



ASTROLOGER  
ROYALE

ALEKSANDRA CEHO  
ASTROLOGER ROYALE



# STAR-POWERED RESILIENCE

OVERCOME BURNOUT AND BREAKDOWNS  
WITH THE WISDOM OF ASTROLOGY

CONTACT US

[www.astrologerroyale.com](http://www.astrologerroyale.com)  
[Aleks@astrologerroyale.com](mailto:Aleks@astrologerroyale.com)  
+1 (416) 992-3451

# WELCOME MESSAGE



Hey there, fellow leaders, entrepreneurs and public servants of the world,

Welcome to a world in which your strength and drive to succeed are equally paired with personal fulfillment, a work/life balance, and time for the things that matter to you- The world of astrology holds your keys to success and overcoming stress and challenges.

That's where astrology comes in. This isn't about sun sign stereotypes or fluffy horoscopes. This is about decoding your stress style so you can manage pressure with clarity, resilience, and grace. With astrological knowledge, you gain back so much time and energy, and you deserve it!

You're smart. Driven. People depend on you. And yet... you feel off. Burned out. Anxious. Pulled in too many directions.

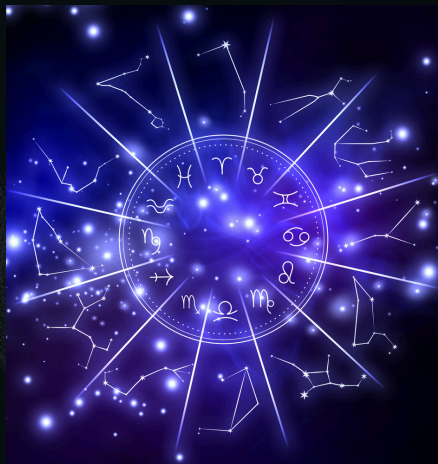
Sound familiar?

The world teaches us to push harder when things get stressful. But what if there were another way—one that honors your energy, your unique wiring, and your natural rhythm?

-Aleksandra Ceho

# HANDBOOK OVERVIEW

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1. Aries (Mar 21 - Apr 19)
2. Taurus (Apr 20 - May 20)
3. Gemini (May 21 - Jun 20)
4. Cancer (Jun 20 - Jul 21)
5. Leo (Jul 22 - Aug 22)
6. Virgo (Aug 23 - Sep 22)
7. Libra (Sep 23 - Oct 22)
8. Scorpio (Oct 23 - Nov 21)
9. Sagittarius (Nov 22 - Dec 21)
10. Capricorn (Dec 22 - Jan 20)
11. Aquarius (Jan 21 - Feb 18)
12. Pisces (Feb 19 - Mar 20)

## STRESS TRIGGERS

Stress does not have a universal cause. What stresses one zodiac sign can be enjoyable to another. Stress happens when your capacity is stretched - when the weakest link in your chain is subject to strain. Discover what stresses your sign!

## RITUALS & JOURNAL PROMPTS

Meaningful rituals can restore peace at the perfect vibration and frequency. These rituals and journal prompts are hand-selected to bring you back to the best of your nature and help you strip away what does not serve you.

## COACHING TIPS

While there is a whole plethora of coaching tips that could be offered to you, we're going to start simple. This is the key piece of guidance that if executed, will save you time, energy and stress.

## ESSENTIAL OILS

Long-acknowledged for their physical, mental, emotional and spiritual healing properties, essential oils are a convenient, travel-friendly method of combating stress in the moment. Use them in a diffuser or anoint yourself and feel them alter your state instantly!



# 1. ARIES

## MARCH 21 TO APRIL 19

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Aries brings fearless drive and first-mover energy into any professional setting. Natural leaders, Aries individuals thrive in roles that require bold action, quick decision-making, and trailblazing vision. They excel in high-pressure environments where courage, independence, and initiative are valued. Fueled by passion and a desire to lead, Aries professionals don't wait for permission—they create momentum and inspire others to follow. At their best, they are innovators, starters, and fierce advocates for progress.

**Stress Triggers:** Boredom, delays, feeling controlled or failure

**How It Shows Up:** Irritability, restlessness, snapping at others

**When to Push against Resistance:** When you're procrastinating out of fear

**When to Rest:** When your body feels tense or you're rage-working

**Coaching Tip:** Take fast, imperfect action. Movement clears mental fog.

**Ritual:** 10-minute power walk followed by cold rinse

**Essential Oils:** Peppermint and Frankincense

**Journal Prompt:** What am I afraid will happen if I slow down?



When Aries overcomes stress, their natural courage and decisiveness shine through. They become bold leaders who take initiative with clarity, inspiring others through fearless action and renewed drive.

