

The Clarity Reset



5 Questions to Stop Overthinking & Make Decisions with Confidence



TUCKER TAROT

Welcome to your simple guided reset to quiet the noise,
reconnect with your intuition, and move forward with confidence.

By

Beth Tucker



You Already Know More Than You Think

One of the biggest misconceptions about intuition
is that it arrives as a loud voice with absolute certainty.

It rarely does.

Instead, intuition is quiet.

Overthinking gets louder.

When we become overwhelmed with possibilities, opinions, and “what ifs,”
we begin searching outside ourselves for answers that already exist within us.

This Clarity Reset is designed to help you slow down, reconnect with your inner wisdom,
and make your next decision from a place of confidence rather than fear.



There are no perfect decisions.

There are only aligned ones.

Take a deep breath.

Let's begin.

Optional Intuitive Tarot Practice

You don't need to know how to read tarot to receive insight.

If you have a tarot deck:

Before answering the five questions,
shuffle your cards while thinking about the decision you're facing.

Ask:

“What energy or perspective would help me approach this decision with clarity?”

Draw one card.

Don't worry about “getting it right.” Instead, ask:

What stands out first?

What emotion does this card bring up?

How might this image relate to my situation?

Complete the five questions in this guide,
then revisit your card. You may notice new insights.



Remember:

*The card isn't making the decision
for you. It's simply offering another
perspective so you can hear your own
inner wisdom more clearly.*

Before You Answer...

Find a quiet space.

Grab a notebook or write directly inside this guide.

There are no right or wrong answers.

The goal isn't to predict the future.

The goal is to hear yourself again.

As you answer each question, don't overthink.

Write the very first response that comes to mind.

That first answer is often your intuition speaking.



