

# JANUARY

| SUNDAY        | MONDAY                | TUESDAY      | WEDNESDAY | THURSDAY                           | FRIDAY                        | SATURDAY |
|---------------|-----------------------|--------------|-----------|------------------------------------|-------------------------------|----------|
| 11.28am       | 1<br>♈                | 2<br>♉       | 3<br>♊    | 4<br>♋                             | 5<br>♌                        | 6<br>♍   |
| 7<br>♎        | 8<br>♏                | 9<br>♐       | 10<br>♑   | 11<br>9.57pm<br>NEW MOON CAPRICORN | 12<br>1.02pm                  | 13<br>♒  |
| 14<br>♓       | 15                    | 16<br>♈      | 17        | 18<br>♉                            | 19                            | 20       |
| 21<br>12.00am | 22<br>SUN IN AQUARIUS | 23<br>7.51am | 24        | 25<br>5.37pm                       | 26<br>3.53am<br>LEO FULL MOON | 27       |
| 28<br>5.12am  | 29                    | 30<br>6.05pm | 31        |                                    |                               |          |

**FIRE**—SPARK YOUR FLAME. INITIATE, MOTIVATE, CREATE, BE BRAVE. PASSIONATE. MOVE YOUR BODY. DO SOMETHING YOU LOVE!

**EARTH**—GROUNDING. GROWING. DO THE WORK. TIME IN NATURE. BUILD IT, COMMIT TO IT, BE STRONG. NOURISH YOUR BODY.

**AIR**—COMMUNICATION, INFORMATION, BREATHE, READ, JOURNALING, MEDITATION. CONVERSATION. MINDFUL WELL-BEING.

**WATER**—FEEL THE FLOW. PEACE & CALM. COMPASSION. HEALING. CONNECT. RELEASE. MUSIC. ART. DREAM. REFLECT, REST & RESTORE.



ELEMENTAL MOON MAPPING