



Lunar Rhythms Roadmap

Welcome! I'm so glad you're here. This roadmap is your guide to aligning your days with the Moon's transits through the zodiac signs, so you can feel more energized, focused, and in flow while creating a life that feels aligned with your soul's purpose.

How to use:

- 1) **Notice.** Look up the Moon's current sign & upcoming sign changes. Create an intention to carry with you during the week.
- 2) **Align.** Match 1–3 priorities to the day's element or specific sign. Use the tables below for suggestions of tasks.
- 3) **Nourish.** Each day, take note of how you feel & one win. Spend 2-5 minutes on an embodiment ritual (examples included below).
End each week with a short reflection.

Here is a website for reference of the Moon transits:

<https://mooncalendar.astro-seek.com/>

Choose Your Path

There are two approaches included that you can utilize. You can switch between them at any time, for any reason.

Element Path: Follow the Element Cycle for simple, spacious planning. Perfect if you're new to astrology or prefer a high-level approach.

Sign Path: Follow the individual Signs for more detail & nuance. Ideal if you enjoy diving deeper into the unique energy of each transit.

What to expect:

Some days the energy won't line up the way you want it to and that's okay. There's no perfect here, only a gentle practice. Within one lunar cycle, patterns emerge that make decisions easier. Work and rest begin to harmonize. You need less permission to act.



Embodiment Rituals:

Embodiment rituals are a powerful way to ground yourself in the Moon's energy and connect with your body. They help you move from thinking to feeling, creating a deeper sense of alignment and flow. I encourage you to experiment and find the ones that resonate most with you.

All Purpose:

With hand-on-heart take 3 slow inhales/exhales; speaking your intention.

Inhale 4 • hold 4 • exhale 4 • hold 4 (3–4 rounds)

Press soles of feet down into ground; name three sensations you feel.

Shake wrists/arms/shoulders; exhale big with sound.

Move shoulders in slow circles; unclench jaw; big sigh.

Sip tea/warm water mindfully for 60 seconds.

Do a body scan, noticing what feels tense. Breathe gently into it.

Fire Embodiment:

With feet planted wide, stand in Superhero Pose; breathe.

Play one energizing song as loud as you can; move freely for 60–90 seconds.

Move your body, raise heart rate slightly. Jumping jacks, brisk walk.

Gaze at a candle flame; speak a bold action aloud.

Hype yourself up like a fighter entering the ring for 30-60 seconds.

Earth Embodiment:

Press feet or palms into a surface for 30 seconds.

Hold a warm mug or heating pad on belly; inhale 4, exhale 6.

Mindfully tidy or clean one square foot of space.

Slow squats (5–10). Feel the strength of your legs holding you.

Rub a natural fiber or stone between your fingers. Focus on the sensations.



Air Embodiment:

Open a window and take three deep, fresh breaths.

Listen to the sound of wind chimes or bells.

Chest opening stretch: hold your arms out in front, slowly open them as far as they'll go, squeezing your shoulders, close arms. Repeat 3-5 times.

Inhale a bright scent (mint/eucalyptus/citrus) to clear the mind.

Watch the wind move branches of trees.

Water Embodiment:

Run hands under very warm or very cold water. Exhale slowly.

Cross arms, tap shoulders gently left/right for 60 seconds.

Standing or sitting, sway gently side-to-side with long exhales.

Listen to water sounds: rain, ocean, river, etc.

Close eyes for a quick 90-second rest. Place a hand on heart or belly. Breathe.



Flow tips:

- Start with a 7-day outlook as it's the easiest way to begin. Mark sign shifts, choose 1–3 Aligned Priorities per day, and let the rest go for now.
- The suggestions given are starting points to spark your creativity. Feel free to adapt them or create your own Aligned Priorities based on what feels most inspiring to you.
- While I strongly encourage the use of Embodiment Rituals, either the ones included here or others, they are not required.

Remember to let joy be part of the ritual!

Until we meet again under different stars.

