. Sometimes my heart needs nurturing, my body needs nourishing, my mind needs clarity, and my spirit needs a little spark. A fellow writer and dynamic communicator ruled by Mercury, The Magician can offer gifts to help support your storyteller needs. Use the following spread to uncover how those gifts might serve you. You might also use this spread from the point of view of your fictional character(s).

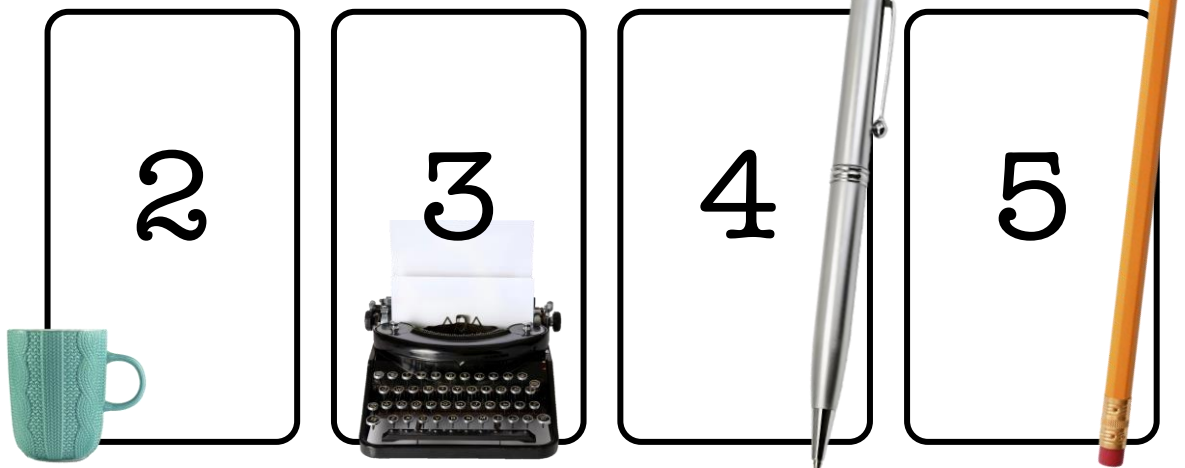
1. Pull The Magician from your tarot deck and lay the card in the space for Card 1. See their table? The Magician has gifts for you.
2. Shuffle your cards.
3. From the top of the deck, start turning cards over and laying them in the space for Card 2. When your first Cups card lands on this space, stop and move on to the next space.
4. Repeat the process by turning over cards and laying them on the space for Card 3 until you arrive at your first Pentacles card.
5. Repeat again for Card 4 (Swords) and Card 5 (Wands).
6. Ask yourself the following questions, and then record your thoughts.

Card 2: Cups / Heart—How can I nurture my heart right now?

Card 3: Pentacles / Body - What nourishment does my body need right now?

Card 4: Swords / Mind - How does my mind need clarity right now?

Card 5: Wands / Spirit - What inspirational spark does my spirit need right now?





# Gifts of the Magi:

Capture your thoughts below.

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# New Perspective

Working with the energy of The Hanged One card can be extremely effective in helping to see a situation from a different viewpoint. Use the following spread to gain a new perspective on circumstances that are causing you a pause or discomfort. From the writer's lens, this spread can help you work through what's conflicting with your progress. On the other hand, if you are a writer of fiction, you can also use this spread from the lens of your character(s).

1. Shuffle your cards.
2. Search for The Hanged One card. Pull the three cards preceding The Hanged One card, pull The Hanged One card, and then pull the two cards following The Hanged One card. You will have a total of six cards.
3. Leading with Card 1, which is the first of the three cards preceding The Hanged One, lay the cards in the order indicated on the spread. Card 4 is The Hanged One card and Cards 5 and 6 should be the two cards that followed The Hanged One.
4. Ask yourself the following questions, and then record your thoughts.

Card 1: The Situation—What is the origin or source of this issue, problem, or conflict?

