

Solar Cycle Tracker



The Solar Cycle Tracker is your companion for moving through the twelve phases of growth that make up the astrological year. Each month, as the Sun shifts into a new zodiac sign, we are invited to focus on a different theme — a unique energetic expression guiding how we create, act, and evolve throughout the year.

Use this tracker to record your personal experiences as the Sun moves through each sign. Refer to the Sign Key on the next page for the dates, themes, and general characteristics associated with each zodiac season. This will help you align your intentions and actions with the natural rhythm of solar energy.

Each of the twelve tracking sheets provides space to note:

- ✦ *Dates* **when the Sun moves through each sign.**
- ✦ *Themes* **covering the overarching focus or lesson of each sign.**
- ✦ *Current Life Happenings* **that are unfolding in your world during each month.**
- ✦ *Intentions / Actions* **for what you want to express, develop, or build under each signs influence.**
- ✦ *Growth / Reflection* **for end-of-month insights on what you've learned, achieved, or transformed.**

As you move through each solar season, observe how your focus shifts and evolves. Over time, you'll begin to see patterns in your growth by the ways your personal story reflects the larger cycles of creation, expression, and renewal that the Sun illuminates all year long.

SIGN KEY

Aries March 21 - April 19

SPARK (*initiating, courageous, dynamic*)

Taurus April 20 - May 20

GROUND (*steady, sensual, determined*)

Gemini May 21 - June 20

PROCESS (*communication, learning, curiosity*)

Cancer June 21 - July 22

NURTURE (*protective, compassionate, supportive*)

Leo July 23 - August 22

EXPRESS (*radiant, confident, heart-centered*)

Virgo August 23 - September 22

MANAGE (*organized, discerning, efficient*)

Libra September 23 - October 22

PARTNER (*harmonizing, diplomatic, collaborative*)

Scorpio October 23 - November 21

SHADOW (*transformative, introspective, mysterious*)

Sagittarius November 22 - December 21

EXPLORE (*philosophical, expansive, adventurous*)

Capricorn December 22 - January 19

BUILD (*disciplines, strategic, enduring*)

Aquarius January 20 - February 18

INNOVATE (*inventive, unconventional, progressive*)

Pisces February 19 - March 20

IDEALIZE (*liberating, healing, boundless*)



Aries

Dates: _____

Theme: _____

Current Life Happenings:

Intentions / Actions: What do you want to express or build this month?

Growth / Reflection: End-of-month check-in on what you have learned.



Taurus

Dates: _____

Theme: _____

Current Life Happenings:

Intentions / Actions: What do you want to express or build this month?

Growth / Reflection: End-of-month check-in on what you have learned.



Gemini

Dates: _____

Theme: _____

Current Life Happenings:

Intentions / Actions: What do you want to express or build this month?

Growth / Reflection: End-of-month check-in on what you have learned.



Cancer

Dates: _____

Theme: _____

Current Life Happenings:

Intentions / Actions: What do you want to express or build this month?

Growth / Reflection: End-of-month check-in on what you have learned.



Leo

Dates: _____

Theme: _____

Current Life Happenings:

Intentions / Actions: What do you want to express or build this month?

Growth / Reflection: End-of-month check-in on what you have learned.



Virgo

Dates: _____

Theme: _____

Current Life Happenings:

Intentions / Actions: What do you want to express or build this month?

Growth / Reflection: End-of-month check-in on what you have learned.



Libra

Dates: _____

Theme: _____

Current Life Happenings:

Intentions / Actions: What do you want to express or build this month?

Growth / Reflection: End-of-month check-in on what you have learned.



Scorpio

Dates: _____

Theme: _____

Current Life Happenings:

Intentions / Actions: What do you want to express or build this month?

Growth / Reflection: End-of-month check-in on what you have learned.



Sagittarius

Dates: _____

Theme: _____

Current Life Happenings:

Intentions / Actions: What do you want to express or build this month?

Growth / Reflection: End-of-month check-in on what you have learned.



Capricorn

Dates: _____

Theme: _____

Current Life Happenings:

Intentions / Actions: What do you want to express or build this month?

Growth / Reflection: End-of-month check-in on what you have learned.



Aquarius

Dates: _____

Theme: _____

Current Life Happenings:

Intentions / Actions: What do you want to express or build this month?

Growth / Reflection: End-of-month check-in on what you have learned.



Pisces

Dates: _____

Theme: _____

Current Life Happenings:

Intentions / Actions: What do you want to express or build this month?

Growth / Reflection: End-of-month check-in on what you have learned.