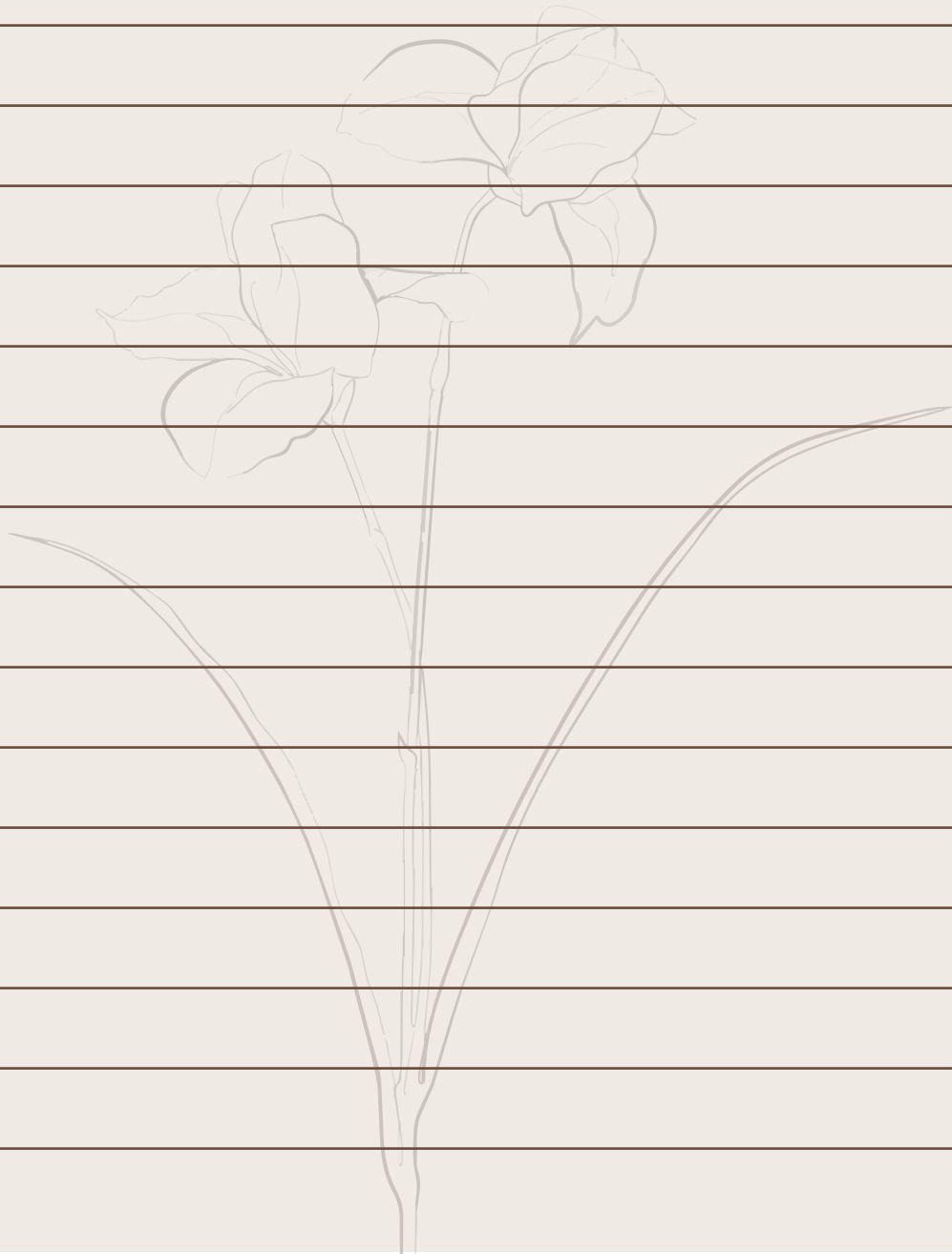
Question One

**If fear wasn't part of this decision...
What would I choose?**

Fear often disguises itself as logic.

Take a moment to separate genuine concerns from imagined worst-case scenarios.

Journal Your Thoughts & Feelings. No judgement, just write...



Question Two

What choice feels lighter in my body?

Close your eyes.

Imagine choosing Option A. Notice how your body feels.

Now imagine Option B. Notice how your body feels

Your body often recognizes alignment before your mind does.

Your nervous system is constantly giving you information.

Learning to notice it is one of the greatest intuition skills you can develop.

Journal Your Thoughts & Feelings. Don't over-think it, just write...



Question Three

Am I making this decision from love or fear?

Ask yourself:

- Am I trying to avoid discomfort?
- Am I trying to prove something?
- Am I choosing what excites me?
- Am I honoring what I truly want?

Decisions rooted in fear often create more fear. Decisions rooted in self-trust create momentum.

Journal Your Thoughts & Feelings. Feel deeply, just write...



Questions Four & Five

What would Future Me thank me for doing today?

Imagine yourself one year from now.

Looking back...

What decision are you grateful you made?

Journal Your Thoughts & Feelings. Feel gratitude, just write...



What's one small action I can take within the next 24 hours?

