



Part 1: Your word of the year

A framework for working with your word of the year:

1. Set your intention
2. Choose a supportive action
3. Work with an aligned question for contemplation

Here is an example using mine for 2023:

Intention: To play with how I can EVOLVE

Supportive Action: Engage in activities where I can see MEASURED PROGRESS

Question for Contemplation: HOW CAN I EVOLVE WITH/IN THIS (moment, relationship, experience, challenge, etc.)?

What is your word of the year? This will act as the overarching theme or lens through which you can observe your journey and work with your calendar and moon reflections.

Intention:

Supportive Action:

Question for Contemplation:

Part 2: Your Personal Seasons/Calendar

This is where we need to reference the information you found in your natal chart. Have this information in front of you or fill in the chart below:

HOUSES

Chart houses split the chart into twelve realms, beginning from the Ascendant, which add another dimension of themes corresponding to the signs starting from Aries.

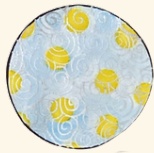
1 st House starts at 0° Aries (Containing Chiron)	7 th House starts at 8° Libra (Containing Pluto)
2 nd House starts at 10° Taurus	8 th House starts at 18° Scorpio (Containing Uranus)
3 rd House starts at 13° Gemini	9 th House starts at 13° Sagittarius (Containing Neptune)
4 th House starts at 4° Cancer	10 th House starts at 4° Capricorn (Containing Sun and Mercury)
5 th House starts at 25° Cancer	11 th House starts at 25° Capricorn (Containing Venus)
6 th House starts at 22° Leo (Containing Moon, Mars, Jupiter, Saturn and North Node)	12 th House starts at 22° Aquarius

° of and (sign) are found here - the very bottom of your chart page on astro-charts.com

The beginning date for each house is found using the guide on pages 9-11

Spring
Summer
Fall
Winter

1st House starts at	_____ ° of _____ (sign)	_____ (date)
2nd House starts at	_____ ° of _____ (sign)	_____ (date)
3rd House starts at	_____ ° of _____ (sign)	_____ (date)
4th House starts at	_____ ° of _____ (sign)	_____ (date)
5th House starts at	_____ ° of _____ (sign)	_____ (date)
6th House starts at	_____ ° of _____ (sign)	_____ (date)
7th House starts at	_____ ° of _____ (sign)	_____ (date)
8th House starts at	_____ ° of _____ (sign)	_____ (date)
9th House starts at	_____ ° of _____ (sign)	_____ (date)
10th House starts at	_____ ° of _____ (sign)	_____ (date)
11th House starts at	_____ ° of _____ (sign)	_____ (date)
12th House starts at	_____ ° of _____ (sign)	_____ (date)



Full Moons of 2023

Note these were calculated in the Central timezone so the date could alter by one day if you are in a different time zone. Remember that the energy is vibrant for 3 days, so engage with an open mind and trust your intuitive knowing. **Moons with an eclipse have been highlighted.**

January

Jan 6 at 16° of Cancer

This is in my House:

February

Feb 5 at 16° of Leo

This is in my House:

March

Mar 7 at 16° of Virgo

This is in my House:

April

Apr 5 at 16° of Libra

This is in my House:

May

May 5 at 14° of Scorpio

This is in my House:

June

Jun 3 at 13° of Sagittarius

This is in my House:

July

Jul 3 at 11° of Capricorn

This is in my House:

August

Aug 1 at 9° of Aquarius

This is in my House:

Aug 30 at 7° of Pisces

This is in my House:

September

Sep 29 at 6° of Aries

This is in my House:

October

Oct 28 at 5° of Taurus

This is in my House:

November

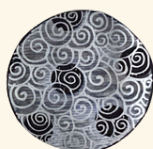
Nov 27 at 4° of Gemini

This is in my House:

December

Dec 26 at 4° of Cancer

This is in my House:



New Moons of 2023

January

Jan 21 at 1° of Aquarius

This is in my House:

July

Jul 17 at 24° of Cancer

This is in my House:

February

Feb 20 at 1° of Pisces

This is in my House:

August

Aug 16 at 23° of Leo

This is in my House:

March

Mar 21 at 0° of Aries

This is in my House:

September

Sep 14 at 21° of Virgo

This is in my House:

April

Apr 19 at 29° of Aries

This is in my House:

October

Oct 14 at 21° of Libra

This is in my House:

May

May 19 at 28° of Taurus

This is in my House:

November

Nov 13 at 20° of Scorpio

This is in my House:

June

Jun 17 at 26° of Gemini

This is in my House:

December

Dec 12 at 20° of Sagittarius

This is in my House:

Now add these dates to page 11 and you have your complete calendar with your personal seasons identified as well as your most powerful dates for reflection and transformation. Page 17 is an optional template to play with as well.

Pages 18-21 can act as a reference guide/weather report as you move through the year and also help you to create rituals or provide journal prompts during new and full moons.

Full Moon Prompts: What am I releasing? What is now clear? Where do I feel vulnerable?

New Moon Prompts: What do I want to create? What is my next best step? Where can I grow/evolve?

The start of Winter is the same date as the first day of your 10th House. The end of Winter is the first day of your 1st House.

The start of Fall is the same date as the first day of your 7th House. The end of Fall is the first day of your 10th House.

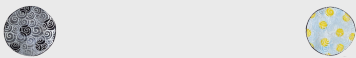
Winter in Nature

Start: 12/21
End: 3/20

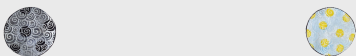
My Winter

Start:
End:

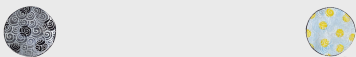
House 10 Starts On:



House 11 Starts On:



House 12 Starts On:



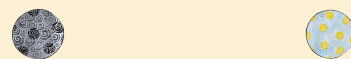
Fall in Nature

Start: 9/22
End: 12/21

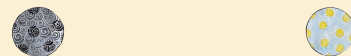
My Fall

Start:
End:

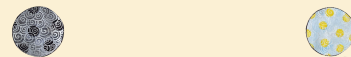
House 7 Starts On:



House 8 Starts On:



House 9 Starts On:



The start of Spring is the same date as the first day of your 1st House. The end of Spring is the first day of your 4th House.

The start of Summer is the same date as the first day of your 4th House. The end of Summer is the first day of your 7th House.

Spring in Nature

Start: 3/20
End: 6/21

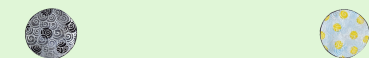
My Spring

Start:
End:

House 1 Starts On:



House 2 Starts On:



House 3 Starts On:



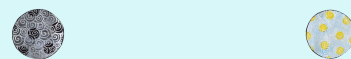
Summer in Nature

Start: 6/21
End: 9/22

My Summer

Start:
End:

House 4 Starts On:



House 5 Starts On:



House 6 Starts On:

