


Worksheet I

Getting started: The foundations of your chart

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

When completed, 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 *The signs in Part I Getting Started* on pages 18–23)

_____ .

In the (house) _____ , this might be most obvious in a particular area of my life, especially (see *Key themes in The houses in Part I* on pages 28–34)

_____ .

Its element is _____ and its mode is _____ .

My Moon is in (sign) 

in the (house) _____ .


In (sign) _____ my Moon is nourished by (see *The signs in Part I* on pages 18–23)

_____ .

In the (house) _____ , this might be most obvious in a particular area of my life, especially (see *Key themes in The houses in Part I* on pages 28–34)

_____ .

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* on pages 18–23)

_____ way.

In the (house) _____ , this might be most obvious in a particular area of my life, especially (see *Key themes in The houses* in *Part I* on pages 28–34)

_____ .

Its element is _____ and its

mode is _____ .

My Venus is in (sign)



in the (house) _____ .

In (sign) _____

my Venus approaches pleasure, beauty and relationships in a (see *Keywords of The signs* in *Part I* on pages 18–23)

_____ way.

In the (house) _____ , this might be most obvious in a particular area of my life, especially (see *Key themes in The houses* in *Part I* on pages 28–34)

_____ .

Its element is _____ and its

mode is _____ .

My Mars is in (sign)



_____ in the (house) _____ .

In (sign) _____ my Mars approaches ambition, drive and confrontation in a (see *Keywords of The signs* in *Part I* on pages 18–23)

_____ way.

In the (house) _____ , this might be most obvious in a particular area of my life, especially (see *Key themes in The houses* in *Part I* on pages 28–34)

_____ .

Its element is _____ and its mode is _____ .



My Jupiter is in (sign)



in the (house) _____ .

In (sign) _____

my Jupiter approaches wisdom, spirituality and optimism in a (see *Keywords of The signs in Part I* on pages 18–23)

_____ way.

In the (house) _____ ,

this might be most obvious in a particular area of my life, especially (see *Key themes in The houses in Part I* on pages 28–34)

_____ .

Its element is _____ and its

mode is _____ .

My Saturn is in (sign)



in the (house) _____ .

In (sign) _____

my Saturn approaches discipline, responsibility and perseverance in a (see *Keywords of The signs in Part I* on pages 18–23)

_____ way.

In the (house) _____ ,

this might be most obvious in a particular area of my life, especially (see *Key themes in The houses in Part I* on pages 28–34)

_____ .

Its element is _____ and its

mode is _____ .

My Uranus is in (sign)



_____ in the (house) _____ .

In (sign) _____ my Uranus approaches innovation, independence and rebellion in a (see *Keywords of The signs in Part I* on pages 18–23)

_____ way.

In the (house) _____ , this might be most obvious in a particular area of my life, especially (see *Key themes in The houses in Part I* on pages 28–34)

_____ .

Its element is _____ and its mode is _____ .



My Neptune is in (sign)



in the (house) _____ .

In (sign) _____

my Neptune approaches intuition, surrender and creativity in a (see *Keywords of The signs in Part I* on pages 18–23)

_____ way.

In the (house) _____ , this might be most obvious in a particular area of my life, especially (see *Key themes in The houses in Part I* on pages 28–34)

Its element is _____ and its

mode is _____ .

My Pluto is in (sign)



in the (house) _____ .

In (sign) _____

my Pluto approaches power, control and fear in a (see *Keywords of The signs in Part I* on pages 18–23)

_____ way.

In the (house) _____ , this might be most obvious in a particular area of my life, especially (see *Key themes in The houses in Part I* on pages 28–34)

Its element is _____ and its

mode is _____ .

