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# Astrology Journal

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A 30-Day Guided Journal



Daily Entry

Created with LoomJournals

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# How to Use This Journal

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Welcome to your journal! Here are some tips to get the most out of it:

- 1 Set aside a few minutes each day to write
- 2 Be honest and write freely without judgment
- 3 Try to write at the same time each day to build a habit
- 4 Review your entries weekly to notice patterns

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- Open your astrology app or chart and note the most active transit of the day
  - Record the ruling planet and the astrological house it activates in your chart
  - Write what this transit or placement means energetically — themes, archetypes, tensions
  - Reflect honestly on how this cosmic energy is showing up in your real daily experience
  - Close with an affirmation that aligns you with the planetary energy of the day



Scan for a detailed guide on how to use this journal

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