**Aries, use these tools to embrace your power!**



## 2. TAURUS

### APRIL 20 TO MAY 20

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Taurus brings steady, grounded energy to the workplace, making them reliable, consistent, and deeply committed to their craft. They excel in roles that require patience, persistence, and attention to detail. With a natural eye for beauty and quality, Taurus professionals thrive in environments where they can build, refine, and sustain long-term results. Their calm under pressure and practical decision-making make them anchors on any team—steadfast, loyal, and quietly powerful.

**Stress Triggers:** Sudden changes, pressure to rush, multi-tasking, instability

**How It Shows Up:** Stubbornness, emotional eating, going silent

**When to Push against Resistance:** When you're stuck in comfort zones

**When to Rest:** When you're forcing progress to please others

**Coaching Tip:** Focus on small consistent steps, not huge leaps.

**Ritual:** Declutter one space while playing calming music

**Essential Oils:** Vetiver and Rose

**Journal Prompt:** Where am I trading peace for security?



When Taurus rises above stress, their steadiness and determination become unshakable assets. They bring calm focus to their work, excelling through patience, reliability, and a grounded approach to challenges.

**Taurus, use these tools to embrace your strength!**

### 3. GEMINI

## MAY 21 TO JUNE 20

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Gemini professionals are quick-thinking, adaptable, and endlessly curious—making them natural communicators and problem-solvers. With sharp minds and a love for variety, they thrive in fast-paced environments that reward innovation, multitasking, and mental agility. Whether writing, speaking, or strategizing, Geminis shine when they're exchanging ideas and staying mentally engaged. Their charm and wit make them excellent collaborators, while their ability to pivot quickly keeps projects moving forward with momentum and creativity.

**Stress Triggers:** Mental overload, lack of variety, isolation

**How It Shows Up:** Racing thoughts, indecision, nervous when talking

**When to Push against Resistance:** When you're avoiding tasks that require focus

**When to Rest:** When your mind won't stop spinning

**Coaching Tip:** Brain dump everything—then pick ONE priority.

**Ritual:** 5-minute breathwork + pen-to-paper journaling

**Essential Oils:** Lemon and Lily

**Journal Prompt:** What can I say no to today?



When Gemini moves beyond stress, their mental agility and communication skills become powerful tools. They adapt quickly, think creatively, and bring fresh ideas and connections to any professional setting.

**Gemini, use these tools to embrace your agile mind!**

## 4. CANCER

### JUNE 21 TO JULY 22

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Cancer professionals lead with intuition, empathy, and a deep sense of loyalty, making them natural caretakers and protectors in the workplace. They thrive in environments where emotional intelligence, trust, and long-term vision are valued. With a strong instinct for people and a nurturing leadership style, Cancers build teams and client relationships rooted in safety and sincerity. Their quiet determination, deep focus, and ability to sense undercurrents make them powerful forces behind the scenes—steadily creating impact with heart and intention.

**Stress Triggers:** Feeling unappreciated, family tension, emotional burnout

**How It Shows Up:** Withdrawal, mood swings, overgiving

**When to Push against Resistance:** When you're hiding from necessary conflict

**When to Rest:** When you're feeling everyone's emotions but your own

**Coaching Tip:** Create boundaries without apology.

**Ritual:** Salt bath + releasing breathwork

**Essential Oils:** Chamomile and Myrrh

**Journal Prompt:** Where am I over-nurturing to avoid rejection?



When Cancer overcomes stress, their intuition and emotional intelligence become guiding strengths. They lead with empathy, create supportive environments, and foster deep trust within teams.

**Cancer, use these tools to embrace your empathic nature!**



# 5. LEO

## JULY 23 TO AUGUST 22

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Leo professionals bring charisma, confidence, and a magnetic presence to everything they do. Natural leaders and creative powerhouses, they thrive in roles where they can inspire, influence, and be seen. Leos are visionaries who lead with heart, and they're most powerful when their work aligns with purpose and passion. With a flair for presentation and an unshakable sense of self, they elevate teams with courage, warmth, and an unwavering belief in what's possible.

