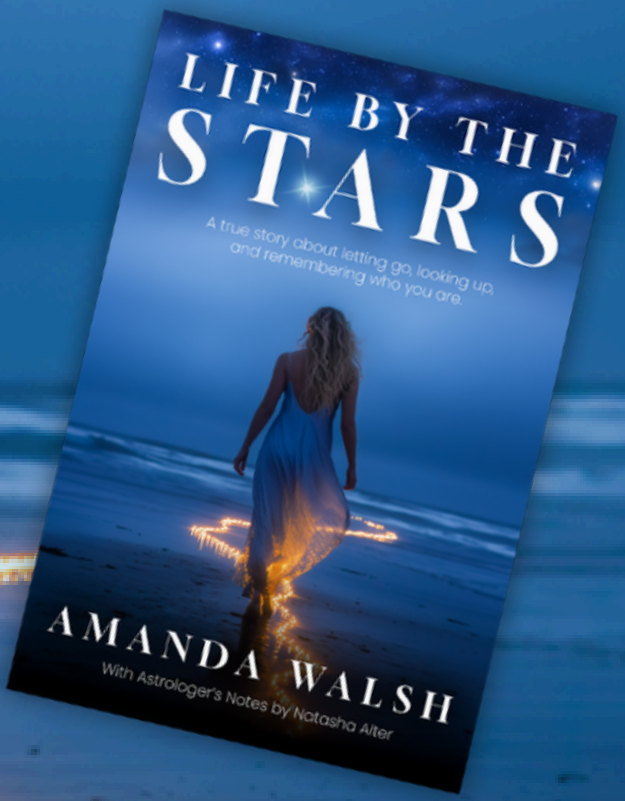
YOUR SOULFUL LEAP

Journaling Worksheet

Your perfect companion to the Life By The Stars book written by Amanda Walsh



presented by ASTROLOGY HUB

YOUR SOULFUL LEAP

A Companion to Life By The Stars

Dear Astrology Lover,

Welcome to Your Soulful Leap.

If you've read the excerpts from Life by the Stars, you know it's more than just my personal story of leaving New York City for Hawaii or building Astrology Hub from the ground up....

It's an invitation into the real, raw, and beautiful process of transformation.

This journey is filled with highs and lows, critical decision points, moments of internal reckoning, external challenges, and breathtaking clarity. My book opens a window into my own experience—a dance with the universe that we are all participating in. It's a co-creative process that is both mystical and practical, and one that can be deeply supported by the ancient wisdom of astrology.

What I discovered while living this story is that the process of personal transformation is universal. It follows recognizable stages that tend to appear again and again when we're called to change. These stages don't always unfold in a perfectly linear way—we can often find ourselves in several at once—but broadly speaking, they are:

1. **The Call:** That subtle (or insistent) inner prompting—or a major life event—that brings the way you've been living into question.
2. **Curiosity:** Researching, exploring, imagining.
3. **The Sacred Yes:** Making the commitment to step into a new version of yourself.
4. **The Leap:** Taking actions toward the commitment.
5. **Initial Excitement:** The honeymoon phase of change.
6. **Stripping Away**: Letting go of the parts of identity that need to shift.
7. **The Messy Middle:** Doubt, fear, unexpected obstacles. Doing the real work of transformation.
8. **Breakdown to Breakthrough:** Both happening at the same time.
9. **Integration:** Internalizing new truths, realizations and new levels of clarity.
10. **A New Reality:** Emerging changed, with a new external reality to match.

Astrology is one of our greatest tools for navigating these stages with awareness. The transits in the sky mirror the cycles within us, offering timing, insight, and perspective on our process of change.

YOUR SOULFUL LEAP

A Companion to Life by the Stars

This guide is designed to help you recognize the cosmic choreography at work in your life: the planetary transits that echo your inner longings and challenges, the seasons of growth and rest, the powerful thresholds you're being invited to cross.

Here are a few simple instructions for using these journal prompts.

- Take your time. Let the prompts breathe. Return to them as needed.
- Look up your personal transits (or work with an astrologer) to deepen your reflections.
- Be honest. Be gentle. Be curious.
- Treat this as a living document—one you can return to at every stage of your journey.

My hope is that these questions help you recognize where you are in your process of transformation, so you can make intentional choices about how you want to show up for each stage.

I also hope it encourages you to call upon the astrological archetypes to support and inspire you in reaching for the most aligned, authentic expression of YOU—whatever that looks like.