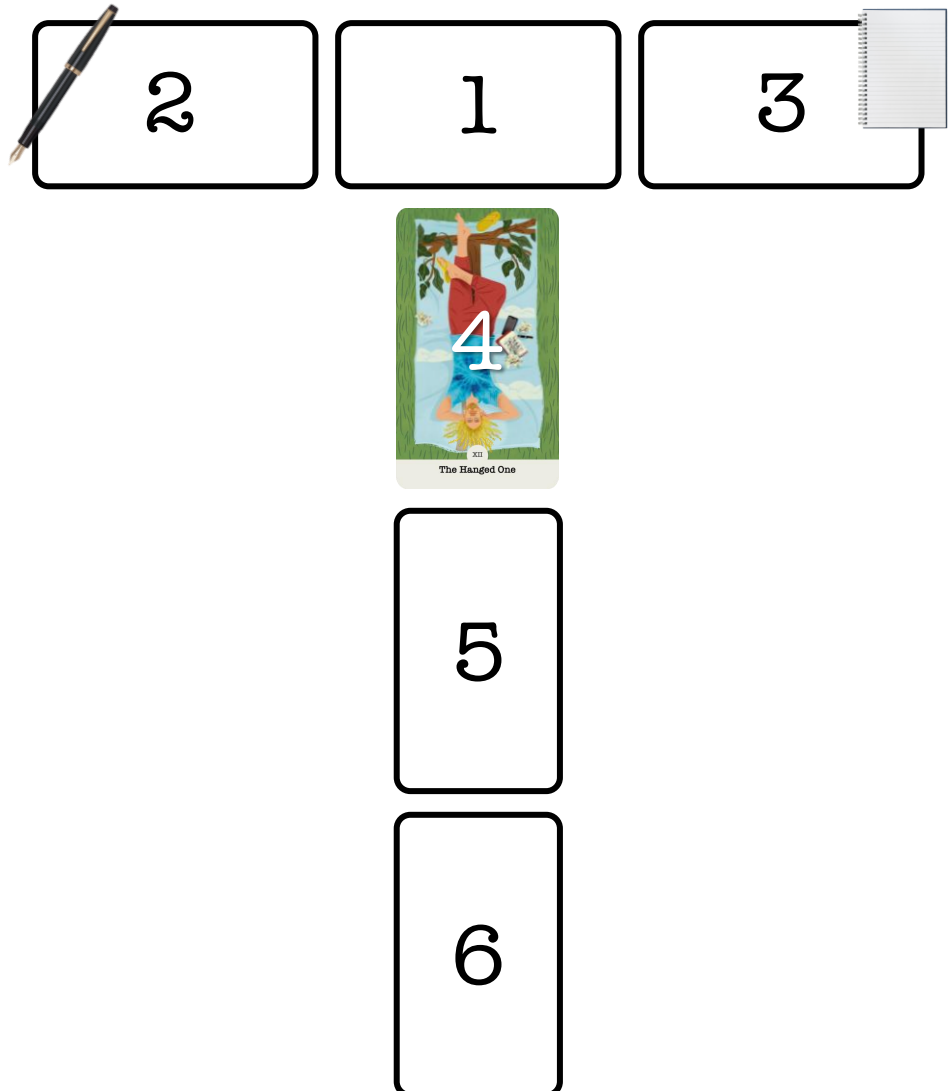
Card 2: Your Feelings—What are my feelings about this experience?

Card 3: Reframe—How can I reframe how I feel about these circumstances?

Card 4: The Hanged One —Seeking a new perspective.

Card 5: Surrender—What am I being asked to surrender in this situation?

Card 6: Learn—What am I able to learn from this new perspective?





# New Perspective:

Capture your thoughts below.

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# Balancing Act

In the tarot, the Temperance card follows directly after the Death card, which foretells a substantial transformation. As such, whenever there is significant change in our lives, our normal response is to gain our footing so we can return to stability. Stability often requires giving and receiving. Like the Justice card, Temperance is a card that informs concentration in order to restore harmony.

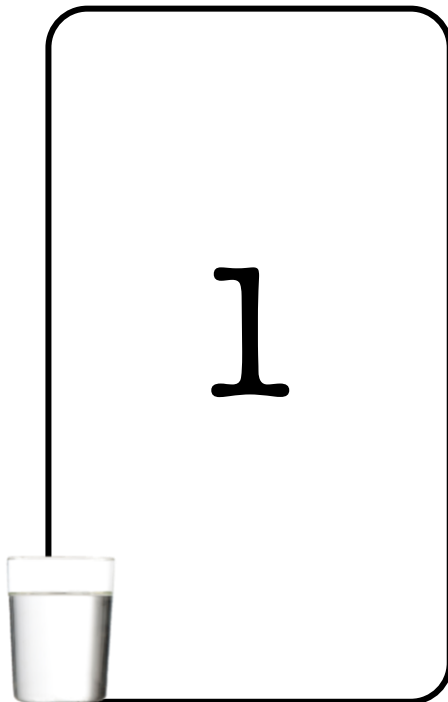
Use the following spread to uncover how you might invite harmony back into your life following a period of change. Similarly, if you are a fiction writer, you can use this spread to explore how your character(s) might restore harmony to their story.

