



# VIRGO SEASON

## *workbook*

*virgo season doesn't ask for a grand reinvention. it's more subtle than that, more thoughtful. this is a time to gently refine, to sort through what's working and what isn't, and to bring care back into your daily life. use this workbook to reflect, adjust, and reconnect with what truly supports you.*

## VIRGO SEASON IS A TIME TO...


- Refine, not reinvent. Adjust what squeaks instead of scrapping the whole system.
- Start a small habit that supports a larger goal (e.g., journaling, drinking water before coffee).
- Edit your schedule, space, and self-talk. Ask: What's helpful? What's just noise?
- Have the overdue conversation. Say what you mean, kindly.
- Reconnect with ritual: daily card pulls, altar candles, sacred space.
- Make meaning out of maintenance—cleaning and organizing as acts of devotion.


 *prompt:* Which of these feels most urgent in your life right now? Why?

 *prompt:* What is one small, overlooked area of your life that deserves more care?

## VIRGO'S MEDICINE IS SUBTLE—BUT POTENT


This is the energy of the herbalist, the archivist, the healer behind the scenes. Virgo wants your life to function, your mind clear, body rested, home supportive, spirit grounded.

 *prompt:* Where in your life do you need more function and less friction?

 *prompt:* What systems (routines, rhythms, boundaries) could support you better?

## TINY RITUALS, QUIET MIRACLES


- Turn one routine into a ritual: Light a candle while you clean, bless your meals, etc.
- Fix something small that's been bothering you—not because it's urgent, but because it's time.
- Edit a small corner of your life: a drawer, desktop, or morning routine.
- Pay attention to what's been quietly asking for care: small tasks, griefs, or joys.


 *prompt:* What task could become sacred with just a little more attention?


 *prompt:* What small repair or edit have you been putting off? Why?


## REFLECTIVE QUESTIONS FOR VIRGO SEASON

 What tiny fix would make my day flow better?

 Where can I clean something up—not to control it, but to make space?

 What daily act could become a ritual with just a little more intention?

 Where have I been avoiding clarity? What needs to be looked at honestly?


 What kind of order supports me—and what kind of order just makes me feel trapped?



## UPCOMING MOONS IN VIRGO SEASON (2025)

● ♍ New Moon in Virgo — August 23, 2025

○ ♋ Full Moon in Pisces (Lunar Eclipse) — September 7, 2025

 *prompt:* What intention do you want to plant with the Virgo New Moon?

 *prompt:* What are you ready to release with the Full Moon in Pisces?