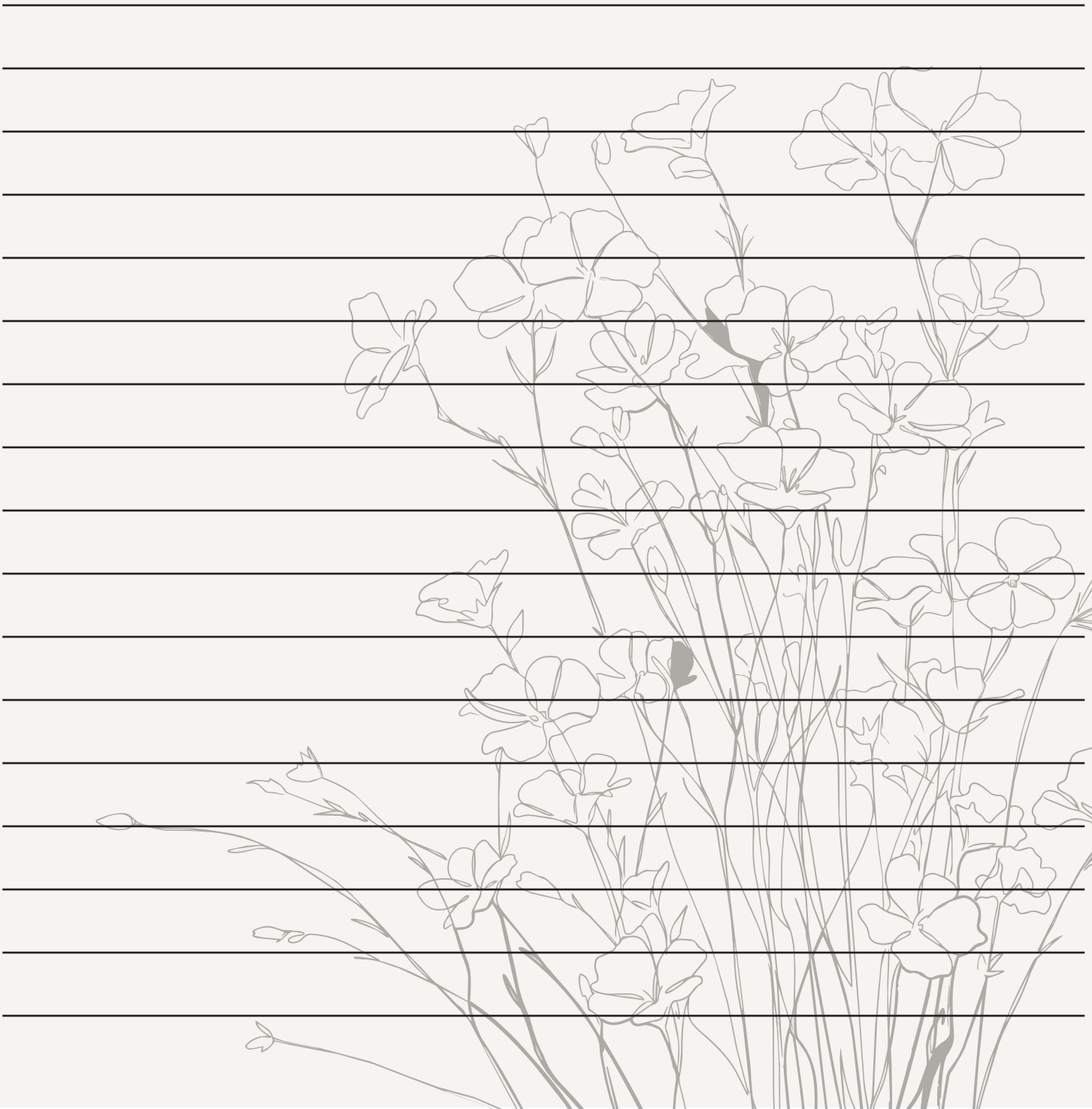
Clarity doesn't always come before action. Many times, action creates clarity.

What's one tiny step?

Send the email. Make the call. Apply. Schedule the appointment. Say yes. Say no.

Take one step.

Journal Your Thoughts & Feelings. Take action, just write...



Your Clarity Reset

Read back through your answers.

Now ask yourself:

What themes keep showing up?

What answer appears more than once?

