



HOW TO USE THE DAYS OF THE WEEK IN ALIGNMENT WITH THE PLANETS

MONDAY - Moon
Mothering
Nurturing yourself - relaxation & quiet
Emotions surfacing
Gentle movement

TUESDAY - Mars
Start new projects
Complete overdue tasks
Assertive and strong energy
Productivity
Declutter and clean

Wednesday - Mercury
Communication
Catch up on emails
Sign contracts (if it isn't Mercury Retrograde!!)
Short travel

Thursday - Jupiter
Enterprise and expansion
Networking, socialising, marketing
Check in with your finances
Learn something new

Friday - Venus
All about feeling good!
Treat yourself or someone you love
Comfort and belonging
Wear a fabulous outfit
Treat yourself to a favourite meal

SATURDAY - Saturn
Plan ahead
Housework - clean and organise
Academic tasks
Goal planning and progress

Sunday - Sun
Day of rest
Gardening, cooking, creativity
Spend time in nature
Family, friends