

PLANNER FEATURES

There are a lot of information in this planner pages. To make it easier for you to navigate please find below an overview over the themes of the pages for a month and the low-down on how to read and use each page.

MONTHLY CALENDAR

JULY 2026

THE CHARIOT
TWO CONTROLS
Imagine that all battles have two "kings" that offer you experiences. At first, their control has strong effect / severity is superior to the moment. Unfortunately, the level control is controlled. But eventually you also have another king that controls how "telling" we are to experience what we experience and the level we are on the other hand, influence.

SUN: CANCER (JUN 21) / LEO (JUL 22)
NEW MOON: JULY 14 AT 03:43 IN CANCER 21°58'
FULL MOON: JULY 29 AT 08:35 IN AQUARIUS 6°29'

NOTES

"Difficulties show a person's character."
Epictetus, Greek Stoic philosopher

"If you are distressed by anything external, the pain is not due to the thing itself, but to your estimate of it; and this you have the power to revoke at any moment."
Marcus Aurelius

Here you find:

- » a monthly overview of the moon phases
- » Astrological sun sign tarot card* for the month
- » details for the new moon and full moon
- » place to make notes on important events etc for each day and the month
- » Inspirational and thought-provoking quotes from the Greek Stoics, Carl Gustav Jung and on stress

**from the deck Modern Psychology Tarot*

WEEKLY CALENDAR

Weekly Grand Lenormand card*

with the relating moon phase in the current astrological sign.

Intention

Record the self-compassion intention and affirmation you are working with this week.

Spread for the week

Pull 3 cards to represent the energies for the week. Record the message to you.

Symbols

of today's moon phase and astrological sign.

Daily spread

Pull your card for the day ahead or at the end of the day to reflect and integrate.

Inspirational and thought-provoking quotes

from the Greek Stoics, Carl Gustav Jung and on stress.

**from the deck Modern Psychology Grand Lenormand*

June, 15 - 21

WEEK 25

INTENTION:

THIS WEEK'S MESSAGE:

MONDAY - 15th of June

QUESTION: _____ MESSAGE: _____

TUESDAY - 16th of June

QUESTION: _____ MESSAGE: _____

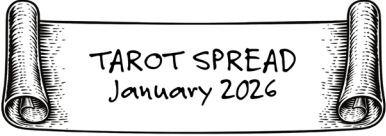
"Be content with what you are, and wish not change; nor dread your last day, nor long for it."
Marcus Aurelius, Roman emperor and Stoic philosopher

MONTHLY JOURNALING/ GOALS ACTION STEPS


Take in the energy of the month thru your intuition and use your knowledge for mindful intention to create the life that best serves your needs.

Each month, make your own **tarot spread** to find out what in the making for your month ahead in the areas of health, love, mind, finance and career.

Record your cards and use the journaling space to write down your messages and reflections.



TAROT SPREAD
January 2026




HEALTH

LOVE

MIND

FINANCE



CAREER

Needs and intentions this month

Health /Wellbeing

Love/Relationship

Mind/Spirit

Finance/Money

Career/Work

Reflection/Action

EXPERIENTIAL ACCEPTANCE
- Make room

Being inspired by:

How I want to feel:

PRESENT MOMENT AWARENESS
- Be here now

Intentions:

This month's priorities:

COGNITIVE DEFUSION
- Step back

Need to let go of:

Habit to start, maintain or change:

THE OBSERVING SELF
- Be mindful

Goals this month:

Things to be grateful for this month:

LIFE VALUES
- Know what matters

Make my heart sing:

Guiding life values this month:

COMMITTED ACTION
- Do what it takes

What I want to do:

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	

Letting go of worry is becoming easy.



"The problem with problem solving is that it is a mode of mind that does not know when to stop."
Steven C. Hayes, Originator ACT Therapy

Inspirational and thought-provoking quotes from ACT, Acceptance and Commitment Therapy, and affirmations for increased self-compassion and self-love.


To **take advantage of the knowledge and science** of mental health and life giving behaviours. These six fields is based on the six ACT, Acceptance and Commitment Therapy, core therapeutic processes.

Use the supporting text in each box and journal from both your mindful intention and your intuition.