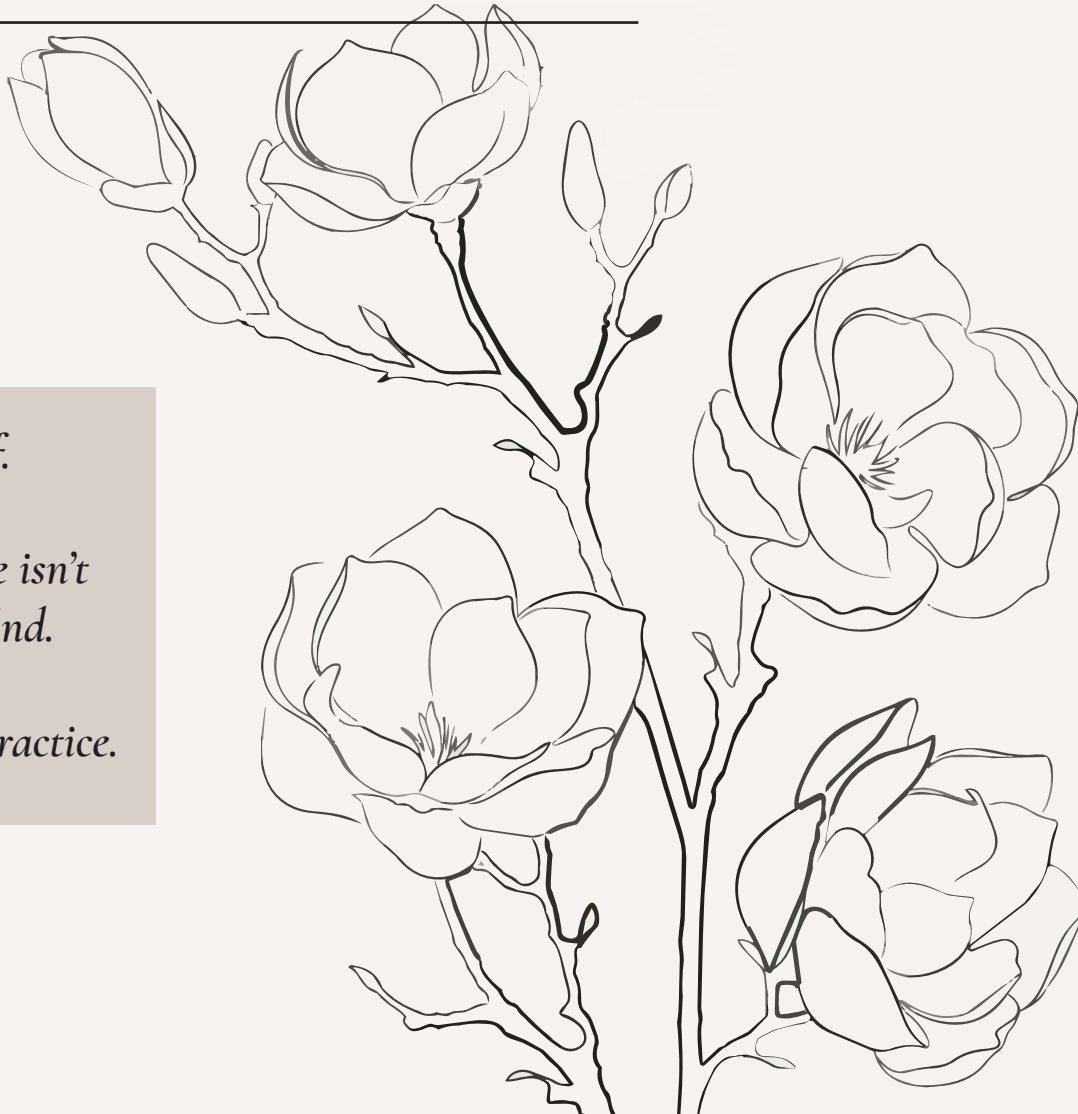
What already feels true?

Write one sentence to yourself:

I choose _____ because _____.

Sign your name.

Date it.



Trust yourself.

*Because confidence isn't
something you find.*

It's something you practice.

Want More Clarity?

When you're ready to go deeper...

Book a private intuitive tarot reading.



Join The Empress Circle™, a community designed to help women reconnect with themselves, trust their intuition, and create a life that feels aligned.



You don't have to navigate every decision alone.

Join the Waitlist

www.tuckertarot.com

Instagram @ tuckertarot

Email beth@tuckertarot.com

*Tarot doesn't tell you what to do.
It helps you hear what you've been trying
to tell yourself all along.*

~ Beth Tucker



About Beth Tucker



Beth Tucker is the founder of Tucker Tarot™ and The Empress Circle™, helping women reconnect with their intuition, find clarity, and make confident decisions through reflective guidance and intuitive tarot.

Whether through private readings, workshops, or The Empress Circle™ membership, Beth's mission is simple:

Helping you trust yourself again.



T U C K E R

Stay Connected

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