







Sunday	Saturday	Friday	Thursday	Wednesday	Tuesday	Monday
1	31	30	29	28	27	26
8	7	6	5	4	3	2
15	14	13	12	11	10	9
22	New Moon Scorpio	20	19	18	17	16
29	28	27	26	25	24	23
6	5	4	3	2	1	30
						Full Moon Gemini

Jarling Human.	
How are you doing over there, lovely? I'm thinking a lot about you and how much you've had to deal with this year. We've all been kind of hunkered down and doing our best despite *waves at all of this * and I know it's been a bit of a slog (maybe a lot of a slog), but I want to take a moment to celebrate you, because here you are, planning your days, looking forward, making things	
appen.	
You are amazing.	
xo effy	

Notes

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rsult The Oracle	Refer back to your 'year ahead' spread and paste an image of the card you chose for this page, or, if you prefer, select a new one. Do some writing about what it seems to you in terms of what this month might bring.	
Paste an image of your card here.		

	V Q A T TO MA D
	Vision Board For The Month
	Collage or sketch your vision for November. Include images and words
. V	that are meaningful to you, and that represent your dreams, goals, and intentions.
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Darling Human.

Use this space to write your darling human self a love letter about what's going on with you in this moment as we approach the month ahead. Feel free to vent, crow, brag, dream out loud, make notes, collage, or doodle all over

these pages.



October / November 2021

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This Week Will	
	Darling Human.
	Even while everything feels so different, there are some things that never change. The sun rising and setting. The moon waxing and waning. The breath in. The breath out.
	Consistency. I love it.
	This week, I'm thinking about the things I can count on and I'm going to count them as blessings.
	Who's with me?
	xo effy
	Thoughts & Fee

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This Week Will	Y Y TEXT
	Darling Human.
	As we enter this lovely liminal time after Halloween and before the winter holidays, I'm thinking about all that I've accomplished already this year, and feeling really good about it.
	And in case you're wondering, I've included things like "got out of bed most days' on my list, because that really *is* an accompishment! Breathing in and out, too.:)
	What's on your list?
	Thoughts & Feels

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This Week Will	Y X X X X X X X X X X X X X X X X X X X
	Darling Human.
	This week, I'm making a list of 'mehs' and 'yeahs' by which I mean I'm asking myself what things I did this year that made me feel a bit 'meh' and what things felt like big 'yeahs'.
	I plan to adjust accordingly next year, and now seems like a good time to plan ahead.
	What's on your meh list? What's on your yeah list?
	xo effy
	Thoughts & Feels

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This Week Will	
	Darling Human.
	I'm thinking a lot about traditions this week and wondering which ones I want to hold on to and which ones I want to let
	go of. With things being as they are, this feels
	like a really good time to reassess! What traditions no longer feel like they belong to you? Which ones would you like
	to begin?
	xo effy
	Thoughts & Feels

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This Week Will	Y Y TEX
	Darling Human.
	REMINDER: You're allowed to ask, whenever something is asked of you, "What's in it for me?"
	Sometimes, the answer is going to be "Nothing but good feels!" and that's enough of a reason to do a thing, but if it doesn't feel like a good energy exchange, you are allowed to say no.
	A "no" can be as empowering as a "yes".
	Thoughts & Feels

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This Week Will	- Zin King and All Andrews and Andrews and All Andrews and
	Darling Human.
	Watching you support and encourage one another with so much kindness has been one of the greatest gifts I
	You're so good to each other, and I love you for that.
	You're amazing. Did you know?
	xo effy
	Thoughts & Feels

tes			

N	Ta Da List the things you did or experienced this past month that meant the most to you here. Add stars or hearts or checkmarks! Use the blank space around your list to doodle, collage, or add whatever you like!
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\vdash	

