Sun, Moon and Rising worksheet

Copy the signs from your birth chart. Use each question to recall one moment from your life.
Unknown birth time? Leave Rising blank. If the Moon has two possible signs, record both.

Sun

Sign _____

The sign the Sun occupied at birth.

When did I feel most like myself this week?

Moon at birth

Sign _____

The sign the Moon occupied at birth.

What helped me feel at home on a difficult day?

Rising

Sign _____

The sign on the eastern horizon at birth.

What did I do first the last time I met someone new?