

General Retrogrades Worksheet

Print up and fill out this worksheet for every Mercury, Venus, and Mars retrograde to know what you need to keep track of.

What planet is retrograde?

What house does this retrograde begin in?

What house does this retrograde end in?

If the planet will change houses, write down the date that will occur (the impact of the planet on the house cusp will be strongest about one week before and after that date):

Here's a quick list of what each house rules:

1st house: rules the self and beginnings

2nd house: rules your money, self-esteem, and values

3rd house: rules your mind, communication, learning, short travel

4th house: rules your home, family, emotions, and internal foundation

5th house: rules who and what you love

6th house: rules work, daily life, health, and pets

7th house: rules all relationships and partnerships

8th house: rules transformations and other people's money

9th house: rules higher education, the law, far travel

10th house: rules your career, life path, goals, and elders

11th house: rules your friends, groups, hopes and dreams for your future

12th house: rules subconscious mind, karma, baggage, soul, the hidden

What potential impact could the retrograde have on you by house(s)? List ideas:

Does this planet rule your Sun sign, Moon, sign, or Rising sign?

If so, remember that you may feel more off in a subtle way.

Do you have any natal planets or your Rising sign in the sign the planet will retrograde in? List each:

The areas of life ruled by these planets can get thrown for a loop when they're in the sign the retrograde occurs in, even when the retrograde planet doesn't conjunct it. Here's a quick list of what each planet rules:

Sun: rules you, your body, men in your life, opportunities, creative expression

Moon: rules your emotions, security, home, family, women in your life

Mercury: rules your mind, communication, focus, daily life

Venus: rules love, relationships, money, pleasure

Mars: rules your energy and drive

Jupiter: rules opportunities, expansion, optimism

Saturn: rules restrictions, limitations, goals, elders, responsibilities

Uranus: rules change, independence, the unconventional

Neptune: rules your imagination, sensitivity, intuition

Pluto: rules power and control, transformations

What potential impact may this have on you? List ideas:

Does the retrograde planet conjunct, square, or oppose any of your natal planets or house cusps? List all with dates:

Does the retrograde planet begin or end its retrograde conjunct, square, or opposite any of your natal planets or house cusps? List all and include if it's at the start or end:

What impact may each of these aspects have on you? List ideas:

The following are **POSITIVE** things you can do during each retrograde to try to make something good come out of them. Consider which you can do during each retrograde:

Retrogrades in GENERAL:

- Re's: revise, revisit, review, rethink, etc.
- Take a second chance (based on house will be in or conjunctions will make)
- Take time off to rest and go back over all that's come to pass

MERCURY Retrograde:

- Revise projects
- Revisit places you haven't been to in a while or people you haven't seen in some time
- Clean
- Have routine checkups/screenings
- Communicate in a different way (LISTEN MORE)

VENUS Retrograde:

- Connect with people from the past
- Revise your budget
- Spend more time with your partner (if attached) focusing on the ways you can improve the trouble spots in the relationship
- Take a (long) vacation (and do nothing!)
- Pamper yourself often (massages, fancy dinners, spa days, etc.)

MARS Retrograde:

- Try to start something again that you didn't have the courage to go through with before
- Stand up for yourself to people or in situations where you haven't in the past
- Keep yourself physically busy (exercising can be great) but don't overdo it (burnout and accidents can occur if you do)
- Work on finding healthy outlets for anger and frustration