

ASTROLOGY HUB *presents*

THE 12 DAYS OF SOLSTICE *Challenge*



WORKBOOK JOURNAL

Guided prompts to help you on your
epic journey of soulful intention setting

WELCOME TO THE 12 DAYS OF SOLSTICE CHALLENGE!

I am THRILLED that you've said yes to joining us for this *epic journey of soulful intention setting*, through the lunar cycles of the year...

Preparing ourselves body, mind and soul for the opportunities that lie ahead of you next year and beyond.

One of the guiding principles that we're going to take with us as our North Star through this journey is the idea that aligning our lives (our efforts, intentions, actions, awareness) with the cosmos or the natural ebbs and flows of the universe, results in greater peace, enjoyment, fulfillment, purpose, connection... and magic.

When we use the brilliant architecture that astrology provides as an "organizing structure" for our lives, we struggle less, catch the winds of inspiration and creativity, and live more in alignment with what our soul came here to do.

At Astrology Hub we believe that the "cosmic curriculum" as designed by our Source is PERFECT.

All we have to do is align with its inherent and natural design, the cosmic symphony that each and every one of us is a part of.

And in aligning with its design, you come into greater alignment with YOUR design. As above, so below! That beautifully unique and wonderful cosmic blueprint that is you... that you travelled far and wide through eternity to live and express here and now.

I am so honored to be on this journey with you, and hope this workbook serves as a sacred place to get inspired and set your intentions for next year.

I can't wait to see what you do.

With Love,
Amanda



THEME: DISCIPLINE

SUMMARY:

- ✦ The root of the word Discipline is DISCIPLĒ. Contrary to the popular notion that a DISCIPLĒ is a FOLLOWER, the true Latin root of this word is more similar to STUDĒNT.
- ✦ To really devote yourself to learning something, to humble yourself at the feet of a teacher or topic and open yourself up to learning anything and everything you can about it, there must be an underlying resonance of LOVE for that thing, teacher or topic.

DAY 1: CAPRICORN

What habits do I need to cultivate?

What habitual activities, thoughts or patterns do I need to let go of, in order to align with the highest vision for my life?

DAY 1: CAPRICORN

Where have I allowed myself to become sloppy?

Where do I need to uplevel myself so I can uplevel my life?

CONTINUED



THEME: INDIVIDUALITY

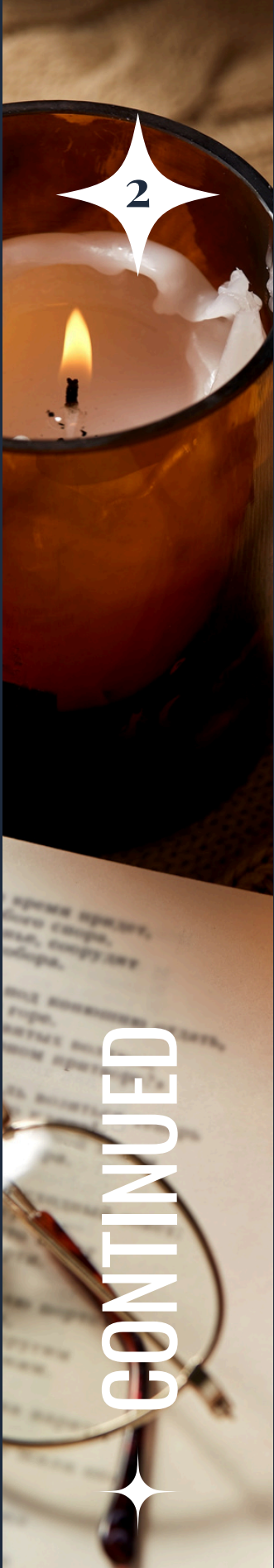
SUMMARY:

- ✦ The term individual, comes from the Latin word, INDIVIDUOUS, meaning “not divided”...so to be our individual selves, we need to be undivided.
- ✦ The Aquarian aspect of each and every one of us is TUNED INTO a vision for humanity. A future that we know, somewhere deep down, perhaps quite buried at this point... but that we know is possible. Each one of us has a unique, individual design that is coded to provide an essential element of that vision, the potential for us to anchor the frequency of heaven, here on earth.