**Stress Triggers:** Criticism, being ignored, failure

**How It Shows Up:** Defensiveness, drama, attention-seeking

**When to Push against Resistance:** When you're doubting your power

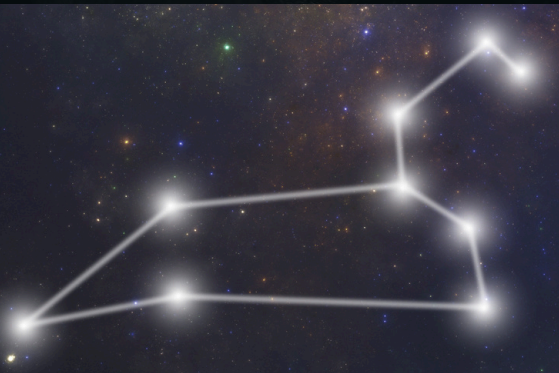
**When to Rest:** When you're leading for praise, not purpose

**Coaching Tip:** Show up from love, not ego.

**Ritual:** Mirror work with affirmations

**Essential Oils:** Orange and Juniper

**Journal Prompt:** What do I want to be remembered for?



When Leo rises above stress, their confidence and charisma shine even brighter. They lead with heart, uplift others with enthusiasm, and bring bold vision and creativity to their professional pursuits.

**Leo, use these tools to embrace your leadership skills!**

## 6. VIRGO

### AUGUST 23 TO SEPTEMBER 22

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Virgo professionals are detail-driven, dependable, and deeply devoted to excellence. With a sharp analytical mind and a natural gift for organization, they excel in roles that require precision, problem-solving, and quiet leadership. Virgos thrive when they can bring order to chaos and create systems that truly work. Their humility, work ethic, and service-oriented mindset make them invaluable team members—focused not on the spotlight, but on making everything around them better, cleaner, and more efficient.

**Stress Triggers:** Chaos, imperfection, feeling useless

**How It Shows Up:** Overworking, nitpicking, self-doubt

**When to Push against Resistance:** When you're avoiding progress by perfecting details

**When to Rest:** When your to-do list becomes a weapon

**Coaching Tip:** Progress is more powerful than perfection.

**Ritual:** Organize something small + walk barefoot outside

**Essential Oils:** Lavender and Patchouli

**Journal Prompt:** What's one thing I can let be "good enough" today?



When Virgo moves past stress, their clarity and precision become exceptional assets. They approach tasks with focused efficiency, offering thoughtful solutions and a dependable, detail-oriented work ethic.

**Virgo, use these tools to embrace your precise mind!**

## 7. LIBRA

### SEPTEMBER 23 TO OCTOBER 22

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Libra professionals bring harmony, diplomacy, and refined aesthetic sensibility to their work. Natural collaborators, they thrive in team settings where balance, fairness, and clear communication are essential. With a sharp mind and a strong sense of justice, Libras excel at negotiation, problem-solving, and creating beauty—whether in branding, relationships, or design. They lead with charm and grace, often serving as the bridge between ideas, people, or perspectives, making them powerful connectors in any professional space.

**Stress Triggers:** Conflict, pressure to decide, disapproval

**How It Shows Up:** Indecision, people-pleasing, passive-aggression

**When to Push against Resistance:** When you're deferring to others to avoid conflict

**When to Rest:** When you're saying yes just to keep the peace

**Coaching Tip:** No is a complete sentence.

**Ritual:** Light a candle + write a boundary letter (send or not)

**Essential Oils:** Rose and Spearmint

**Journal Prompt:** Where am I afraid to choose myself?



When Libra overcomes stress, their natural sense of balance and diplomacy takes the lead. They foster harmony in the workplace, making fair decisions and building strong, collaborative relationships.

**Libra, use these tools to embrace your communicative strengths!**



## 8. SCORPIO

### OCTOBER 23 TO NOVEMBER 21

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Scorpio professionals are focused, strategic, and deeply intuitive—masters of depth in a world that often skims the surface. With a natural ability to see what others miss, they excel in roles that require research, transformation, and fearless problem-solving. Scorpions bring intensity and loyalty to their work, thriving in environments where trust, discretion, and impact matter. Their passion is quiet but potent, and when driven by purpose, they become unstoppable forces of innovation, resilience, and reform.

**Stress Triggers:** Betrayal, powerlessness, deep emotional wounds

**How It Shows Up:** Obsessive thinking, control issues, shutting down

**When to Push against Resistance:** When you're isolating to protect yourself


**When to Rest:** When you're gripping too tightly to outcomes

**Coaching Tip:** Let go to gain power.

**Ritual:** Shadow journaling + burning release

**Essential Oils:** Myrrh and Vanilla

**Journal Prompt:** What truth am I afraid to face?



When Scorpio rises above stress, their focus and determination become unstoppable forces. They work with deep intensity, strategic insight, and a powerful drive to transform challenges into success.