My South Node 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* on pages 24–25)

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 pages 26–27)

and have a natural affinity for



Worksheet II

Inspire me: 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)

which is naturally (see *Keywords of The signs* in *Part I Getting Started* on pages 18–23)

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 50)

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

My Sun's elemental quality is

which means I'm effortlessly attuned to (see *The Elements* in *Part I* on pages 24–25)

Its mode is

which gives me an inherent capacity to (see *The Modes* in *Part I* on pages 26–27)



These strengths are evident in my natural ability to

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

My Sun is in the (house) _____, which is synonymous with (see *The houses in Part I* on pages 28–34)

which means I derive energy from (see *The Sun through the houses in Part II* on pages 56–57)

I see this alive in my own life when I

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



Five qualities that make my Sun truly special are

1. _____
2. _____
3. _____
4. _____
5. _____

I can showcase these qualities more often by

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

A creative outlet that might strengthen my Sun is

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



Its mode is _____,
which gives me an inherent capacity to
(see *The Modes* in *Part I* on pages 26–27)

These strengths are evident in my relationship with

My Moon is in the (house) _____,
which is synonymous with (see *The houses* in *Part I*
on pages 28–34)

which means I am nourished by experiences in the
realm of (see *The Moon through the houses* in *Part III*
on pages 89–90)

I honour this need in my own life when I

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

I could improve my relationships by integrating
more opportunities to (see *Deepen your bond*
in *Part III* on pages 92–115)

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



Worksheet IV

Notice me: 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.



My chart ruler is (planet) (see *Finding your chart ruler in Part IV Notice me: Understanding your Ascendant* on page 122)

_____ in (sign) _____ .

With (planet) _____ as

my chart ruler in (sign) _____ ,
I move through the world with a natural aptitude
for (see *Job description of the planets in Part I
Getting Started* on pages 38–41 and *Keywords of
The signs in Part I* on pages 18–23)

_____ .

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* on pages 124–125)

_____ .

When I embrace these kinds of experiences,
I feel

_____ .

My Ascendant is in (sign) _____,
which makes me naturally (see *Keywords of The
signs in Part I* on pages 18–23)

_____ .

The Ascendant in (sign) _____
means other people see me as (see *How other
people see you in Part IV* on pages 126–133)

_____ .



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

When I am described like this, I feel

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

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

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

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

My Ascendant's elemental quality is

_____, which means my natural instinct is to (see *Keywords in The Elements in Part I* on pages 24-25)

Its mode is _____, which gives me a natural ability to (see *The Modes in Part I* on pages 26-27)



These strengths are evident in how I approach

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

Five qualities that make my Ascendant sign truly special are

1. _____
2. _____
3. _____
4. _____
5. _____

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

A physical activity I could try to strengthen my Ascendant is

A social activity that would play to my Ascendant strengths is

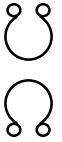
A habit I could ditch to help strengthen my Ascendant is



Worksheet V

Teach me: 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 unpack your karmic energy and clarify what soul lessons you've come here to master during this lifetime.



My North and South Nodes share an energetic axis focused on (see *Energetic axis* in your nodes profile in *Part V Teach me: Understanding your Nodes* on pages 150–173)

My South Node is in (sign) _____

in (house) _____, which means I carry karmic energy around (see *Major life lessons* in your nodes profile in *Part V* on pages 150–173)

This karmic pattern manifests in my own life as

I notice myself return to this old way of being when

When I behave this way, things tend to turn out



One positive aspect of this karmic baggage is

I can integrate this strength by

My North Node is in (sign) _____.

in the (house) _____,
which means I have come here to master the art of
(see *Keywords* in your nodes profile in *Part V* on
pages 150–173)

My North Node mantra is (see *Mindful mantras* in
your nodes profile in *Part V* on pages 150–173)

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

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

North Node perspectives that feel totally foreign
are (see *Keywords* in your nodes profile in *Part V*
on pages 150–173)



The South Node response to a relationship worry I have is

The South Node response to a work worry I have is

The South Node response to a wellbeing worry I have is

The North Node response to a relationship worry I have is

The North Node response to a work worry I have is

The North Node response to a wellbeing worry I have is



A person who embodies the qualities of my North Node is

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

1. _____

2. _____

3. _____

