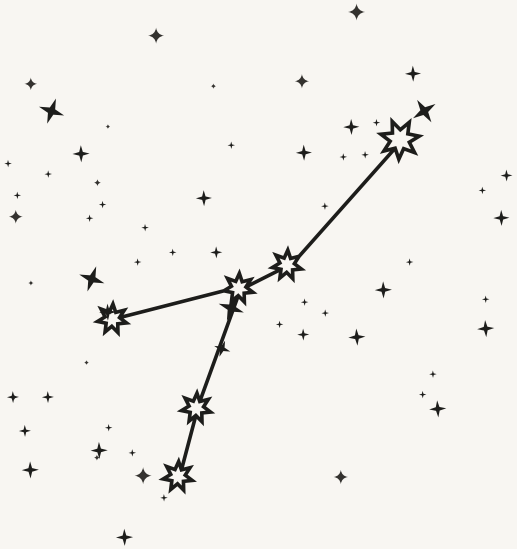


YOUR INNER MAP

A workbook to explore your Sun, Moon & Rising sign—
and begin understanding yourself a little more deeply.

BEFORE YOU BEGIN

WELCOME

You don't need to know astrology to use this workbook.

Looked at with depth and sensitivity, astrology isn't a way of putting you in a box, or telling you who you have to be. It's a symbolic language — one that can help you observe yourself with more clarity: how you move through life, what you need to feel balanced, which parts of you are asking to be expressed, and which patterns might be asking for a little more awareness.

In this workbook, we'll explore three foundational points of your birth chart: your Sun, your Moon, and your Rising sign.

Think of them as three doorways into your inner world:

Your Sun speaks to your essence — your vital energy, and what you're learning to express with more confidence.

Your Moon speaks to your emotional world — your inner needs, and how you look for safety, comfort, and belonging.

Your Rising sign speaks to how you meet life — how you present yourself to the world, and the way you begin new paths.

This isn't about memorizing perfect definitions. It's about using these ideas as a mirror — reading, feeling, writing, and noticing what resonates with you right now.

Take this workbook as a pause. A simple space to listen to yourself with honesty, curiosity, and compassion.

You're not looking for an exact answer.

You're beginning a deeper conversation with yourself.

GETTING STARTED

YOUR SUN, MOON & RISING

To work through this workbook, you'll need three details from your birth chart: your Sun, your Moon, and your Rising sign (also called your Ascendant).

Where to find it

A free birth chart calculator — such as Astro-Seek or Cafe Astrology — can generate this for you in under a minute. Just search "free birth chart calculator" and enter your details.

– date of birth – exact time of birth – city & country of birth

A note on timing: your Rising sign depends on your exact birth time. If you don't know yours, start with your Sun and Moon, and come back to this page once you've tracked it down — a birth certificate or a family member is often the fastest way.

My Birth Details

Date of birth _____

Time of birth _____

Place of birth _____

My Placements

My Sun _____

My Moon _____

My Rising _____

A QUICK ORIENTATION

WHERE TO LOOK IN YOUR CHART

Where do I look?
Most calculators will show you a list, or a wheel-shaped chart, marked with your placements.

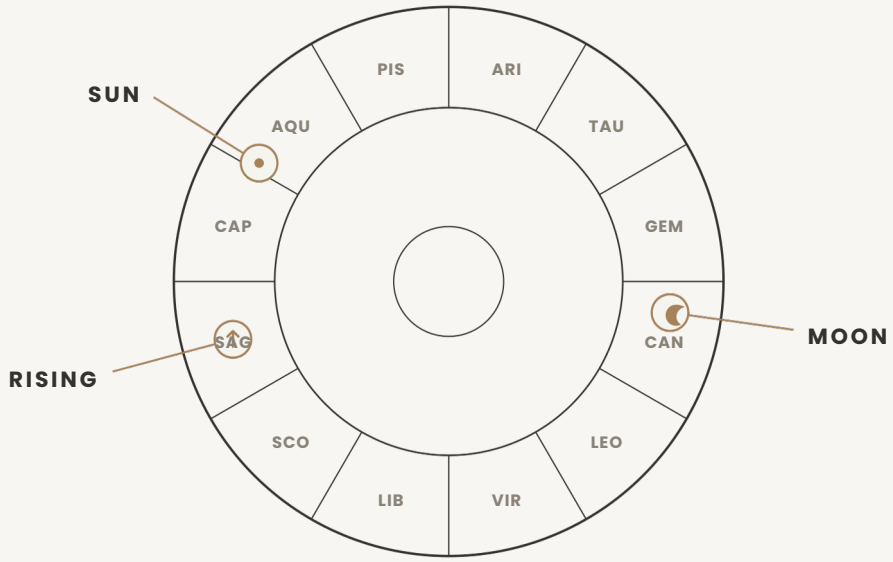
Search for

Sun

Moon

Ascendant / Rising / AC

A birth chart holds many more placements and points than these three — but for this workbook, we'll keep our focus here.