**Scorpio, use these tools to embrace your analytical strengths!**

# 9. SAGITTARIUS

## NOVEMBER 22 TO DECEMBER 21

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Sagittarius professionals are adventurous thinkers, big-picture strategists, and natural motivators. Fueled by curiosity and a love for freedom, they thrive in roles that offer growth, movement, and meaning. With a gift for storytelling, teaching, and exploring new ideas, Sagittarians bring fresh perspective and contagious optimism to any team. They're at their best when leading with purpose, inspiring others, and blazing new trails—turning every challenge into a quest for greater understanding and expansion.

**Stress Triggers:** Restriction, boredom, criticism of beliefs

**How It Shows Up:** Escapism, overcommitting, restlessness

**When to Push against Resistance:** When you're running from structure

**When to Rest:** When your calendar is full but your soul is empty

**Coaching Tip:** Freedom requires discipline.

**Ritual:** Sunrise intention walk

**Essential Oils:** Frankincense and Cedarwood

**Journal Prompt:** What would freedom WITH structure look like?



When Sagittarius moves beyond stress, their optimism and visionary thinking come to the forefront. They inspire progress through bold ideas, open-minded leadership, and an adventurous approach to problem-solving.

**Sagittarius, use these tools to embrace your visionary strengths!**

# 10. CAPRICORN

## DECEMBER 22 TO JANUARY 19

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Capricorn professionals are disciplined, strategic, and built for long-term success. With a natural sense of responsibility and a strong work ethic, they thrive in environments that reward structure, leadership, and steady progress. Capricorns are masters of the climb—patiently building legacies through focus, resilience, and intelligent planning. They value excellence and integrity, often becoming the quiet leaders others rely on. When they align their ambition with purpose, Capricorns become unstoppable forces of achievement and respect.

**Stress Triggers:** Failure, loss of control, unmet goals

**How It Shows Up:** Overworking, emotional shutdown, self-judgment

**When to Push against Resistance:** When you're playing small out of fear of failure

**When to Rest:** When productivity is replacing self-worth

**Coaching Tip:** Rest is strategic, not lazy.

**Ritual:** Write goals, then cross off 2

**Essential Oils:** Cypress and Honeysuckle

**Journal Prompt:** Who am I without my accomplishments?



When Capricorn overcomes stress, their discipline and strategic mindset shine with renewed strength. They lead with quiet authority, turning pressure into productivity through persistence, structure, and long-term vision.

**Capricorn, use these tools to embrace your strategic strengths!**



# 11. AQUARIUS

## JANUARY 20 TO FEBRUARY 18

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Aquarius professionals are known for their innovative thinking, independence, and futuristic mindset. They thrive in environments that value creativity and unconventional solutions, often bringing fresh perspectives to complex problems. Aquarians are intellectually driven and idealistic, with a strong sense of social responsibility, making them excellent team players in causes they believe in. Their natural curiosity and openness to new ideas often position them as pioneers in technology, science, or humanitarian fields. Though appearing detached, their commitment to progress is unwavering.

**Stress Triggers:** Group conflict, emotional messiness, feeling misunderstood

**How It Shows Up:** Detachment, overthinking, social burnout

**When to Push against Resistance:** When you're ghosting people who matter

**When to Rest:** When you're numb or overstimulated

**Coaching Tip:** Connection doesn't mean conformity.

**Ritual:** Stargazing + sound bath

**Essential Oils:** Eucalyptus and Pine

**Journal Prompt:** Where am I hiding behind logic?



When Aquarius rises above stress, their innovative thinking and originality become their greatest strengths. They approach challenges with visionary ideas and a collaborative spirit that inspires positive change.

**Aquarius, use these tools to embrace your inventive strengths!**

# 12. PISCES

## FEBRUARY 19 TO MARCH 20

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Pisces professionals are empathetic, intuitive, and highly creative, often excelling in roles that require emotional intelligence and imagination. They bring a compassionate and adaptable approach to their work, making them strong collaborators and supportive team members. Pisces tend to thrive in artistic, healing, or service-oriented professions, where their understanding of emotions and ability to connect with others shine. While they may sometimes struggle with boundaries or structure, their dedication, sensitivity, and visionary mindset often lead to inspired contributions in the workplace.

