

# Worksheet 1.

## *Getting Started* *Creating your own* *Astrological Key*

Once you've cast your chart, fill out this worksheet to create your own personal astrological cheat sheet.

Once complete, you should know what sign, house, element and mode each of the important energies are within your chart.

Having all your astrological data in one place gives you a handy reference to use as you work through the book and deepen your understanding of your chart.

My *Sun* is in (sign)



\_\_\_\_\_

in the \_\_\_\_\_ house.

In (sign) \_\_\_\_\_ my  
Sun is fuelled by (see Keywords of The signs in  
*Part I Getting Started* on page xx)

\_\_\_\_\_

\_\_\_\_\_ way.

In the (house) \_\_\_\_\_ ,  
this nuance might be most obvious in a particular  
area of my life, especially (see Key themes in The  
Houses in Part I on page xxx)

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ .

Its element is \_\_\_\_\_ and its

mode is \_\_\_\_\_ .

My *Moon* is in (sign)



\_\_\_\_\_

in the \_\_\_\_\_ house.

In (sign) \_\_\_\_\_ my  
Moon is fuelled by (see Keywords of The signs in  
*Part I Getting Started* on page xx)

\_\_\_\_\_

\_\_\_\_\_ way.

In the (house) \_\_\_\_\_ ,  
this nuance might be most obvious in a particular  
area of my life, especially (see Key themes in The  
Houses in Part I on page xxx)

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ .

Its element is \_\_\_\_\_ and its

mode is \_\_\_\_\_ .

My *Ascendant* is in (sign)



\_\_\_\_\_ .

Its element is \_\_\_\_\_ and its mode is \_\_\_\_\_ .



My *Mercury* is in (sign)



\_\_\_\_\_

in the \_\_\_\_\_ house.

In (sign) \_\_\_\_\_

my Mercury approaches information and communication in a (see Keywords of The Signs in *Part I Getting Started* on page xx)

\_\_\_\_\_

\_\_\_\_\_ way.

In the (house) \_\_\_\_\_ , this nuance might be most obvious in a particular area of my life, especially (see Key themes in The Houses in Part I on page xxx)

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ .

Its element is \_\_\_\_\_ and its

mode is \_\_\_\_\_ .

My *Venus* is in (sign)



\_\_\_\_\_

in the \_\_\_\_\_ house.

In (sign) \_\_\_\_\_

my Venus approaches information and communication in a (see Keywords of The Signs in *Part I Getting Started* on page xx)

\_\_\_\_\_

\_\_\_\_\_ way.

In the (house) \_\_\_\_\_ , this nuance might be most obvious in a particular area of my life, especially (see Key themes in The Houses in Part I on page xxx)

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ .

Its element is \_\_\_\_\_ and its

mode is \_\_\_\_\_ .

My *Mars* is in (sign)



\_\_\_\_\_ in the \_\_\_\_\_ house.

In (sign) \_\_\_\_\_ my Mars approaches information and communication in a (see Keywords of The Signs in *Part I Getting Started* on page xx)

\_\_\_\_\_ way.

In the (house) \_\_\_\_\_ , this nuance might be most obvious in a particular area of my life, especially (see Key themes in The Houses in Part I on page xxx)

\_\_\_\_\_

\_\_\_\_\_ .

Its element is \_\_\_\_\_ and its mode is \_\_\_\_\_ .

My *Jupiter* is in (sign)



\_\_\_\_\_

in the \_\_\_\_\_ house.

In (sign) \_\_\_\_\_

my Jupiter approaches information and communication in a (see Keywords of The Signs in *Part I Getting Started* on page xx)

\_\_\_\_\_

\_\_\_\_\_ way.

In the (house) \_\_\_\_\_,

this nuance might be most obvious in a particular area of my life, especially (see Key themes in The Houses in Part I on page xxx)

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_.

Its element is \_\_\_\_\_ and its

mode is \_\_\_\_\_.

My *Saturn* is in (sign)



\_\_\_\_\_

in the \_\_\_\_\_ house.

In (sign) \_\_\_\_\_

my Saturn approaches information and communication in a (see Keywords of The Signs in *Part I Getting Started* on page xx)

\_\_\_\_\_

\_\_\_\_\_ way.

In the (house) \_\_\_\_\_,

this nuance might be most obvious in a particular area of my life, especially (see Key themes in The Houses in Part I on page xxx)

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_.

Its element is \_\_\_\_\_ and its

mode is \_\_\_\_\_.

My *Uranus* is in (sign)



\_\_\_\_\_ in the \_\_\_\_\_ house.

In (sign) \_\_\_\_\_ my Uranus approaches information and communication in a (see Keywords of The Signs in *Part I Getting Started* on page xx)

\_\_\_\_\_ way.

