



SEPTEMBER 2026 WORKBOOK

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"Autumn shows us how beautiful it is to let things go."
— Unknown

September Mantra:

I embrace change with an open heart, trust the rhythm of transition, and create space for what is ready to grow.

keywords this month:

Transition · Balance · Clarity · Grounding · Renewal

The themes this month are transition, intentional living, and finding balance.

September is the bridge between the vibrant energy of summer and the quiet reflection of autumn. The Sun begins the month in Virgo, encouraging us to simplify, organize, and tend to the details of our lives with care. As the Sun moves into Libra following the Autumn Equinox, our attention shifts toward balance, harmony, and the relationships that support us.

This month reminds us that every ending creates room for a new beginning. As nature slowly begins to release what it no longer needs, we are invited to do the same. September encourages thoughtful reflection, steady progress, and gratitude for both where we've been and where we're headed.





My intention for this month is:

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

1.

2.

3.

"The trees are about to show us how lovely it is to let the dead things go." — Unknown



When I meet this goal, I will feel:

This will change my life in this way:

Notable dates & energies:

September 4th · Last Quarter Moon in Gemini
September 10th · New Moon in Virgo
September 18th · First Quarter Moon in Sagittarius
September 22nd · Autumn Equinox | Sun enters Libra
September 26th · Full Harvest Moon in Aries

Journaling prompts for September:

- What chapter of my life is naturally coming to a close?
- Where could more balance create greater peace?
- What habits are helping me become the person I want to be?
- What am I ready to harvest from the work I've already done?
- What intention do I want to carry into autumn?



SEPTEMBER TAROT SPREAD

The Falling Leaves Spread



meanings

1. The Root • What keeps me grounded through this season of change?
2. The Leaf I'm Releasing
 - What belief, habit, or attachment is ready to fall away?
3. The Wind • What force is guiding me toward growth?
4. The Branch • Where should I continue investing my time and energy?
5. The Harvest • What blessing or lesson am I ready to receive?
6. The Next Season • What energy is waiting for me beyond this transition?



This layout mirrors the energy of September:

- **Center (1)** = your foundation during change
- **Upper (3)** = the unseen guidance carrying you forward
- **Left (2)** = what is naturally falling away
- **Right (4)** = what continues to grow and deserves your attention
- **Lower (5)** = the wisdom and abundance gathered from this season
- **Bottom (6)** = the path unfolding as you step fully into autumn