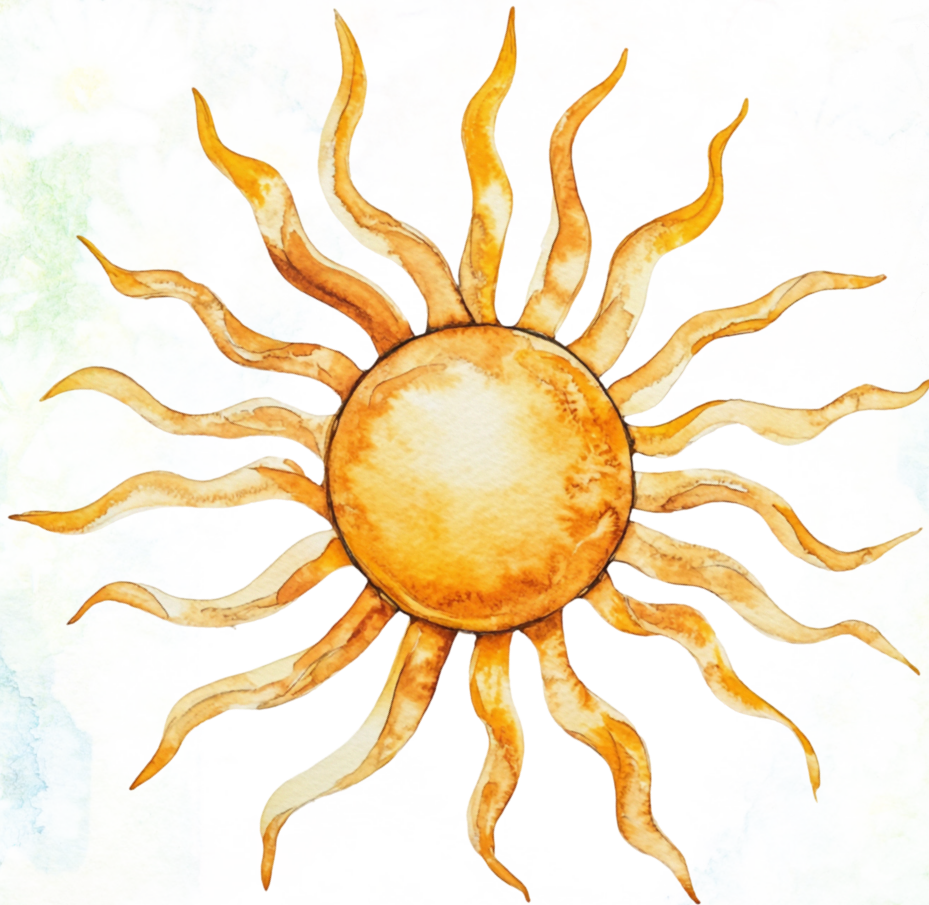


AUGUST WORKBOOK

The themes this month are: *refinement, courage, and embodiment*. August brings the heart of summer—hot, full, and unapologetically vibrant. It's a time to fine-tune your goals, ground into your truth, and act from a place of embodied wisdom. This is not the month to hold back; it's the time to be both intentional and bold. As Leo season continues and Virgo season approaches, we're invited to balance self-expression with refinement.

keywords this month:

Refinement • Courage • Visibility • Discipline • Embodiment



August Mantra:

*i show up with courage and clarity. I refine what matters,
release what doesn't, and embody my power with intention.*

start before you're ready. © Steven Pressfield

My intention for this month is:

Here are three ways I plan to take action toward this goal:

1.

2.

3.

your voice, your story, your energy—it matters. Show up. © Unknown

When I meet this goal, I will feel:

This will change my life in this way:

notable dates & energies:

August 4 *mercury retrograde begins (virgo)*

Communication may feel fuzzy—especially around details and planning. Double-check schedules, emails, and contracts. Use this time to revise and reflect.

August 11 *venus star point (leo)*

A rare moment of inner alignment around love, creativity, and self-worth. A beautiful day to reconnect with what lights you up.

August 13 *first quarter moon (scorpio)*

A push toward emotional truth and inner empowerment. This energy calls for aligned action that honors your depth and intuition.

August 19 *full moon in aquarius*

This lunar peak asks: Where do you need more freedom and authenticity? It's a great time to release the pressure to conform and celebrate your uniqueness.

August 22 *sun enters virgo*

Time to shift gears. Virgo season begins, encouraging discernment, devotion to craft, and clarity of purpose.

August 25 *mars enters cancer*

Mars softens in Cancer, directing motivation toward protecting what's sacred—home, family, and emotional well-being.

August 27 *new moon in virgo*

This New Moon invites grounded intention-setting and holistic healing. A beautiful day to plant seeds of self-care, organization, and personal alignment.

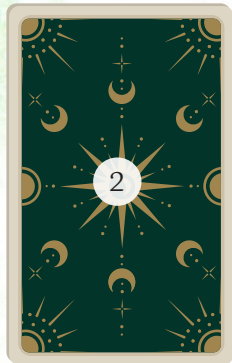
journaling prompts for august:

- What needs refinement or simplification in my life right now?
- How can I show up more courageously—especially in my creative or personal expression?
- What boundaries or habits support my embodiment and well-being?
- Where in my life do I need to shift from performance to authenticity?

august tarot spread

REFINE & RISE

A 5-card spread to help you cut through the noise, center your energy, and elevate with purpose.



meanings

- #1 What deserves more of my energy right now?
- #2 What am I ready to release or simplify?
- #3 Where is my courage being tested—and how can I rise?
- #4 What new strength is ready to come online?
- #5 How can I stay grounded in my growth this month?

the way you do one thing is the way you do everything. © Martha Beck