In the (house) \_\_\_\_\_, this nuance might be most obvious in a particular area of my life, especially (see Key themes in The Houses in Part I on page xxx)

\_\_\_\_\_

\_\_\_\_\_.

Its element is \_\_\_\_\_ and its mode is \_\_\_\_\_.

My *Neptune* is in (sign)



\_\_\_\_\_

in the \_\_\_\_\_ house.

In (sign) \_\_\_\_\_

my Neptune approaches information and communication in a (see Keywords of The Signs in *Part I Getting Started* on page xx)

\_\_\_\_\_

\_\_\_\_\_ way.

In the (house) \_\_\_\_\_ ,  
this nuance might be most obvious in a particular  
area of my life, especially (see Key themes in The  
Houses in Part I on page xxx)

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Its element is \_\_\_\_\_ and its

mode is \_\_\_\_\_ .

My *Pluto* is in (sign)



\_\_\_\_\_

in the \_\_\_\_\_ house.

In (sign) \_\_\_\_\_

my Pluto approaches information and communication in a (see Keywords of The Signs in *Part I Getting Started* on page xx)

\_\_\_\_\_

\_\_\_\_\_ way.

In the (house) \_\_\_\_\_ ,  
this nuance might be most obvious in a particular  
area of my life, especially (see Key themes in The  
Houses in Part I on page xxx)

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Its element is \_\_\_\_\_ and its

mode is \_\_\_\_\_ .

My *South Mode* is in (sign)



\_\_\_\_\_ in the \_\_\_\_\_ house.

Its element is \_\_\_\_\_ and its mode is \_\_\_\_\_ .

My *North Node* is in (sign)



\_\_\_\_\_ in the \_\_\_\_\_ house.

Its element is \_\_\_\_\_ and its mode is \_\_\_\_\_ .

## Your elements and modes

Tally up how many planets you have in each element and mode to discover your elemental and modal signatures and gain clarity around your natural gifts and affinities.

I have \_\_\_\_\_ planets in *Fire* signs.



I have \_\_\_\_\_ planets in *Earth* signs.



I have \_\_\_\_\_ planets in *Air* signs.



I have \_\_\_\_\_ planets in *Water* signs.



My dominant element is \_\_\_\_\_  
which means I am naturally gifted with (see The  
Elements in *Part I Getting Started* on page xx)

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I have \_\_\_\_\_ *Cardinal* planets.



I have \_\_\_\_\_ *Fixed* planets.



I have \_\_\_\_\_ *Mutable* planets.



My dominant mode is \_\_\_\_\_  
which means I can assume the role of  
(see The Modes in Part I on page xx)

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and have a natural affinity for

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# Worksheet 2.

## Working with your sun

Use this worksheet to build on the material in *Part I Getting Started* and *Part II Inspire Me: Understanding your Sun* and learn how to harness your natural solar superpowers. Working with your Sun can help boost your confidence, creativity and lust for life.



My Sun is in (sign)

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which is naturally (see Keywords of The Signs in *Part I Getting Started* on page xx)

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 way.

The Sun in (sign) \_\_\_\_\_ means I am lit up by experiences and environments where I (see *Part II Inspire me: Understanding your Sun* on page xx)

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A time when I felt lit up by this kind of experience was

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My Sun's elemental quality is

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which means I'm effortlessly attuned to (see The Elements in Part I on page xx)

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Its mode is

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which gives me an inherent capacity to (see The Modes in Part I on page xx)

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These strengths are evident in my natural ability to

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I can use these gifts in my everyday life more often by

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My Sun is in the \_\_\_\_\_ house which is synonymous with (see The Houses in *Part I Getting Started* on page xx)

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which means I derive energy from (see The Sun through the Houses in *Part II Inspire me: Understanding your Sun* on page xx)

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I see this alive in my own life when I

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On reflection, I can see that I am playing to my Sun's strengths when I

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Five qualities that make my Sun truly special are

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

I can showcase these qualities more often by

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An activity or interest I could experiment with  
to strengthen my Sun is

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A creative outlet that might strengthen my Sun is

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One habit I could ditch to help strengthen my  
Sun would be

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# Worksheet 3.

## Working with your moon

Use this worksheet to build on the material in *Part I Getting Started* and *Part I Getting Started and Part III Nurture me: Understanding your Moon* and learn how to harness your natural solar superpowers. Working with your Sun can help boost your confidence, creativity and lust for life.



