



A FREE Guide to Clarity on Where to Focus Your Energy Right Now

**A GUIDE TO HELP YOU ALIGN YOUR
ENERGY AND FOCUS WHERE IT
MATTERS MOST.**

www.jenneralwellness.com

Welcome, Discover the Area of Life Ready for You!

Right now, the Sun is shining on a specific area of your life, your personal spotlight, focus, and season you are in. This is your focus for the next 30 days, showing where your energy naturally flows and where life can feel easier when you pay attention.

Inside, you'll find:

- How to discover your current focus area
- Tips for each area of life
- Small actions to align with your energy

Think of it as your **personal spotlight**, a simple way to focus where it matters most, reduce decision fatigue, and move through this month with ease.



How to Use This Guide

YOUR 30-DAY LIFE AREA FOCUS

- 1 CHECK THE SEASON** – SEE WHICH PART OF LIFE IS HIGHLIGHTED FOR YOU RIGHT NOW.

- 2 FIND YOUR SPOTLIGHT AREA** – ENTER YOUR BIRTH INFO IN A FREE CHART CALCULATOR. THIS SHOWS WHERE YOUR FOCUS NATURALLY FALLS THIS MONTH.

- 3 READ YOUR FOCUS TIP** – TAKE A LOOK AT THE TIP FOR YOUR AREA AND SEE WHAT FEELS HELPFUL FOR YOU.

- 4 TAKE SMALL DAILY ACTIONS** – PICK ONE THING EACH DAY THAT FEELS ALIGNED WITH THIS FOCUS. NO NEED TO DO IT ALL, JUST WHAT FEELS RIGHT.

- 5 REFLECT (OPTIONAL)** – JOT DOWN ANY THOUGHTS, FEELINGS, OR INSIGHTS THAT COME UP AS YOU GO.

Check the Season

LIBRA: SEPTEMBER 23 – OCTOBER 22 → FOCUS ON BALANCE, RELATIONSHIPS, AND COLLABORATIONS

SCORPIO: OCTOBER 23 – NOVEMBER 21 → FOCUS ON TRANSFORMATION, SHARED RESOURCES

SAGITTARIUS: NOVEMBER 22 – DECEMBER 21 → FOCUS ON GROWTH, LEARNING, AND ADVENTURE

CAPRICORN: DECEMBER 22 – JANUARY 19 → FOCUS ON STRUCTURE, RESPONSIBILITY, AND LONG-TERM GOAL

AQUARIUS: JANUARY 20 – FEBRUARY 18 → FOCUS ON INNOVATION, COMMUNITY, AND INDIVIDUALITY

PISCES: FEBRUARY 19 – MARCH 20 → FOCUS ON INTUITION, REFLECTION, AND CREATIVITY

ARIES: MARCH 21 – APRIL 19 → FOCUS ON INITIATIVE, ACTION, AND SELF-CONFIDENCE

TAURUS: APRIL 20 – MAY 20 → FOCUS ON STABILITY, VALUES, AND COMFORT

GEMINI: MAY 21 – JUNE 20 → FOCUS ON COMMUNICATION, LEARNING, AND CONNECTION

CANCER: JUNE 21 – JULY 22 → FOCUS ON HOME, FAMILY, AND EMOTIONAL WELL-BEING

LEO: JULY 23 – AUGUST 22 → FOCUS ON SELF-EXPRESSION, CREATIVITY, AND JOY

VIRGO: AUGUST 23 – SEPTEMBER 22 → FOCUS ON ORGANIZATION, HEALTH, AND PRACTICAL DETAILS

Steps to Locate Your Personal Focus

STEP 1: FIND YOUR CHART

HEAD TO
ASTRO-CHARTS.COM &
ENTER YOUR BIRTH
INFORMATION.



STEP 2: SPOT YOUR HOUSE NUMBER

LOOK AT THE NUMBER IN THE CENTER
OF YOUR CHART. THIS IS YOUR AREA
OF LIFE THAT'S HIGHLIGHTED FOR YOU
THIS MONTH.



STEP 3: REMEMBER THE SEASON

YOU'VE ALREADY CHECKED THE
CURRENT SEASON (LIBRA,
SCORPIO, SAGITTARIUS, ETC.).
EACH SEASON BRINGS ITS OWN
THEME AND ENERGY.



STEP 4: CONNECT THE TWO

YOUR HOUSE SHOWS THE AREA OF LIFE,
AND THE SEASON SHOWS THE THEME.
TOGETHER, THIS IS YOUR PERSONAL
30-DAY FOCUS.

[WATCH THIS VIDEO FOR
VISUAL STEP-BY-STEP
GUIDANCE](#)



What Each House Means

Each house represents **your different area of life**. Use your house number to find your area, then follow the simple focus tip for the month.

