Astrology Journal

A 30-Day Guided Journal

Daily Entry

Created with LoomJournals

How to Use This Journal

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

- 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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Which planetary transit is active today? e.g. Mercury sextile Venus, Saturn square Moon

PLANET
The planet ruling today's energy — Sun, Moon, Mercury, Venus, Mars, Jupiter, Saturn...

HOUSE
Which astrological house is activated? 1st=identity, 7th=relationships, 10th=career...

DESCRIPTION
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TODAY'S REFLECTION
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