**Stress Triggers:** Harsh people, chaos, lack of spiritual connection

**How It Shows Up:** Spaciness, escapism, taking on others' pain

**When to Push against Resistance:** When you're disappearing to avoid discomfort

**When to Rest:** When you're leaking energy everywhere

**Coaching Tip:** Protect your sensitivity like it's sacred.

**Ritual:** Creative time + energetic cord-cutting

**Essential Oils:** Sandalwood and Sage

**Journal Prompt:** Where have I lost myself in others?



When Pisces overcomes stress, their creativity and empathy flow with renewed clarity. They bring intuitive insight and compassionate leadership, fostering inspiration and deep connection in their work.

**Pisces, use these tools to embrace your inspirational strengths!**

# UNDERSTANDING YOUR STRESS STYLE: MERCURY & MARS

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Now that we have dove into the signs, let's talk about two key planets: Mercury rules your mind, communication, and decision-making. Under stress, Mercury shows how your brain scrambles. Mars governs your action, energy, and conflict style. Under stress, Mars reveals your fight/flight response.

## MERCURY AND MARS BY ELEMENT

### Mercury in:

#### - Fire signs (Aries, Leo, Sagittarius):

Quick thinkers but may become impatient or impulsive under stress.

#### - Earth signs (Taurus, Virgo, Capricorn):

Overthinkers who stall or shut down under pressure.

#### - Air signs (Gemini, Libra, Aquarius):

Analyze endlessly; may talk themselves in circles.

#### - Water signs (Cancer, Scorpio, Pisces):

Emotionally overwhelmed; may misread tone or withdraw.

### Mars in:

#### - Fire signs:

Their inner fire burns hotter in response to stress. They lash out or push harder.

#### - Earth signs:

Engage their fixed quality. They freeze or get stuck in planning trying to get the perfect result.

#### - Air signs:

Look to philosophy and higher perspectives for answers. They detach or try to "fix" everything mentally.

#### - Water signs:

Consult their feelings before acting. They retreat, simmer, or spiral inward before engaging the issue.

## TAKE YOUR UNDERSTANDING DEEPER

Knowing your Mercury and Mars signs will give added insight into your stress patterns. If you know their placements in your chart, make sure that you read up on the triggers and treatments to address the wholeness of your nature.





# FINAL NOTE

"We are born at a given moment, in a given place, and like vintage years of wine, we have the qualities of the year and of the season in which we are born."

-Carl Jung

You were not born to grind yourself down. You were born to remember your rhythm, protect your energy, and lead from alignment. Let the stars remind you of your power—especially when stress clouds your vision.

## 1. FOLLOW THE TOOLS OF YOUR ZODIAC SIGN

These insights, rituals and tools all work with the frequencies of your own nature. While your zodiac sign is not the summation of your nature, it does carry weight and reveals aspects of your functionality.

## 2. USE THE TOOLS OF YOUR MERCURY SIGN FOR MENTAL HEALTH

More likely than not, the vast majority of your workload is mental. As the planet of the mind and communication, Mercury takes on the nature of the zodiac sign he is in. Use the tools of the sign Mercury is in to address your mental health.

## 3. USE THE TOOLS OF YOUR MARS SIGN FOR VITALITY

No matter the nature of your career, being a leader, entrepreneur or holding a position of responsibility exerts stress on the physical body. Where and how that happens is according to the placement of Mars. Use the tools of the zodiac sign Mars is in to increase vitality and physical resilience.

## 4. BOOK A NATAL CHART READING

Looking at your Sun, Mercury and Mars signs in isolation is simply the first layer to building strength, confidence and resilience to stress. A holistic approach to your Natal (birth) chart will reveal other factors working to your advantage so that you can grow and thrive.

## 5. GET AHEAD OF TIME - BOOK YOUR ASTROLOGY FORECAST

The time crunch and pressure don't have to be so consuming. Foresight is your ally. Foresight gives you the ability to manage life, upcoming projects and events with grace and dignity. Foresight, knowledge and planning will increase productivity and buy you time - every moment of your is priceless.



# TAKE IT TO THE NEXT LEVEL

**USE THE TOOLS OF  
YOUR ZODIAC  
SIGN**

**EMBRACE MENTAL  
HEALTH WITH  
MERCURY**

**BUILD RESILIENCE  
AND VITALITY  
WITH MARS**

**KNOW YOUR  
ASSETS WITH A  
NATAL CHART**

**GET TIME BACK  
WITH YOUR  
ASTROLOGY  
FORECAST**

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