House	Area of Life	Focus Tip
1	Self & Identity	Step into your own spotlight. Try something new, express yourself.
2	Money & Values	Audit your finances or possessions, decide what to keep, invest in, or release. Honor what you truly value this month.
3	Communication & Learning	Share your ideas openly, send that important message, start a conversation you've been avoiding, or learn something new and apply it.
4	Home & Family	Strengthen your foundation, reorganize your space, resolve one lingering family issue, or create a nurturing corner for yourself.
5	Creativity & Joy	Make time for joy, write, paint, dance, or play. Plan one creative experience that lights you up.
6	Work & Health	Optimize your daily habits, commit to a consistent routine, tackle one work project, or try a new wellness practice.

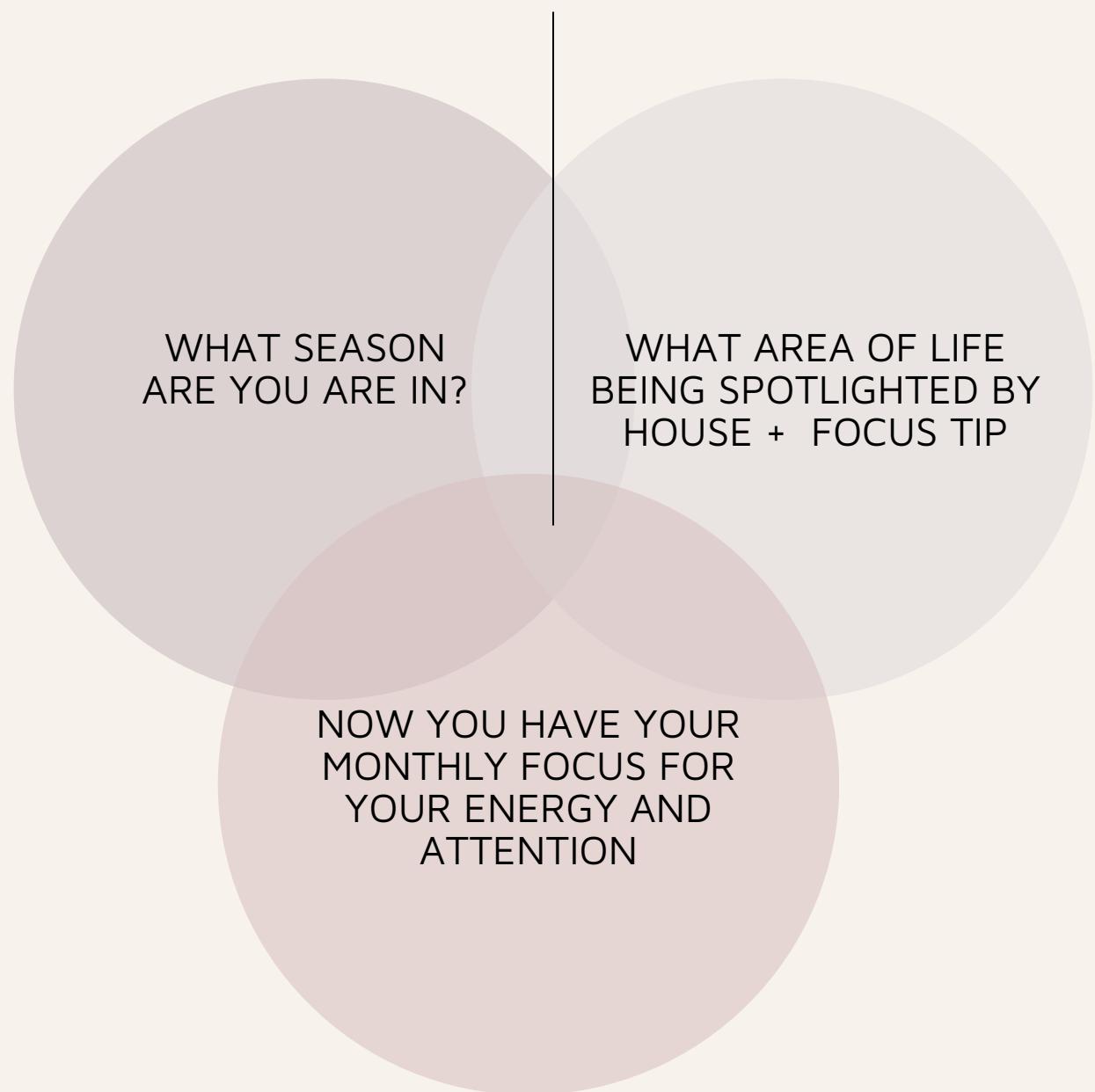
What Each House Means

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House	Area of Life	Focus Tip
7	Relationships	Deepen your connections, have a meaningful conversation, resolve a conflict, or show appreciation to someone who matters.
8	Transformation & Resources	Release what no longer serves you, declutter, forgive, or create a plan to manage shared resources wisely.
9	Learning / Adventure	Expand your horizons, take a class, explore a new place, or do one thing that challenges your comfort zone.
10	Career & Reputation	Step into your ambition, update your goals, make a bold move at work, or showcase your skills publicly.
11	Learning / Adventure	Strengthen your tribe, host a gathering, reach out to someone new, or contribute your talents to help others.
12	Reflection & Spirituality	Connect with your inner self, journal, meditate, or reflect on patterns you're ready to release this month.