1. Shuffle your deck.
2. Next, find the Temperance card, which represents you or your character(s) in this moment. Lay the card on the space for Card 2.
3. The card behind Temperance (Card 1) represents an invitation, and the card in front of Temperance (Card 3) indicates a release.
4. Ask yourself the following questions, and then record your thoughts.

Card 1: What am I inviting more of into my life?

Card 2: Temperance—You / Your Character(s)

Card 3: What am I called to release after this change?





# Balancing Act:

Capture your thoughts below.

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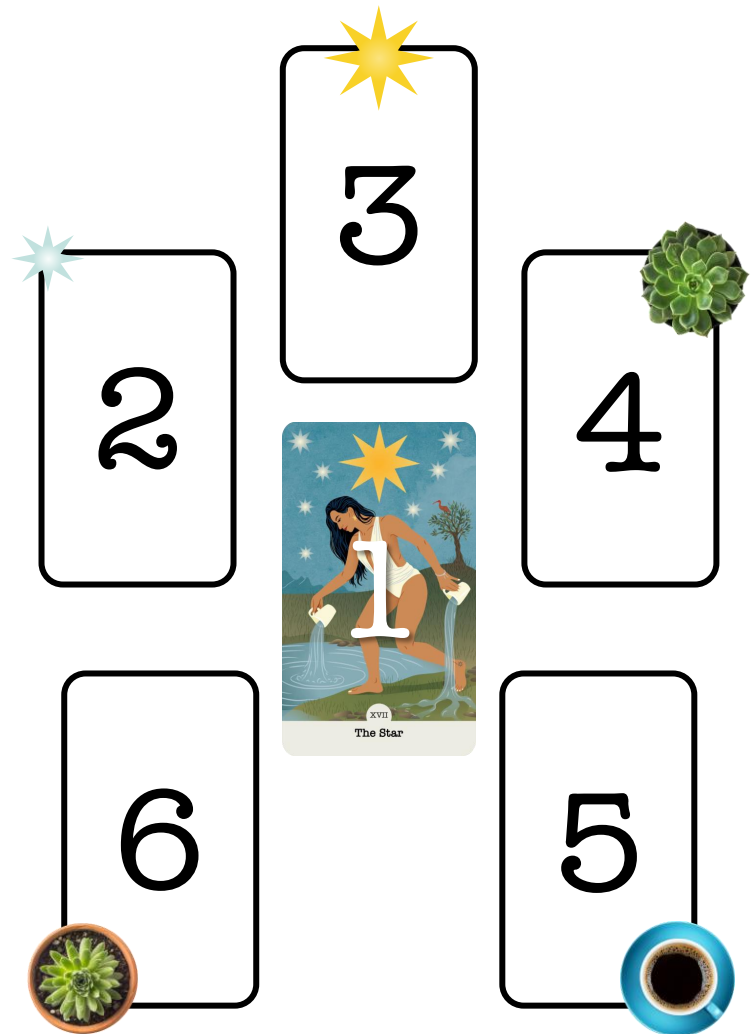


# Recovery in the Aftermath

In the *Mystic Storyteller Tarot*, The Star illuminates the construct of self-care, highlighting the fact that self-care is relative to the individual, and it's not always as accessible to some as it is for others. Alternatively, The Star is an invitation to artistic exploration. For storytellers, this can be a much-needed reprieve, especially considering this card follows The Tower, representing an upheaval, which can make a mess of our creativity. The Star asks you to pause, acclimate, and heal, especially following a sudden, traumatic situation.

When you find yourself settling into the aftermath of an upheaval, how can you heal, recover, and return to quality storytelling? If you are a fiction writer, how will your character(s) respond and recover after a traumatic event? Use this spread for the exploration of productive self-care and recovery, either from a personal lens or from your character's point of view.

1. Search your tarot deck until you find The Star card and place it in the center space for Card 1.
2. Shuffle your cards.
3. Starting with the space for Card 2, count the eighth card from the top of the deck and lay it in that space.
4. Repeat for the rest of the spread, counting every eighth card, laying it down, and then advancing on to the next space.
5. Ask yourself the following questions, and then record your thoughts.



Card 2: Why have I been resisting self-care?

Card 3: How do I begin reorganizing my priorities in order to place myself first?

Card 4: How can I reframe what happened in order to recover?