My Moon is in (sign)

\_\_\_\_\_ which is naturally (see Keywords of The Signs in Part I on page xx)

The Moon in (sign)

\_\_\_\_\_ means  
I am nourished by relationships where I feel  
(see Part III on page xx)

A time when I have experienced  
this kind of love is

My Moon needs (see *Relationship needs in Part III* on page xx) to feel safe and loved

A potential trigger or challenge in relationships is  
(see Greatest fear and Relationship roadblocks in Part III on page xx)

My Moon's elemental quality is

\_\_\_\_\_ which means I'm naturally sensitive to  
(see The Elements in Part I on page xx)



Its mode is \_\_\_\_\_  
which gives me an inherent capacity to  
(see The Modes in Part I on page xx)

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These strengths are evident in my relationship with

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My Moon is in the \_\_\_\_\_  
house which is synonymous with  
(see The Houses in Part I on page xx)

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which means I am nourished by experiences in the  
realm of (see The Moon Through The Houses in  
Part III on page xx)

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I honour this need in my own life when I

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On reflection, I can see that I am supporting my  
Moon in relationships when I ask for

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I could improve my relationships by integrating  
more opportunities to (see Deepen your bond  
in Part III on page xx)

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An emotional habit I could work on healing to  
support my Moon is

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# Worksheet 4.

## Working with your ascendant and chart ruler

Use this worksheet to build on the material in *Part I Getting Started* and *Part IV Notice me: Understanding your Ascendant*. Understanding your Ascendant helps to deepen your sense of self-awareness and to give you a new perspective on how other people see you, as well as decoding the captain of your planetary team, your chart ruler.

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My chart ruler is (planet) (see *Finding Your Chart Ruler* in Part IV on page xx)

\_\_\_\_\_ in (sign)

With (planet) \_\_\_\_\_ as

my chart ruler in (sign) \_\_\_\_\_ ,

I move through the world with a sense of (see Job description of The Planets in *Part I Getting Started* on page xx and Keywords of The Signs in Part I on page xx )

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ .

My chart ruler is located in the \_\_\_\_\_ house which means I may be drawn to experiences that (see Your Chart Ruler Through The Houses in *Part IV Notice Me: Understanding your Ascendant* on page xx)

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ .

When I embrace these kinds of experiences I feel

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ .

My Ascendant is in (sign) \_\_\_\_\_ which bestows me with a natural gift for (see Keywords of The Signs in Part I on page xx)

The Ascendant in (sign) \_\_\_\_\_ means other people see me as (see How Other People See You in *Part IV Notice Me: Understanding your Ascendant* on page xx)

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\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ .

A time when I have been told I come across this way is

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When I am described like this, I feel

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I can see how I might come across this way when I

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I feel surprised/unsurprised (circle one) that I give other people this impression when internally I feel

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A time or environment when these external qualities have worked to my advantage was

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A time when I didn't realise these effortless qualities may have triggered others was

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My Ascendant's elemental quality is

\_\_\_\_\_ which means I naturally appear to be (see The Elements in Part I on page xx)

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Its mode is \_\_\_\_\_ which gives me a natural ability to (see The Modes in Part I on page xx)

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These strengths are evident in how I approach

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Qualities of my Ascendant I haven't recognised or prioritised in myself are

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Five qualities that make my Ascendant sign truly special are

1. 

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3. 

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4. 

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5. 

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I can showcase these qualities more often by leaning into experiences that

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A physical activity I could try to strengthen my Ascendant is

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A social activity that would play to my Ascendant strengths is

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A habit I could ditch to help strengthen my Ascendant is

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# Worksheet 5.

## *Working with your north and south nodes*

Use this worksheet to build on the material in *Part I Getting Started* and *Part V Teach Me: Understanding your Nodes*. Understanding your Nodes will help you get to know your karmic energy and clarify what soul lessons you've come here to master during this lifetime.



My North and South Node share an energetic axis focused on (see Energetic Axis in Part V on page xx)

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My South Node is in (sign) \_\_\_\_\_

in (house) \_\_\_\_\_

which means I carry karmic energy that (see Major life lessons in Part V on page xx)

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This karmic pattern manifests in my own life as

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I notice myself return to this old way of being when

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When I behave this way, things tend to turn out

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One positive aspect of this karmic baggage is

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I can integrate this strength by

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My North Node is in (sign \_\_\_\_\_) .

in the \_\_\_\_\_

house which means I have come here to master the art of (see Keywords in Part V on page xx)

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My North Node mantra is (see Mindful mantras in Part V on page xx)

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When I have explored this energy in the past I have felt

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When I have explored this energy in the past things tend to turn out

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Qualities of my North Node that feel totally foreign are (see Keywords in Part V on page xx)

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The South Node response to a relationship worry I have is

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The South Node response to a work worry I have is

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The South Node response to a wellbeing worry I have is

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The North Node response to a relationship worry I have is

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The North Node response to a work worry I have is

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The North Node response to a wellbeing worry I have is

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A person who embodies the qualities of my North Node is

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Three small ways I could start to experiment with leaning into my North Node in my everyday life are

1. 

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2. 

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3. 

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