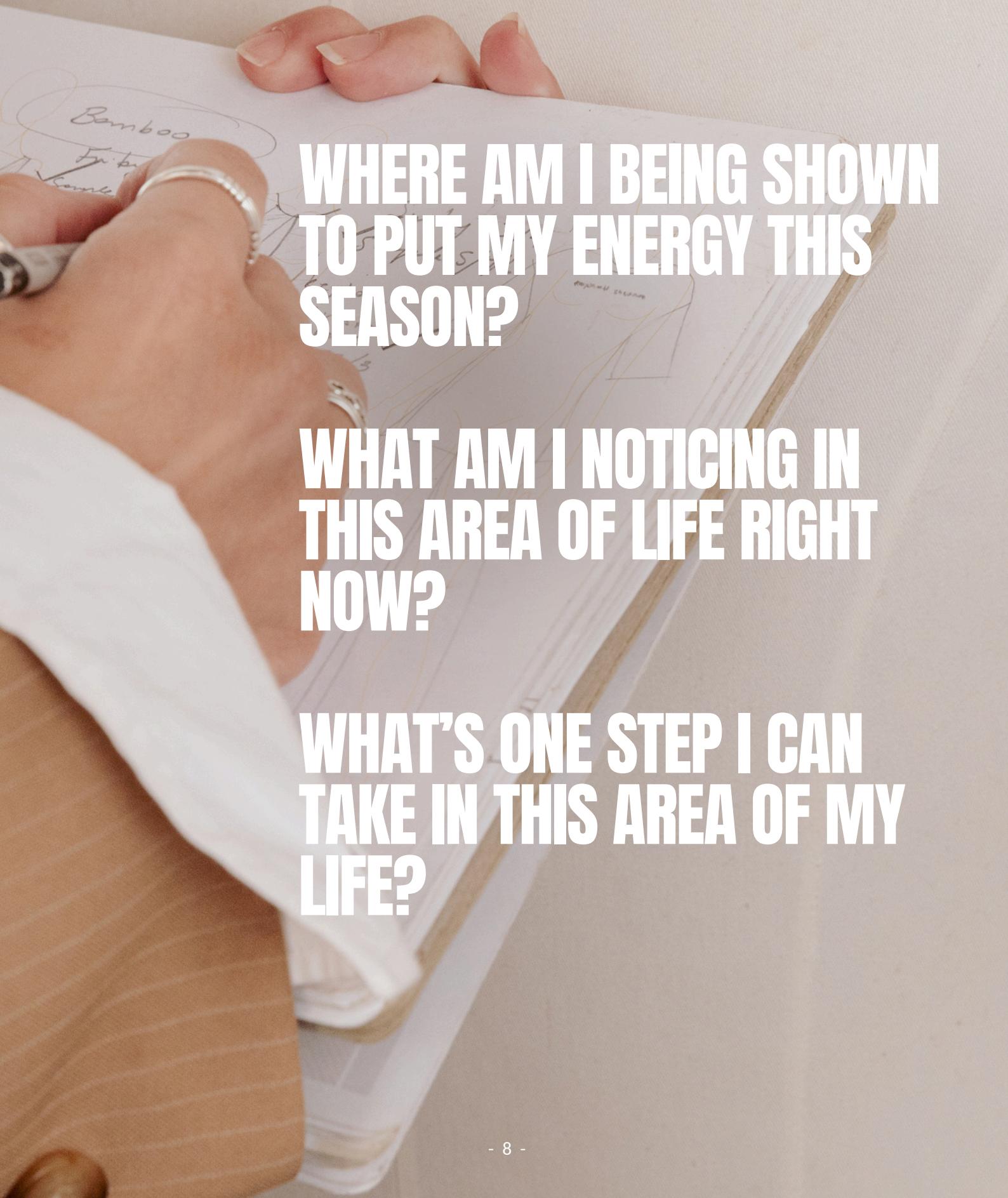
Put It All Together

YOU ARE HERE





REFLECTION PROMPTS

A photograph showing a person's hands writing in a journal. The person is wearing a silver ring on their left hand. The journal page has some handwritten text and sketches, including the words "Bamboo" and "Fukien".

