

JANUARY WORKBOOK

“And now we welcome the new year.
Full of things that have never been.”

— Rainer Maria Rilke

January Mantra:

I set clear intentions, take
aligned action, and trust the
slow unfolding of my path.



keywords this month:

Beginnings · Discipline · Vision · Commitment · Momentum

The themes this month are beginnings, discipline, and forward movement.

January is a threshold month — the bridge between intention and action. Capricorn season invites us to clarify goals, build structure, and commit to what truly matters. As the Sun shifts into Aquarius, the energy expands toward vision, innovation, and future-oriented thinking. This is a month of planting real, tangible seeds — not rushed, but rooted — and beginning the work of becoming who you are meant to be.



My intention for this month is:

Here are three ways I plan to take action toward this goal:

1.

2.

3.

“Small steps, taken consistently, create radical change.”

When I meet this goal, I will feel:

This will change my life in this way:

Notable dates & energies:

Jan 3 · Full Moon in Cancer

A deeply emotional full moon that highlights home, safety, and inner needs. This lunation asks you to tend to your emotional body and notice where care and boundaries are required.

Jan 10 · Last Quarter Moon in Libra

A recalibration point focused on balance, relationships, and fairness. Release people-pleasing or misaligned compromises and recommit to harmony that includes you.

Jan 18 · New Moon in Capricorn

A visionary new moon perfect for setting intentions around authenticity, community, innovation, and the future you want to build. Think long-term, collective, and true-to-self.

Jan 23 · Mars enters Aquarius

The energy shifts from structure to expansion. Aquarius season invites you to think differently, challenge norms, and imagine what's possible beyond the status quo.

Journaling prompts for January:

- What does a meaningful beginning look like for me right now?
- Where am I being asked to commit more fully — to myself, my goals, or my future?
- What structures support my growth, and which ones feel restrictive?
- How can I balance discipline with flexibility this month?

Jan 25 · First Quarter Moon in Taurus

A steady, grounding moon that supports consistent effort and tangible progress. Focus on what you can build slowly and sustainably.

JANUARY TAROT SPREAD

The New Path Spread

A 5-card spread to help you clarify intentions, build supportive structures, and begin the year with grounded momentum and visionary purpose.



meanings

1. What intention wants to be anchored this month?
2. What habit or structure will support this goal?
3. What internal block needs compassion, not force?
4. What future possibility is opening for me now?
5. What action will move me forward with integrity?