DAY 2: AQUARIUS

Who am I as an individual when I'm not divided by the expectations of others?

When do I feel whole? Complete?
Centered in myself?



DAY 2: AQUARIUS

What divides me from my vision for my life?
And for the world?

What is uniquely mine to contribute?



THEME: COMPASSION

SUMMARY:

- ✦ If you break down the word compassion, it literally means “com”, or “with passion”... so compassion is “with passion”.
- ✦ Compassion is a SPACE we can hold. A space of understanding for the lack of understanding, both in OURSELVES and in OTHERS.

DAY 3: PISCES

Where do I continue to buy into the story that there are lines that divide us?

When is it hard for me to love “the other” due to differences?



DAY 3: PISCES

What can I make space for in my life that enables me to see beyond the illusion of separation? To cultivate forgiveness, understanding and awareness? Is it meditation? Movement? Sacred Study? Being out in nature?



THEME: ENTHUSIASM

SUMMARY:

- ✦ The word enthusiasm literally breaks down to "en-theos" which means "in God". So the word literally means "inspired by god."
- ✦ I call this quality of enthusiasm our "Sacred YES"... and it's the yes we say when we're ready to fearlessly step into our destiny and live the life we came here to live.

DAY 4: ARIES

What am I saying YES to next year? What new territory of myself, my path, and my destiny am I ready to enthusiastically say yes to?

What am I afraid of? Can I place that in the divine's hands and just say yes to the plan for my life?



THEME: PLEASURE

SUMMARY:

- ✦ The root of the word pleasure means ENJOYABLE or SATISFYING.
- ✦ Taurus reminds us to STOP and appreciate what it feels like to BE in this physical body, with awareness that the physical body has the capacity to both experience our senses and be a conduit for our connection to Source!
- ✦ You can't REALLY feel pleasure without being PRESENT. And it's in the present that ALL of life is happening.

DAY 5: TAURUS

When do I feel the most pleasure?

What gets me completely INTO MY BODY and elevates my ability to feel and experience sensations?



THEME: CURIOSITY

SUMMARY:

- ✦ Curiosity unifies instead of dividing, it seeks to understand the different parts so a whole can be created. It enables growth instead of stagnation and it expands rather than contracts.
- ✦ The ingredients required for curiosity are: humility, courage and listening.

DAY 6: GEMINI

What am I curious about in the year ahead? What will I remain open to?

Who am I becoming?

DAY 6: GEMINI

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What gifts do I have inside of me that I'm not yet embodying?

What are my relationships reflecting to me about me?

What is my body reflecting to me?

CONTINUED



DAY 6: GEMINI

Have I been asking any disempowering questions that are keeping me stuck?

How can I begin to ask more empowering questions so I can receive more empowered answers?



DAY 7: CANCER

What are the most nurturing things I do in my life?

THEME:
NURTURING

What things in my life deplete my energy, leaving me feeling anxious or exhausted?

SUMMARY:

- ✦ The word nurture has its roots in Middle English and means to nourish or feed.
- ✦ The level of nurturing that Cancer encourages us to do is what's required for us to have the perseverance and steadfastness for the Capricornian's disciplined climb! Through the Cancer essence, we recognize that all of our external work in the world needs to be balanced with internal time... self nurturing, the comfort and coziness of our little nest or home.

DAY 7: CANCER

How can I weave more nurturing things into my life in the new year? How can I omit or minimize the things that deplete my energy?





DAY 8: LEO

Imagine someone who is fully, completely, and unapologetically themselves. How would you describe that person? Fearless? Confident? Unapologetic? How does that person's pure expression make you feel? Do you appreciate it? Enjoy it? Are you envious of it?

THEME: EXPRESSION

SUMMARY:

- ✦ FULL and COMPLETE PRESENCE is required for your most authentic expression. Self judgment, self consciousness and doubt literally SHUT DOWN our capacity to be in authentic expression. So does attachment to outcome and fear of failure, among other things!
- ✦ When there's a quality we want to invoke more of in ourselves, it's so helpful to find someone or something that you feel embodies that energy completely and to observe it closely. Take the energy of that thing INTO YOURSELF, walk with it, and eventually you will find it's resonance within you.