A DEEPER LAYER

ELEMENTS & MODALITIES

Two more lenses that can add nuance to how you read your placements — entirely optional, for the curious.

The Four Elements

FIRE
Energy, passion, and initiative.
Aries · Leo · Sagittarius

EARTH
Stability, practicality, and grounding.
Taurus · Virgo · Capricorn

AIR
Ideas, connection, and communication.
Gemini · Libra · Aquarius

WATER
Emotion, intuition, and depth.
Cancer · Scorpio · Pisces

The Three Modalities

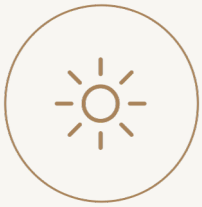
CARDINAL
Initiators— they start things.
Aries · Cancer · Libra · Capricorn

FIXED
Sustainers — they see things through.
Taurus · Leo · Scorpio · Aquarius

MUTABLE
Adapters— they adjust and flow.
Gemini · Virgo · Sagittarius · Pisces

Curious what element and modality your Sun, Moon, or Rising sign belong to? Circle them above as you go.

PART ONE



YOUR SUN

Your essence, your vital energy, and what you're learning to express with more confidence.

YOUR SUN

Your Sun speaks to your essence.
The part of you that wants to express itself, create, decide, take up space, and feel alive.

In astrology, the Sun represents your vital energy: what moves you from within, what gives you direction, and what — little by little — you're learning to inhabit with more confidence.

It doesn't always feel automatic. Sometimes the Sun is more like a becoming: a part of you that reveals itself over time, as you give yourself permission to be who you are without asking for so much approval.

Your Sun can show

–what gives you energy and enthusiasm

–the way you shine naturally

–what you need to express in order to feel aligned

–the kind of experiences that help you remember who you are

–the energy you're here to develop with more awareness

This isn't about "being your sign" like a fixed label. It's about asking yourself: *which part of me is asking for more room to live authentically?*

To reflect

In what moments do I feel most like myself?

Think of situations, people, activities, or space swhere you don't have to try so hard to feel authentic.

What part of myself have I been putting on the back burner, even though I know it needs more expression?

It could be a voice, a decision, a creative pursuit, a direction, or a way of living that's asking for more presence.

YOUR SUN IN THE SIGNS

Your Sun shows an energy that seeks to express itself:

Aries — energy, action, and initiative

Gemini — curiosity, connection, and mental movement

Leo — expression, creativity, and generosity

Libra — harmony, beauty, and connection

Sagittarius — freedom, expansion, and meaning

Aquarius — originality, vision, and independence

Taurus — stability, enjoyment, and presence

Cancer — care, sensitivity, and belonging

Virgo — service, precision, and refinement

Scorpio — intensity, depth, and truth

Capricorn — achievement, structure, and responsibility

Pisces — sensitivity, compassion, and intuition

This is just an initial clue. It doesn't define your whole chart — but it can help you notice how this energy shows up in you.

PART ONE · THE SUN

REFLECT ON YOUR SUN

Write down what surfaced for you in this section. Don't aim to get it right — just notice what resonates.

PART TWO



YOUR MOON

Your emotional world, your inner needs, and how you look for safety, comfort, and belonging.

YOUR MOON

Your Moon speaks to your emotional world.
The part of you that feels, remembers, needs, protects itself, and looks to return to an inner place of safety.

In astrology, the Moon represents your deepest emotional needs: what calms you, what nourishes you, what makes you feel held, and how you react when something touches a tender part of you.

Unlike the Sun, which seeks to express itself, the Moon seeks to feel *safe*.

Your Moon can show

–how you process your emotions

–what you need to feel cared for and supported

–what situations trigger sensitivity or insecurity

–how you give and receive affection

–emotional patterns you learned early in life

–the kind of rest, comfort, or connection your inner world needs

This isn't about controlling what you feel. It's about listening to yourself more honestly and asking: *what does my emotional world need to feel accompanied, not demanded of?*

To reflect

What do I need to feel emotionally supported?

Think of spaces, relationships, routines, words, rhythms, or forms of care that help you return to yourself.

What emotions do I tend to minimize, hide, or rush past — even though they actually need more attention?

Observe without judgment. Sometimes what we most avoid feeling is exactly what most needs to be heard.

YOUR MOON IN THE SIGNS

Your Moon shows what your emotional world needs:

Aries — independence, movement, and honesty

Gemini — variety, conversation, and mental stimulation

Leo — recognition, warmth, and expression

Libra — balance, connection, and harmony

Sagittarius — meaning, adventure, and space

Aquarius — freedom, ideals, and authenticity

Taurus — security, calm, and stability

Cancer — home, care, and belonging

Virgo — order, usefulness, and practical calm

Scorpio —intimacy, trust, and depth

Capricorn — structure, respect, and purpose

Pisces — connection, softness, and emotional refuge

This is just an initial clue. It doesn't define your whole chart — but it can help you notice how this energy shows up in you.