NEW AND FULL MOON JOURNALING

Following the moon phases for living with the natural rhythm and pace of your Magic Life.

♦ ♦ ♦ ♦ ♦ 18th of January, 2026 ♦ ♦ ♦ ♦ ♦





NEW MOON in Capricorn



Less is more. Quality comes before quantity. Focus on the goal. Being an earth sign, the Capricorn New Moon looks to ground us in reality and energize us to maneuver patiently forward along the mountain roads of the next cycle.

Do you carry around a multitude of ideas and emotions but find it difficult to find focus and sufficient determination to push through the changes? Then this is the best time to set intentions that will make you more productive and efficient, while ensuring that you don't waste time on low-priority tasks.



What are my needs right now? _____


What energies are influencing me? _____

People I want to include more in my life: _____

What seeds do I want to plant? _____

How can I help my seeds grow? _____

What support is available for me during this cycle? _____



"Stop trying to control how you feel, and instead take control of what you do."
Russ Harris, ACT-therapist

A new moon brings a new beginning. The guiding text helps you to get the grip of the current moon and astrology energy.

Make your **new moon spread to tap into your needs right now** in your magic life thru your intuition and set the intentions for this new start.

In CFT, Compassion Focused Therapy, Self-compassion is in the center.

Support **your own self-compassion to activate and enhance your self-healing inner resources.** Use the supporting text in each box and journal from both your mindful intention and your intuition

Inspirational and thought-provoking quotes from ACT, Acceptance and Commitment Therapy, and affirmations for increased self-compassion and self-love.

♦ ♦ ♦ ♦ ♦ POSSIBILITIES – DREAMS – NEW BEGINNING ♦ ♦ ♦ ♦ ♦

INTENTIONS:
What is one kind statement you feel comfortable saying to yourself when you need support?


ALLOW:
Who are the people in your life who are nonjudgmental, trustworthy and genuinely have your heart in mind?

HOW I FEEL:
How would you like to feel today?

GRATITUDE:
What are your greatest qualities?

CHANGE:
What new habit can you adopt in helping you feel more joy or calm in your life?

NOTES
What do you need right now?

I believe in my abilities. 

◆ ◆ ◆ ◆ ◆

3rd of January, 2026

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FULL MOON in Cancer



The Full Moon in Cancer gives us effective emotional intelligence, makes us aware of all that is going on inside and around us, and requires us to make sure we have access to a protective sphere filled with peace and unconditional love.

By respecting your boundaries and making sure they are respected by others, the Cancer Full Moon helps you create a life where you can fully focus on the tasks at hand.

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What are your needs right now? _____

What energies are influencing me? _____

People I want to include more in my life: _____

What do I need to let go of? _____

How can I let go and release? _____

What can I be grateful of during this cycle? _____

"Happiness is not the absence of problems; it's the ability to deal with them."
Russ Harris, ACT-therapist

A full moon brings a harvest and culmination. The guiding text helps you to get the grip of the current moon and astrology energy.

Make your **full moon spread to tap into your needs right now** in your magic life thru your intuition and reflect of the changes and development that has been made. Anything more to be changed or adapted to before next new moon?

Use the supporting text in each box and journal from both your mindful intention to **release and let go** and your intuition to support your own self-compassion to **activate and enhance your self-healing inner resources**.

Inspirational and thought-provoking quotes from ACT, Acceptance and Commitment Therapy, and affirmations for increased self-compassion and self-love.

◆ ◆ ◆ ◆ ◆ DEVELOPMENT – ACCEPTANCE – GRATITUDE ◆ ◆ ◆ ◆ ◆

<p>RELEASE</p> <p>What are the unhelpful stories that are regularly playing in your head that you can reinterpret or let go of?</p>	<p>ALLOW</p> <p>What do you need to feel loved from your partner or close friend?</p>
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<p>HOW I FEEL:</p> <p>What makes your heart sing?</p>	<p>GRATITUDE</p> <p>What lesson can you learn from a recent mistake?</p>
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CHANGE:
How can you be a nurturing parent to yourself?

<p>NOTES</p> <p>What is one healthy thing you can do to support yourself when your sad or stressed out?</p>

I am one-of-a-kind, and no one can replace me.