Ask A Card

PRIVATE READING · 5 CARDS · 9 PAGES

YEAR-END RESET

What to Carry Forward, What to Leave Behind

“What should I carry from this year into the next one, and what can I leave behind?”

Prepared for Hannah · November 12, 2026



YOUR QUESTION

What should I carry from this year into the next one, and what can I leave behind?

THE SHORT ANSWER

Your next move — choose one concrete step

The clearest move right now is to name one thing you are keeping and one you are releasing before the new year begins — The World shows you completed a real cycle worth acknowledging, and the Three of Swords identifies self-critical weight worth setting down. Choose one habit, capability, or satisfaction from this year to carry forward intentionally, and write one honest sentence about what you are ready to stop dragging with you. That single act of naming shifts you from reacting to last year's changes to actively designing the next one.

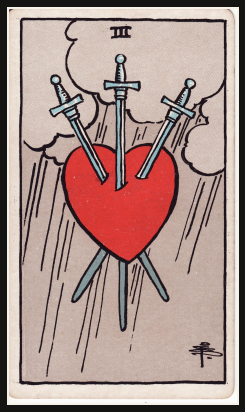
YOUR FIVE CARDS, IN THE ORDER THEY WERE DRAWN



The World
What this year has taught you



Nine of Cups
What deserves recognition



Three of Swords
What you can release



Seven of Pentacles
What you want to cultivate



The Fool
A first step into the new year

This reading was written with AI assistance around the cards you drew and the question you asked. It is a reflection to help you think clearly, not a prediction of the future or of anyone else's feelings.

Your answer, continued

If you want a checkpoint, consider revisiting both sentences after four weeks of the new year to see whether your choices still feel right.



WHAT THIS YEAR HAS TAUGHT YOU

The World

COMPLETION, INTEGRATION, WIDER PERSPECTIVE

What the card shows

A figure stands within a leafy wreath holding two short wands. Four symbolic figures occupy the corners, surrounding the central dancer.

What it means for your question

The World lands in what this year has taught you, and for Hannah — someone who relocated, changed jobs, and built a new physical habit all in one calendar year — its imagery feels earned. The central figure stands within a completed wreath, holding two wands steadily, surrounded by four corner figures that suggest balance across different domains of life. This card reflects a cycle that actually closed, not just started. The lesson is integration: those three shifts were not separate disruptions but one large arc of becoming someone who can operate in a new environment. What The World asks Hannah to carry forward is the evidence that she can hold multiple changes at once without coming apart. That is a capability, not luck, and naming it clearly is the first act of intentional planning.

Try this

1. Write three sentences describing one concrete skill or habit this year's changes confirmed you have; keep this note somewhere visible for January.
2. Before the new year begins, identify one decision from this year you made under pressure that you would make again; note why it still holds.

A QUESTION TO KEEP

What did completing this year's arc teach you about your own capacity for change?

WORDS TO KEEP

I have already proven I can handle significant transition.



WHAT DESERVES RECOGNITION

Nine of Cups

SATISFACTION, APPRECIATION, CONTENTMENT

What the card shows

A seated figure folds their arms on a wooden bench. Nine cups stand on a curved shelf behind the figure, arranged above shoulder level.

What it means for your question

The Nine of Cups marks what deserves recognition — often the quietest card in a reading, and here possibly the most important one to slow down with. The seated figure has arms folded, nine cups arranged on the shelf behind them, and the posture reads as someone who has arrived somewhere satisfying without making a big production of it. For Hannah, the overlooked satisfaction is likely the running. Starting a physical practice amid relocation and a job change is difficult, and it is easy to treat it as the smallest item on the list. The Nine of Cups asks her to let that count. Giving herself credit before adding new goals makes the goals she does set more grounded and less driven by a sense of not being enough yet.

Try this

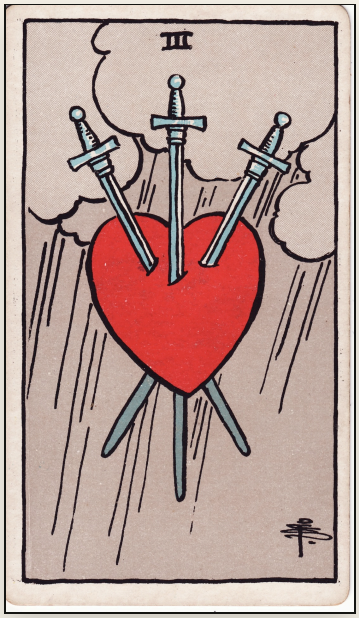
1. List three specific moments from this year where you felt quietly satisfied; include at least one that has nothing to do with productivity.
2. Tell one person in your life about a small win from this year that you have not mentioned because it felt too minor to share.

A QUESTION TO KEEP

Which accomplishment from this year have you been moving past too quickly to appreciate?

WORDS TO KEEP

I deserve to acknowledge what I have already built.



WHAT YOU CAN RELEASE

Three of Swords

HEARTACHE, SEPARATION, PAINFUL-TRUTH

What the card shows

Three swords pierce a red heart suspended in front of rain clouds. No human figure appears in the image.

