

Retrograde Cycle Tracker



Retrogrades invite us to pause, reflect, and reorient. While a planet never truly moves backward in the sky, its apparent reversal from our Earthly perspective symbolizes a shift in energy — turning our awareness inward to review the lessons, patterns, and experiences connected to that planet's domain.

Each retrograde follows a similar rhythm:

- ✦ *Shadow Period: As the planet begins to slow down, we start noticing themes that will come up for review. This period builds insight through subtle signs or recurring patterns that hint at what needs our attention.*
- ✦ *Retrograde Period: When the planet stations retrograde, it retraces its path through the shadow territory. This is the time for reflection, reassessment, and revision. Old stories, relationships, or challenges may reappear, giving us the opportunity to adjust and realign.*
- ✦ *Direct Period: Once the planet moves direct, it slowly passes back through the same degrees for a final time. Here, we integrate what we've learned and begin to take action from a place of renewed clarity and understanding.*
- ✦ *Forward Period: When a planet moves forward again, it carries us into the next chapter — wiser, steadier, and more aligned with what truly matters.*

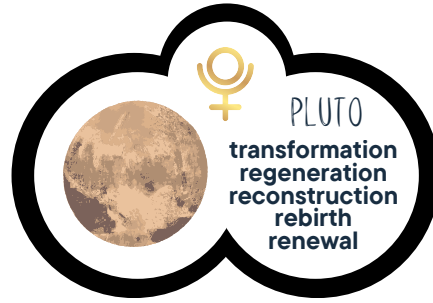
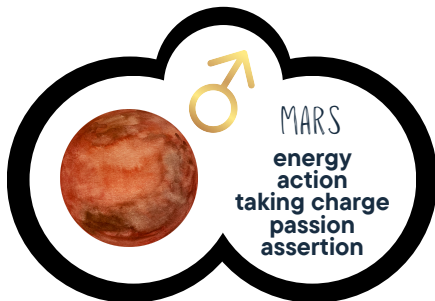
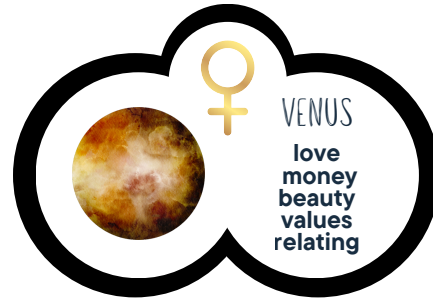
Retrograde cycles are not setbacks — they are recalibration points. They slow the pace so we can strengthen foundations, correct missteps, and deepen self-awareness.

To help you along the way:

- ✦ *You can reference my free 2025 - 2026 Retrogrades Calendar for the dates and signs of each phase.*
- ✦ *Refer to the Planet Key on the next page to identify the focus of each planet's retrograde and the lessons it invites you to explore.*

Use this tracker to follow the movement from shadow to retrograde and back again — a journey of reflection, refinement, and renewal.

PLANETARY KEY



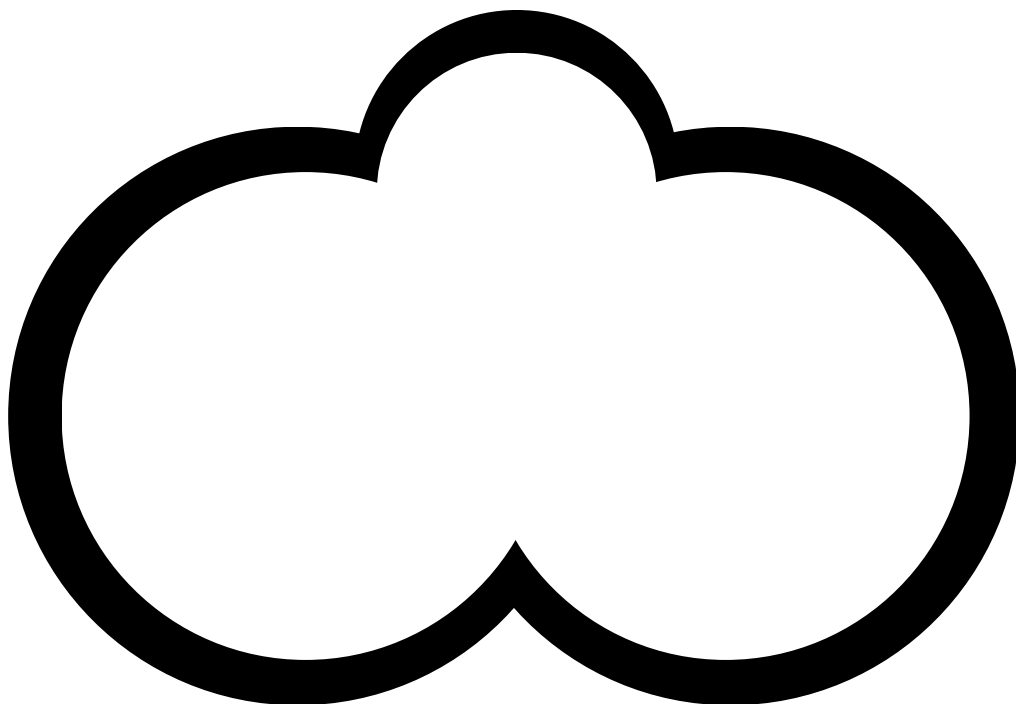
Planet: _____

Theme / Focus: _____

Retrograde Dates:

✦ Shadow Period: _____
✦ Retrograde Period: _____
✦ Direct Period: _____
✦ Forward Period: _____

Use the space below to jot down any additional thoughts, feelings, or images that arise when you reflect on this planet.



SHADOW PERIOD

Gaining Clarity

This is when the story begins. What themes or situations are surfacing? Where are you noticing tension, repetition, or unfinished business that may need to be revisited?

A series of horizontal black lines of varying lengths, resembling a barcode or a stylized text representation. The lines are arranged in a vertical sequence, with some being longer than others, creating a rhythmic pattern.

RETROGRADE PERIOD

Developing Awareness:

As the planet retraces its steps, what are you learning about yourself and your patterns? Where are you being asked to slow down, reflect, and realign?

A series of horizontal black lines of varying lengths, creating a striped pattern. The lines are arranged in a way that they appear to be part of a larger, partially visible image or document. The lines are black and set against a white background.

DIRECT PERIOD

Taking Accountability:

Now the planet begins to move forward again. What insights or realizations are asking for responsibility or action? What will you commit to improving or restructuring?

A series of horizontal black lines of varying lengths, creating a striped pattern. The lines are arranged in a sequence that suggests a larger, partially visible image or a stylized graphic element.

FORWARD PERIOD

Making Choices to Evolve:

As the planet clears its shadow, how will you move ahead differently? What new choices or perspectives will support your growth and forward movement?

A series of horizontal black lines of varying lengths, creating a striped pattern. The lines are arranged in a sequence that suggests a larger, partially visible image or a stylized graphic element.