CONTINUED

DAY 8: LEO

What percentage of the time do you feel like you are in full authentic expression?

How and when do you hold yourself back? Censor or edit yourself or otherwise dim your light?

DAY 8: LEO

If you were to commit to doing more of one thing next year around your authentic expression, what would that be?

If you were to commit to NOT doing one thing next year that LIMITS your authentic expression, what would that be?





THEME: DISCERNMENT

SUMMARY:

- ✦ The word discernment has Latin roots, "dis" means separation or division, and "cernere" means to sift or perceive. Over time, this Latin term evolved into "discernment" in English, referring to the ability to perceive, recognize, or understand subtle differences, often with insight or wisdom.
- ✦ Discernment is the ability to perceive, with wisdom, what is worth keeping and what is ready to go, what is life giving and what is not. It's discernment that enables us to take our open hearted Leo expressiveness and channel it in the most impactful direction, which sometimes means saying no to people, opportunities, and activities that will take us off our path.

DAY 9: VIRGO

What areas of life would you like to exercise more discernment in? Your relationships? Your use of time? The foods you eat? Your social activities?



DAY 10: LIBRA

How can you notice, look for, call out, cultivate and celebrate beauty in your life?

THEME:
BEAUTY

SUMMARY:

- ✦ True Beauty, with a capital B, is actually a part of the divine blueprint.
- ✦ The definition of the word "cosmos" literally means order and beauty. To be in alignment with the Cosmos, we are aligning ourselves with the beauty of the divine order.



THEME: TRANSFORMATION

SUMMARY:

- ✦ Transformation comes from the Latin root "trans" which means "beyond" and "formere" which means "shape" or "form". To transform means to literally "go beyond form and become something entirely new."
- ✦ One of the things that makes transformation so magical, is that it uses the existing materials or components that it has available to it, breaks it down, and through a process of alchemy (usually consisting of extreme conditions) it transcends the current state and becomes something new, something elevated.

DAY 11: SCORPIO

How is your relationship to change and transformation? Do you welcome it with open arms? Hesitantly embrace it or completely shy away from it?

Is there anything in your life that is ready for alchemical fires so you can become this next version of yourself?

DAY 11: SCORPIO

11

Who are you becoming?

How can you bring more consistent and daily awareness to the natural law of transformation so you can engage with it more consciously?

CONTINUED



THEME: VISION

SUMMARY:

✦ Vision is the ability to see beyond what is and into what's possible.

✦ Quiet any "yes but" voices and allow yourself to boldly dream. Remember that everything that has been accomplished in this world that is of any value was at one point someone's dream! Someone's vision.

DAY 12: SAGITTARIUS

Where is your bow aimed? What is the vision for your life that you are shooting for?

If you have a vision for the world, what is the contribution you ache or long to make to that vision?

MY DEAR SOLSTICE ADVENTURERS...

Welcome to the **BONUS day 13** of the 12 Days of Solstice... I wanted to create this video to officially close the journey we've been on together.

To summarize what we've done...

And give you *some ideas* for how to continue the momentum.



And can you even believe it? We're now a day into the new year and YOU have already committed and accomplished something so special and rare...

You made a commitment to yourself, and you followed through. THIS is one of the most powerful ways you build confidence in yourself over time...by doing what you said you would do. Staying with something even when it's hard or inconvenient...

So by completing this challenge you've added to your "confidence bank account."

Also by showing up for yourself, you showed up for ALL of us doing this challenge, and I truly believe you ALSO showed up for the world.