What it means for your question

The Three of Swords shows three blades through a heart against rain clouds, with no human figure — just the image of pain without a person attached to it. That detail matters: the ache this card points to does not define Hannah, and she is not stuck inside it. For someone navigating a city move and a job change in one year, what is worth releasing are the comparisons, the second-guessing, and any residual story that the upheaval was a failure rather than a deliberate move. Carrying self-criticism about how the transition felt into a year she wants to be calmer will only add weight. Releasing does not mean pretending those moments did not happen; it means deciding they do not get to set the terms for what comes next.

Try this

1. Write one honest sentence about what was hard this year, then write one sentence about what you learned from that difficulty; close the notebook.
2. Identify one self-critical story you repeated about this year's changes and draft a more neutral, factual version of the same event in two sentences.

A QUESTION TO KEEP

What painful story about this year's transitions are you still carrying that no longer serves your next chapter?

WORDS TO KEEP

I can set down what hurt without erasing what I learned.



WHAT YOU WANT TO CULTIVATE

Seven of Pentacles

PATIENCE, ASSESSMENT, CULTIVATION

What the card shows

A figure leans on a tool while looking at a leafy plant bearing seven pentacles. One pentacle rests near the figure's feet.

What it means for your question

The Seven of Pentacles marks what Hannah wants to cultivate, and its image is a patient one: a figure leaning on a tool, studying a plant bearing seven pentacles, with one resting near their feet. The work has been done; now comes deliberate assessment of what is growing and what to tend next. For a calmer, more intentional year, this card is a direct mirror. Intentionality is not a feeling that arrives — it is a practice of pausing regularly to look at what is actually developing rather than constantly planting new seeds. The resources are already in progress — the new city, the new job, the running habit — and Hannah's agency in the coming year lies in choosing which of those to invest in more deeply rather than adding more change.

Try this

1. Choose one area — work, movement, or your new city — and schedule a single thirty-minute review each month to assess what is working and what needs adjustment.
2. Before taking on a new commitment in the first quarter, ask yourself whether it deepens something already growing or starts something entirely new; write your answer down.

A QUESTION TO KEEP

Which of the seeds you planted this year most deserves your focused attention rather than a new project alongside it?

WORDS TO KEEP

I am choosing depth over expansion in the year ahead.



A FIRST STEP INTO THE NEW YEAR

The Fool

BEGINNING, OPENNESS, A STEP WITHOUT COMPLETE CERTAINTY

What the card shows

A traveler carries a small bundle near a cliff. A white dog stands beside the traveler, who holds a white flower beneath the sun.

What it means for your question

The Fool appears as Hannah's first step into the new year, and the image is specific: a traveler near a cliff edge, a small bundle, a white dog, a flower, the sun overhead. This is not recklessness — the bundle is packed, the companion is present. For someone who wants calmer and more intentional, The Fool's first step is not about adding novelty; it is about stepping forward with a beginner's openness toward the life already built. The new city, the new role, the running practice — none of them fully settled yet, and that is not a problem. The Fool suggests that curiosity about what she has already chosen is the entry point, not another major overhaul. One small, deliberate step taken with full attention is the spirit this card is offering.

Try this

1. On the first day of the new year, choose one ordinary part of your new life — a route, a routine, a workspace — and engage with it as if seeing it for the first time.
2. Pick one question about your new city, job, or running practice that you are curious about and take one concrete action to explore it in the first week of January.

A QUESTION TO KEEP

What is one part of the life you have already built that you are ready to explore with fresh attention?

WORDS TO KEEP

I am stepping forward with curiosity into what I have chosen.

ALL 5 CARDS TOGETHER

What your cards say together

Carry forward the proven capability that The World names and the quiet satisfaction the Nine of Cups highlights; release the self-critical weight the Three of Swords points to, and let the Seven of Pentacles guide how you tend what is already growing.

How the cards connect

The five cards form a single argument rather than five separate observations. The World establishes the foundation: you completed something real this year, and the integration that card represents is a resource, not just a memory. Building on that, the Nine of Cups adds a corrective — before you plan next year, the overlooked satisfaction of what you already built needs to be named. Those two cards together say: you have more to work with than you may be crediting yourself for. The Three of Swords then identifies what is weighing down that resource — the painful stories, the second-guessing, the residual grief of a hard transition. Its position as what you can release is specific: you do not need to resolve the ache, only decide it does not set the terms going forward. With that weight acknowledged and set down, the Seven of Pentacles becomes available as your actual operating mode for the new year — patient assessment, deliberate tending, choosing depth over new beginnings. And finally The Fool does not contradict that patience; it completes it. The step into the new year is not another upheaval but a curious, open engagement with the life the other four cards describe. Keep the integration, recognize the satisfaction, release the self-criticism, cultivate what is already growing, and step forward with attention.

YOUR NEXT STEP

As a planning suggestion, consider running a four-week experiment in January: pick one area from your new life — running, the new job, or exploring your city — and give it your full attention without adding anything new. At the end of four weeks, assess what shifted. A useful success signal would be one concrete observation about that area that you could not have made on January first.

> *Steady is a complete and sufficient intention for the year ahead.*

You moved cities, changed jobs, and started running — and you are still here, planning with care. That is the through line the cards are reflecting back to you. Carry the proof of your own resilience, set down the weight of how hard it felt, and tend what is already in the ground. A calmer year is built from exactly that kind of attention.

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