Card 5: What support do I need in order to redirect and move forward?

Card 6: What does recovery look like?





# Recovery in the Aftermath:

Capture your thoughts below.

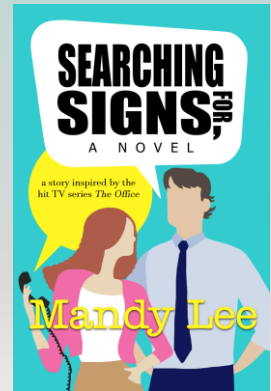
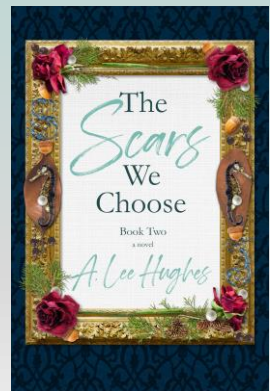
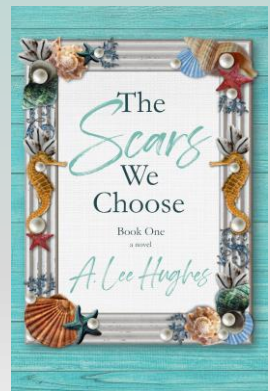
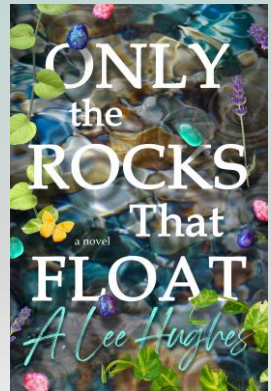
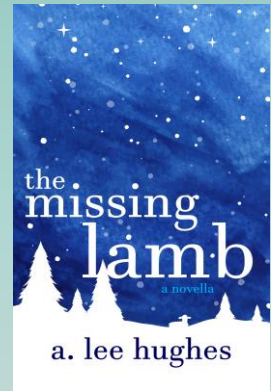
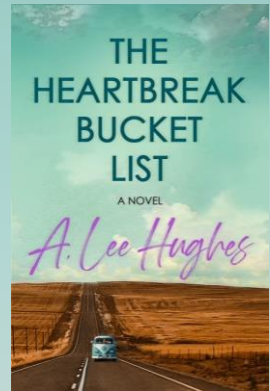
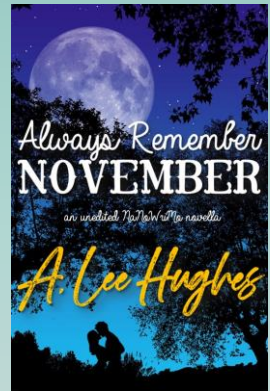
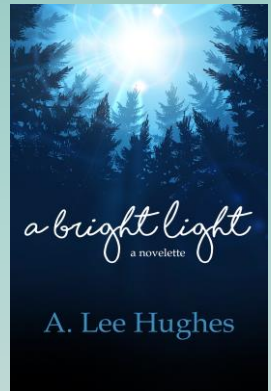
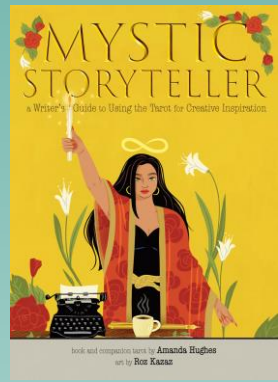
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Before you go, check out my bookshelf!







## »————« About Mandy »————«

In her more than thirty years as a storyteller and visual designer, Amanda “Mandy” Hughes has written and designed over a dozen works of literary, Southern Gothic, and women’s fiction under pen names A. Lee Hughes and Mandy Lee.

Mandy is the founder of Haint Blue Creative®, a space for readers and storytellers to explore, learn, and create. She holds a Bachelor and Master of Science in Psychology, and she has worked as an instructional designer for nearly twenty years.

When she’s not writing, Mandy enjoys the movies, theater, music, traveling, nature walks, birdwatching, and binging *The Office*. She is a tarot enthusiast who uses the cards to enhance creativity and foster wellness. Her book *Mystic Storyteller: A Writer’s Guide to Using the Tarot for Creative Inspiration* and companion tarot deck are coming to La Panthère Studio in 2024.

Mandy lives in Georgia with her husband and four sons, two of whom are furrer than the others (but not by much). Visit her website at [haintbluecreative.com](http://haintbluecreative.com) and follow her on Instagram @HaintBlueCreative and @MysticStorytellerTarot.