DAY 13: BONUS

13

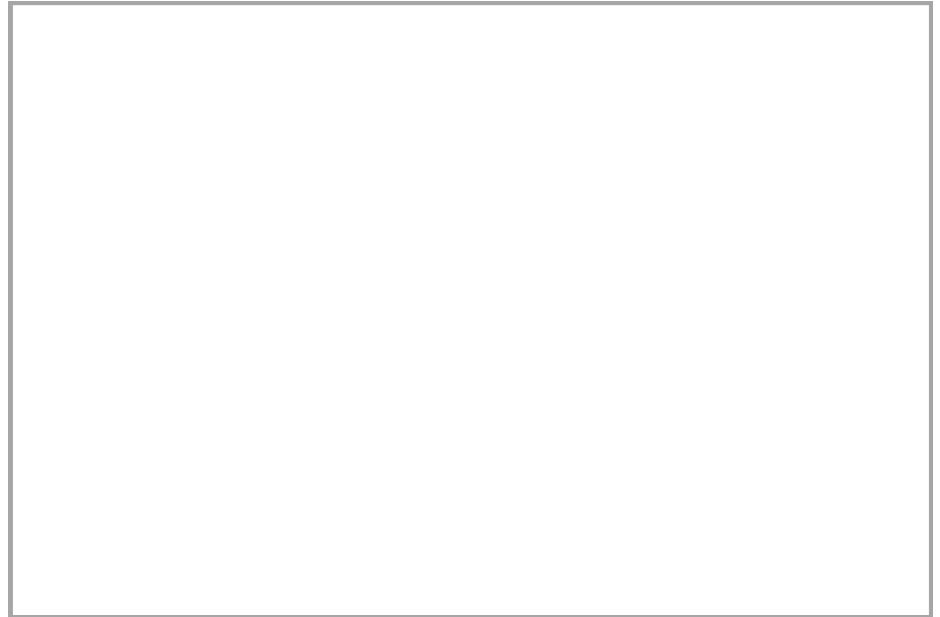
Are there a few major themes you can pull out?

Is there something that came up consistently?

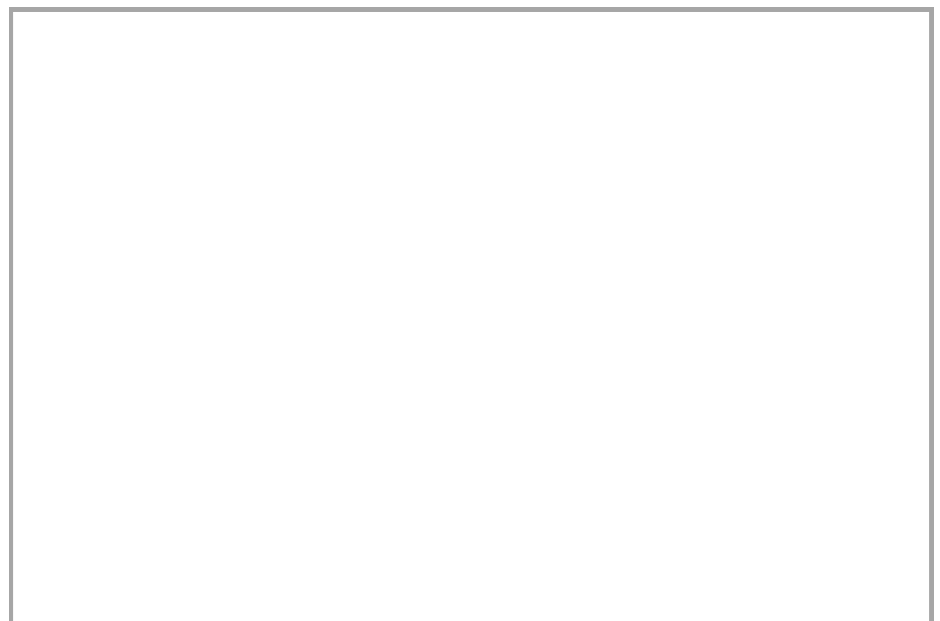
DAY 13: BONUS

13

Can you weave together a vision for your year and create a list that will allow you to focus yourself?



