



AUGUST 2026 WORKBOOK

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"Everything good, everything magical happens between the months of June and August."

—Jenny Han

August Mantra:

I celebrate my growth, trust the path unfolding before me,
and gather the wisdom this season has offered.

keywords this month:

Confidence · Abundance · Gratitude · Harvest · Integration

The themes this month are fulfillment, self-expression, and preparing for the seasons ahead.

August carries the warmth and fullness of late summer. The Sun begins the month in Leo, encouraging creativity, confidence, and wholehearted self-expression. As it moves into Virgo later in the month, our attention gently shifts toward creating order, refining our routines, and preparing for the quieter rhythms of autumn.

This is a month of harvest—not only in the literal sense, but in recognizing the progress you've made throughout the year. August invites you to celebrate your accomplishments, express gratitude for what is flourishing, and thoughtfully gather the lessons you want to carry forward. It is a season of enjoying the present while intentionally preparing for what comes next.

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My intention for this month is:

Here are three ways I plan to support and grow this intention:

1.

2.

3.

"And all at once, summer collapsed into fall."

— Oscar Wilde



When I meet this goal, I will feel:

This will change my life in this way:

Notable dates & energies:

August 5th · Last Quarter Moon in Taurus

August 12th · New Moon in Leo

August 12th · Solar Eclipse in Leo

August 19th · First Quarter Moon in Scorpio

August 28th · Full Moon in Pisces

Journaling prompts for August:

- What have I cultivated that deserves to be celebrated?
- Where do I feel most confident in myself today?
- What habits or routines will support me through the coming season?
- What am I ready to release before autumn arrives?
- How can I honor both my accomplishments and my continued growth?
- What am I celebrating this season?

AUGUST TAROT SPREAD

The Harvest Basket Spread



meanings

1. The Seed • What intention has grown the most since the beginning of the season?
2. The Harvest • What blessing, achievement, or lesson am I ready to receive?
3. The Gift • What strength or talent should I fully embrace?
4. The Weeds • What no longer belongs in my life as I move forward?
5. The Basket • What resources, relationships, or practices will help sustain me?
6. The Path Ahead • What energy am I carrying into the next season?

This layout mirrors the energy of August:

- **Top (2)** = the abundance ready to be gathered
- **Middle (1 & 3)** = what has grown and the gifts you've cultivated
- **Lower sides (4 & 5)** = releasing what no longer serves while keeping what nourishes you
- **Bottom (6)** = the road leading from summer into autumn