Remember, you are the main character in this story. You are here with a purpose, chosen to bring something only you can offer. Every day, you can make choices that align your thoughts, your energetic frequency, and your outer expression with your highest truth.

And the stars are here to help you.

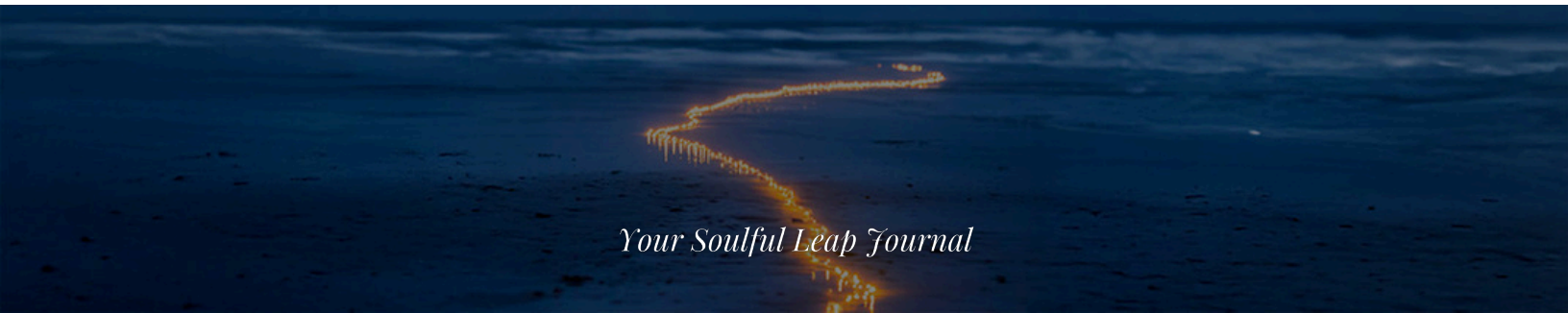
Enjoy this process. May it honor your own wisdom, your unique path, and the cosmic rhythms supporting you every step of the way.

With love and gratitude for sharing this journey,

Amanda

Your Reflections
Past Soulful Leaps

- What was a significant soulful leap or turning point in your life? Describe it.
- What were the circumstances leading up to that choice? What was "the call" you felt?
- What astrological transits were active at that time? (Look back if you can—e.g., outer planet aspects, nodal returns, critical aspects to your lunar nodes, progressed Moon shifts.)
- What feelings or signs told you it was time to change?
- How did you experience the initial excitement, if applicable?
- What crisis points or doubts arose, and how did you navigate them?
- How did you handle the "messy middle" of that transformation?
- What did you integrate or learn in the process?
- How did your external reality shift once you had fully stepped into a new frequency?
- What wisdom do you want to remember from that journey?





Your Reflections

Exploring Where You Are Now

- Where do you feel “the call” in your life right now? Or what life events are conspiring for you to make a change?
- What themes are stirring your curiosity? What peeks your interest about where you’re being called next?
- What astrological transits are currently active in your chart?
- What, in your opinion, are the highest expressions of the archetypes involved in those transits?
- What planetary energies might be asking you to grow, release, or expand?
- How are you preparing (mentally, emotionally, spiritually) for your next soulful leap?
- What fears or doubts are present?
- What supports or tools do you have (or need) to navigate them?



Your Next Soulful Leap

- If you could articulate your next “soulful leap” in one sentence, what would it be?
- How do you want to feel in this next phase?
- How do you want to feel “on the other side” of this leap?
- What small steps can you take today to align with it?
- What do you need to let go of in order to align with this vision of yourself? Of your life?
- Which upcoming transits might support or challenge you? How can you work with them intentionally?
- What reminders or affirmations do you want to carry with you?
- How do you want to celebrate or honor crossing this threshold?

YOUR SOULFUL LEAP

FINAL REFLECTIONS

Thank you for walking this path with such intention. Honoring the call within you to grow, evolve, and remember the truth of who you are.

I hope this guide has supported a meaningful internal journey, helping you navigate the stages of transformation with your heart and eyes wide open. May it continue to serve as a trusted companion as you listen for the next call, take the next leap, and embrace each new chapter with courage and grace.

Thank you for saying yes. For being a co-creator in this beautiful cosmic unfolding. For weaving your unique thread into the greater story with such heart.

With deep gratitude
and faith in you,
Amanda