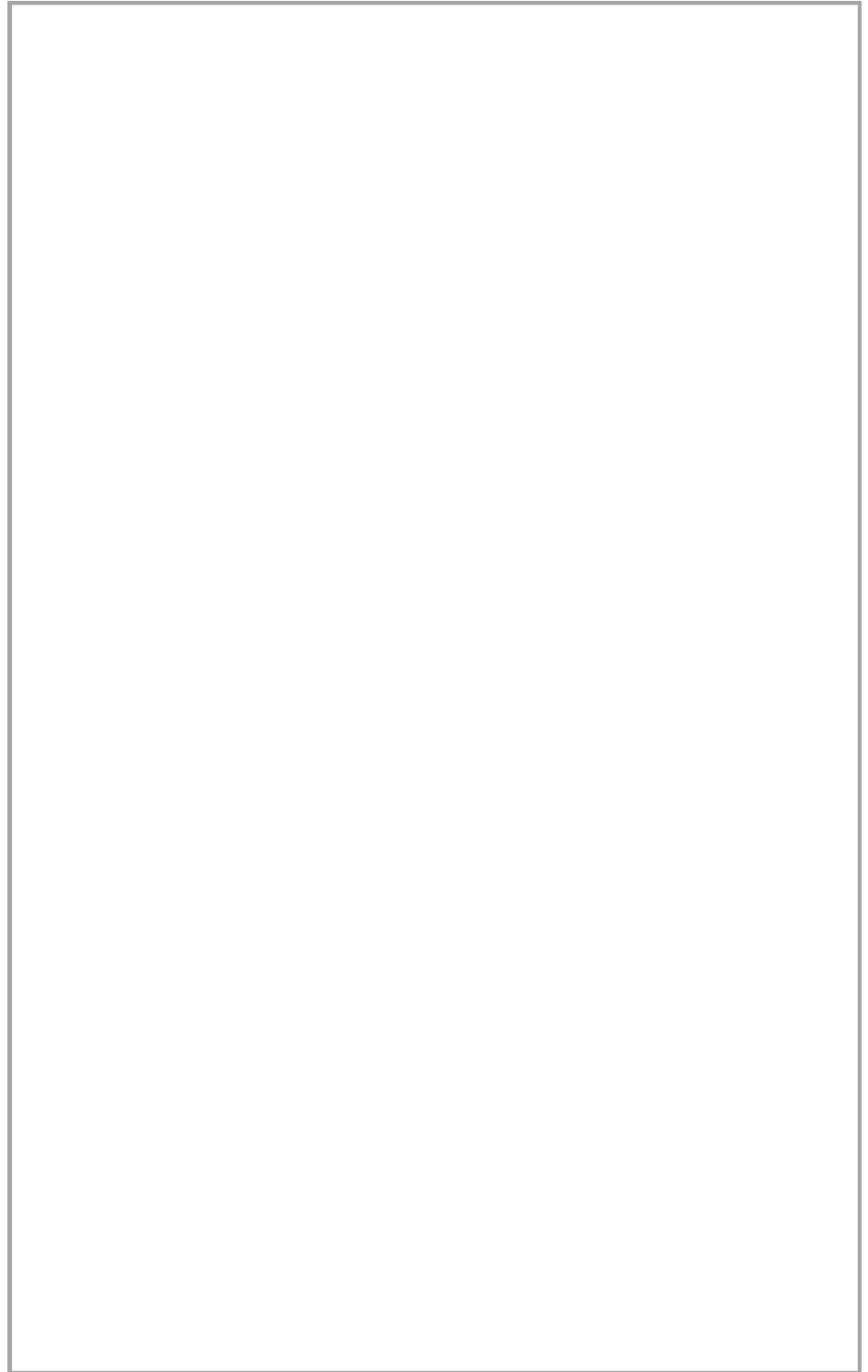
Is there a sentence or two that you could string together that will give you a cohesive guiding light throughout the year?



DAY 13: BONUS

13

Is there a totem animal, mythical creature, element or something in nature that can serve as a symbol for your year ahead?





It's impossible to be a
student or lover of
astrology and not stumble
upon this quote...

**“As above, so below, as
within, so without, as the
universe, so the soul...”**

– Hermes Trismegistus

THANK YOU

Thank you for this opportunity to live, express, be...

Thank you for this opportunity to remember
who I am...

Thank you for this opportunity to fully embrace
the miracle of my incarnation...to cultivate,
express and share my gifts...

To have this human experience and share
my light, your light, with the world.

Taking some time here to look back
through your notes...

Embody the weaving person that you are...

And begin to weave the days together...

Are there a few major themes you can pull out?

Is there something that came up consistently?

*Can you weave together a vision for your year and
create a list that will allow you to focus yourself?*

*Is there a sentence or two that you could string
together that will give you a cohesive guiding light
throughout the year?*

**Take time to just BE with what you've
created over the last 12 days.**