



Every day of the week is ruled by a planet.
Align your mundane tasks with these energies to live more flowingly.

Day & Planet	Energy Focus	Best for
Monday (Moon)	<i>Introspection, Home, Family</i>	Laundry, Cleaning the Kitchen, Journaling and "nesting"
Tuesday (Mars)	<i>Action, Courage, Protection</i>	Hard workouts, tackling difficult emails, and setting boundaries.
Wednesday (Mercury)	<i>Communication, Travel, Technology</i>	Writing, Meetings, Errands and Fixing Electronics
Thursday (Jupiter)	<i>Expansion, Wealth, Growth</i>	Budgeting, Manifestation, Asking for a raise, or Learning a new skill
Friday (Venus)	<i>Love, Beauty, Comfort</i>	Date nights, self-care, buying flowers and social gatherings
Saturday (Saturn)	<i>Discipline, Ancestors, Structure</i>	Long-term planning, yard work and honoring your history
Sunday (Sun)	<i>Success, Joy, Vitality</i>	Celebration, outdoor time, and "charging" your energy for the week