



JULY 2026 WORKBOOK

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“Everything good, everything magical happens between the months of June and August.”

— Jenny Han

July Mantra:

I honor what has come to fruition, protect what matters most, and move through this season with courage and heart.

keywords this month:

Nourishment · Emotion · Courage · Protection · Reflection

The themes this month are **emotional clarity, courage, and sacred tending.**

July arrives with the fullness of summer all around us. Cancer energy guides the early part of the month, asking us to soften, nurture, and reconnect with what feels like home—within ourselves and in our lives. As the Sun shifts into Leo later in the month, the energy becomes brighter, bolder, and more expressive.

This month is about tending both the heart and the fire. There is space for rest, reflection, and emotional truth, but also for joy, confidence, and stepping more fully into your own presence. July reminds us that true strength comes from knowing what we need and honoring it.



My intention for this month is:

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

1.

2.

3.

“Keep some room in your heart for the unimaginable.”
— Mary Oliver



When I meet this goal, I will feel:

This will change my life in this way:

Notable dates & energies:

July 7th · Last Quarter Moon in Aries

July 14th · New Moon in Cancer

July 21st · First Quarter Moon in Libra

July 29th · Full Moon in Aquarius

Journaling prompts for July:

- What am I being asked to nurture more deeply?
- Where do I need stronger emotional boundaries?
- What makes me feel most at home within myself?
- Where am I ready to shine more boldly?
- What does courage look like for me this season?

JULY TAROT SPREAD

The Radiant Heart Spread

meanings

1. The Heart

What is the central truth or emotion guiding me this month?

2. The East

What is rising or awakening within me?

3. The South

Where is my passion or confidence growing?

4. The West

What am I being asked to release or soften?

5. The North

What keeps me grounded and protected?

6. The Light Ahead

What path is opening for me as summer continues?

This layout mirrors the energy of July:

- **Center (1)** = the emotional heart of the month
- **Cardinal directions (2, 3, 4, 5)** = awakening, passion, release, and grounding
- **Bottom (6)** = the road unfolding ahead