REFLECT ON YOUR MOON

Write down what surfaced for you in this section. Don't aim to get it right — just notice what resonates.

PART THREE



YOUR RISING SIGN

How you meet life — how you show up, begin new paths, and make first contact with the world.

YOUR RISING SIGN

Your Rising sign speaks to how you meet life.
It's the energy you lead with — how you show up, how you react to what's new, and how you make your way in the world.

In astrology, the Rising sign (or Ascendant) represents how you initiate experiences: how you approach people, change, challenges, and opportunities. It's a kind of doorway between your inner world and the outer one.

It isn't a mask. It's a real part of you — the way your energy makes first contact with life.

Your Rising sign can show

–how people perceive you when they first meet you

–how you tend to begin new chapters

–your attitude toward the unknown

–how you adapt to different environments

–the qualities you're learning to grow into

Sometimes the Rising sign feels very familiar. Other times, it integrates gradually, as you learn to occupy your own space with more awareness.

To reflect

How do I tend to show up when I enter a new space, relationship, or chapter?

Notice your first rreaction: do you move forward, analyze, adapt, lead, observe, or wait to feel safe before opening up?

What quality would I like to move through the world with more of?

It could be courage, calm, flexibility, structure, authenticity, openness, boundaries, or a more conscious way of taking up space.

YOUR RISING SIGN IN THE SIGNS

Your Rising sign shows the energy with which you enter the world:

Aries — determination, drive, and direct presence

Taurus — calm, confidence, and steady presence

Gemini — lightness, charisma, and curiosity

Cancer — tenderness, sensitivity, and warmth

Leo — magnetism, confidence, and warmth

Virgo — attentiveness, detail, and competence

Libra — grace, diplomacy, and charm

Scorpio — mystery, intensity, and personal power

Sagittarius — optimism, openness, and spontaneity

Capricorn — seriousness, authority, and structure

Aquarius — independence, originality, and freshness

Pisces — softness, empathy, and sensitivity

This is just an initial clue. It doesn't define your whole chart — but it can help you notice how this energy shows up in you.

REFLECT ON YOUR RISING SIGN

Write down what surfaced for you in this section. Don't aim to get it right — just notice what resonates.

BRINGING IT TOGETHER

INTEGRATE YOUR MAP

Your Sun, Moon, and Rising sign don't work in isolation. Together, they begin to paint a fuller picture of your inner world.

Your Sun speaks to what wants to be expressed.

Your Moon speaks to what needs to feel cared for.

Your Rising sign speaks to how you meet life and relate to the world around you.

You don't need to understand it all right away. It's enough to notice which part of you is asking for more room, more care, or more direction.

To reflect

What did I discover about myself in looking at my Sun, Moon, and Rising sign together?
Notice if a need, a contradiction, a strength, or an overlooked part of you came into view.

What part of me needs more space, care, or expression right now?
It could be an emotion, a decision, a creative pursuit, a need for rest, an over due conversation, or a new direction.

What small step could I take this week to live more in alignment with myself?
Choose something simple, concrete, and doable. A small shift is often what opens a more honest conversation with yourself.

A KEEPSAKE PAGE

YOUR CHART SNAPSHOT

A one-page summary of your map — keep it close, revisit it, or share it.



SUN

sign & one thing I'm learning to express



MOON

sign & one thing I need to feel held



RISING

sign & one way I want to meet life

Revisit this page anytime you need a quick mirror back to yourself.

CLOSING

FINAL REFLECTION

Looking back at everything you've explored here — what feels most true about you right now?

A NOTE FROM ME

THANK YOU

If this workbook stirred something in you — imagine what a personalized reading could uncover. That's the next step, whenever you're ready for it.

GO DEEPER

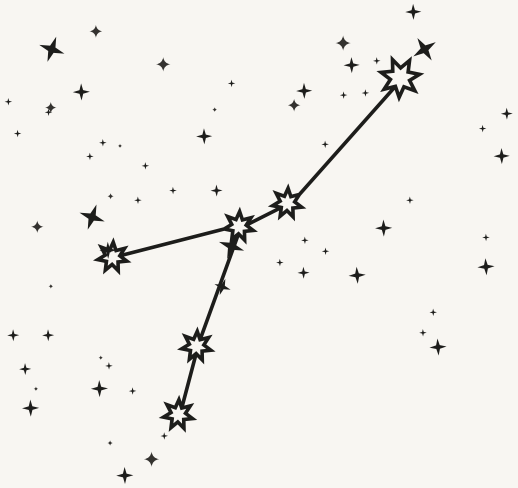
Explore personalized birth chart readings and 1:1 sessions with Alejandra.
themomentumway.com

CONTINUE THE JOURNEY

A more advanced self-discovery workbook — for going even deeper into your inner world — is on its way. Stay close to be the first to know.

Thank you for giving yourself this space.
May this workbook be a small doorway back to you.

With care,
Alejandra
The Momentum Way



Your Inner Map · The Momentum Way