WHERE AM I BEING SHOWN
TO PUT MY ENERGY THIS
SEASON?

WHAT AM I NOTICING IN
THIS AREA OF LIFE RIGHT
NOW?

WHAT'S ONE STEP I CAN
TAKE IN THIS AREA OF MY
LIFE?

You've Got This!

Your 30-day spotlight is now in focus.

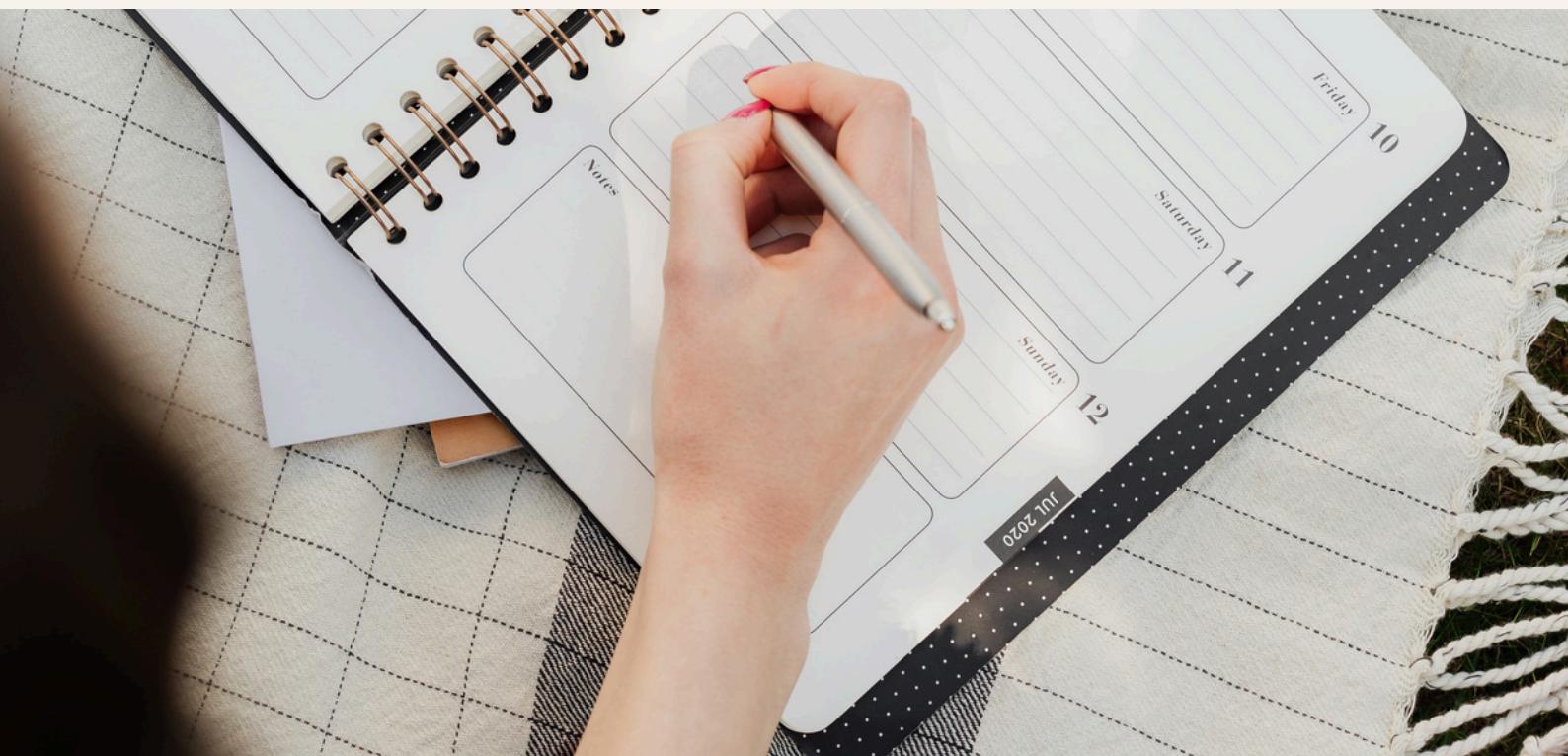
Take small steps each day.

Notice what shows up. Trust yourself.

Life feels easier when you lean into the area of life, where your energy naturally wants to go.

Keep this guide handy this month, and let it remind you that you already have what you need to move forward with clarity and ease.

 *If you'd like more guidance or support, I'd love to walk alongside you...*



Jenneralwellness

★ ASTROLOGER FOR LIFE TRANSITIONS

I help women gain clarity and confidence during life transitions by using their astrology chart as a personalized life planner.

Let's work together!
Send me a message to deep dive into this

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