Victoria



Element Path

SIGNS	ELEMENT	ALIGNED ACTIONS
Aries, Leo, Sagittarius	Fire Ignite · Heat	Start a new thing, make a bold move, decide & commit, move your body, create, declare intentions out loud, raise heat in the body, do something that scares you, challenge yourself
Taurus, Virgo, Capricorn	Earth Root · Ground	Work on systems or structures, create plans, batch admin work/processes, edit, refine, budget review, organize spaces or files, 45-60 min deep focus, work hard but also rest hard
Gemini, Libra, Aquarius	Air Connect · Breathe	Write, send messages/emails, networking, collaboration, brainstorm new ideas, read, socialize, dance, update information, be spontaneous, learn a new thing
Cancer, Scorpio, Pisces	Water Restore · Flow	Journal, meditate, tend to your home or personal spaces, rest & self-care rituals, reflection, spiritual practices, vulnerable conversations, tend to your emotional needs, create, refill your cup

Sign Path

SIGNS	KEYWORDS	AFFIRMATIONS	ALIGNED PRIORITIES	JOURNAL PROMPT
Aries (Fire)	Initiate, bold, action, courage, impatient, passionate, volatile	"I give myself permission to begin before I feel ready."	Move your body, start the thing, brave ask or convo	Where can I turn pressure into one simple first step?
Taurus (Earth)	Sensual, determined, grounded, comfort-seeking	"I anchor into the present moment & let it nourish me."	Cook a grounding meal, update budget, rest	Where would slowness create more abundance for me?
Gemini (Air)	Communication, curious, restless, quick, easily distracted	"My voice is clear, playful, and needed."	Brain dump & sort, write/post, share ideas, study, or learn	Which idea or conversation feels most alive right now?
Cancer (Water)	Sensitive, nurturing, protective, craves home & safety	"My sensitivity is sacred guidance."	Tend to home/altar space, journal, call a loved one, early night	Which gentle boundary would restore my peace?
Leo (Fire)	Confident, expressive, attention-seeking, desire to be seen	"I shine without dimming for others."	Socialize, be seen, play, celebrate a win, share your work publicly	Where will I allow myself to be seen and celebrated?
Virgo (Earth)	Focused, detail-oriented, self-critical, a little anxious	"I choose progress over perfection."	Cleaning, organizing, decluttering, planning	Where am I confusing perfection with care?

Sign Path

SIGNS	KEYWORDS	AFFIRMATIONS	ALIGNED PRIORITIES	JOURNAL PROMPT
Libra (Air)	Harmonizing, beauty-oriented, indecisive, people pleasing	"I create balance by honoring both my needs and others."	Socializing, self-care routines, collaborate, review boundaries	Where am I saying yes when my body says no?
Scorpio (Water)	Intense, transformative, secretive, emotionally deep	"I honor my shadows as sacred teachers."	Journaling, meditation, declutter hidden spaces	What truth am I ready to name in the dark?
Sagittarius (Fire)	Adventurous, optimistic, restless, truth-seeking	"I welcome expansion in every area of my life."	Vision map or goal setting, try a bold experiment, teach or share wisdom	What would I do if I trusted life to support me?
Capricorn (Earth)	Ambitious, disciplined, serious, pressure	"I commit to my goals with steady devotion."	Set milestones, review deadlines, do most difficult tasks, say 'no' & protect your time	What deserves a clear commitment right now?
Aquarius (Air)	Innovative, detached, idealistic, future focused	"I dare to do it differently & my difference is a service."	Prototype an idea, rest, brainstorm new ideas, socialize from a distance	Where can I share my idea to spark collective change?
Pisces (Water)	Dreamy, spiritual, creative, empathetic, release	"I flow with my intuition and trust in its wisdom."	Meditation, breathwork, creativity, dream work	What is my intuition whispering beneath the noise?

Notes



Ready to go deeper?

In my coaching series, we'll utilize astrology to uncover your soul's purpose and create a life that feels expansive, calm, and fully aligned. Imagine waking up each day with clarity, confidence, and a rhythm that truly works for you.

Click here to book a Discovery Call and take the first step toward your transformation!

Feel free to DM me at any time with questions or to share your biggest takeaway from this roadmap!

I'd love to hear: What's one aligned action you're excited to try this week?