



WEEKLY DIVINATION PLANNER

*TRACK YOUR READINGS. TAKE ACTION. BUILD
DISCERNMENT.*



WELCOME

DIVINATION WITH DISCERNMENT

Welcome to your **Weekly Divination Planner**—a simple tool designed to help you build real clarity, consistency, and self-trust in your divination practice. I'm **JoAnna Farrer**, host of *The Coffee & Divination Podcast*, and I created this workbook because one of the most common challenges I see (even among dedicated practitioners) is not a lack of intuition—it's a lack of **tracking**. When you record what you asked, what you received, and what you did next, divination becomes something you can learn from over time—not just in moments of inspiration.

Tracking your divination is how you **develop discernment**. It helps you **notice patterns, refine your interpretations, and understand your own symbolic language**—especially when different sources or meanings conflict. It also closes the most important gap in divination: the space between a reading and real life. When you write down the action you choose and return later to record what happened, you're no longer "hoping you did it right"—you're building evidence, experience, and trust through practice.

Use this planner as a weekly rhythm: begin with one clear question, keep your daily readings simple, and commit to writing things down while they're fresh. Each day page gives you space to record your symbols and interpretation, choose a practical next step, and later reflect on outcomes. At the end of the week, complete the Weekly Divination Review to integrate what you've learned and shape the next question you'll carry forward. **Don't stress over perfection - aim for steady practice** and you'll see your readings become clearer and more useful over time.



COFFEE & DIVINATION WEEKLY 3 STEP

PROCESS

STEP ONE

ASK ONE CLEAR QUESTION

For your daily divination session, choose **ONE** clear question. The goal isn't to ask everything at once—it's to focus your attention on one particular thing. Choose a question that's specific, grounded in what you can influence, and oriented toward understanding your next steps. If in doubt, try to rephrase to make the question shorter, and avoid run-on sentences.

RECORD, INTERPRET, & ACT

After each reading, write down what you received while it's still fresh—both the symbols and a plain-language interpretation. Don't aim for perfect "meanings"; aim for a clear takeaways and key phrases. Then choose one small action you're willing to take, that you can do within the next day or two. Record, act, and then give yourself evidence you can reflect on later.

STEP TWO

STEP THREE

REVIEW & REFINE

At the end of the week, set aside a few quiet minutes to review what you recorded. Notice what turned out to be accurate or helpful, where you felt unsure, and what happened when you took action (or didn't.) This isn't about judging yourself—it's about learning your own symbolic language and strengthening your discernment. Use what you notice to refine your approach for next week and to choose the next questions you want to explore.

BASICS OF CRAFTING QUESTIONS

A good divination question creates a clean container for insight. Before you begin a reading, use the questions below to help clarify what you're *really* asking about. Aim to have **one** focus, one timeframe, and one question that points toward greater understanding and next steps.

What is the situation I'm asking about (in one sentence)?

What area of my life is this about?

What is the tension or fear around this situation?

What is the heart of the matter? What would I ask if I wasn't afraid of the answer?

Helpful phrase options:

- What do I need to understand about _____?
- What am I not seeing about _____?
- What needs to shift for _____ to improve?
- What needs my attention for this to go well?

My Rephrased Question:

WEEKLY DIVINATION INTENTIONS

Week:

Astrology / Moon /
Timing Notes

Focus for the Week

Tools & Methods

Question Brainstorming

When & Where to Practice

Spiritual Steps & Plans

Mundane Goals & Important Tasks

Notes



DAILY DIVINATION

Day & Time

Tool Used

Moon Phase / Astrology

Question Asked

Reading

Interpretation

Keywords

Plan of Action

Later Reflections



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Day &
Time

Tool Used

Moon Phase /
Astrology

Question
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Question Asked

Reading

Interpretation

Keywords

Plan of Action

Later Reflections





WEEKLY DIVINATION REVIEW

Week: Tools Used:

Patterns I Noticed

Four horizontal lines with dotted midlines for writing notes.

Clearest Readings (and Why)

Four horizontal lines with dotted midlines for writing notes.

Accomplishments and Changes

Four horizontal lines with dotted midlines for writing notes.

What to Refine

Blank space for writing notes.

What was Uncertain

Blank space for writing notes.

Actions that Helped

Blank space for writing notes.

Next Goals & Questions

Blank space for writing notes.





CONTINUE THE PRACTICE

Discernment is a continually unfolding path, and your skills will grow through with time and practice. Enjoy the journey as you go...
If you have questions as you use this planner, please reach out—I'd love to hear from you!

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