

FEBRUARY WORKBOOK



“There is no charm equal to
tenderness of heart.”

— Jane Austen

February Mantra:

I open my heart with courage,
honor my emotional truth,
and allow love to move freely
through me.

keywords this month:

Love · Expression · Vulnerability · Connection · Intuition

The themes this month are love, emotional honesty, and heart-centered connection.

February invites us into a softer, more relational space. Aquarius season encourages authenticity, truth-telling, and future-focused vision, while the shift toward Pisces energy deepens our emotional awareness and intuitive sensitivity. This month asks us to lead with the heart — to speak honestly, love bravely, and allow ourselves to be seen. February reminds us that connection is not a distraction from our path, but an essential part of it.



My intention for this month is:

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

1.

2.

3.

“To love oneself is the beginning of a lifelong romance.” — Oscar Wilde

When I meet this goal, I will feel:

This will change my life in this way:

Notable dates & energies:

Feb 1 · Full Moon in Leo

A bold, expressive full moon that illuminates matters of the heart. This lunation asks you to honor your joy, creativity, and desire to be fully seen. Speak from the heart and celebrate what makes you feel alive.

Feb 9 · Last Quarter Moon in Scorpio

A deeply emotional clearing moon that supports release, healing, and transformation. Let go of lingering attachments, old emotional stories, or patterns rooted in fear or control.

Feb 17 · New Moon in Aquarius (Solar Eclipse)

A powerful new beginning centered on authenticity, community, and long-term vision. This eclipse amplifies intention-setting and may mark a turning point in how you show up in the world or align with your future path.

Journaling prompts for February:

- Where am I being called to lead with love rather than fear?
- What emotional truth am I ready to acknowledge or express?
- How do I experience connection — with myself and with others?
- Where might vulnerability become a source of strength for me?

Feb 18 · Sun enters Pisces

As the Sun moves into Pisces, energy softens and intuition heightens. This is a time for compassion, creativity, rest, and listening to inner guidance rather than logic alone.

Feb 24 · First Quarter Moon in Gemini

A curious, communicative moon that encourages movement and conversation. Take small, intentional steps toward what you set in motion earlier in the month.

FEBRUARY TAROT SPREAD

The Heart Spiral Spread

A 5-card spread to help you explore emotional truth, deepen connection, and move through February with openness, intuition, and heart-centered clarity.



meanings

1. What truth is alive in my heart right now?
2. What feeling or desire is influencing me beneath the surface?
3. How am I meant to show up in relationship – with myself or others?
4. What emotional pattern or story am I ready to soften or release?
5. How can I move forward with compassion and authenticity?