

# THE WHEEL

DIGITAL MAGAZINE FOR HOLISTIC  
+ CREATIVE ENTREPRENEURS



VIRGO

FIND YOUR WOO WOO

ISSUE 6, AUGUST 23 - SEPTEMBER 22



AUGUST 23 -  
SEPTEMBER 22  
ISSUE 6

GRASSLANDS  
FOR EMMA  
BACKGROUND OF  
EGOXLESS' WEBSITE.

AN OLDIE, BUT A GOODIE  
AND REPRESENTATIVE OF  
A VIRGO MIDHEAVEN.

VIRGO



THE WHEEL



# THE WHEEL TEAM

## EDITORIAL + DESIGN EMMA NORTON, EDITOR-IN-CHIEF

VIRGO SUN, GEMINI MOON, SAGITTARIUS RISING, VIRGO MIDHEAVEN

Emma is always generating ideas and connecting the dots between them and the talented souls she collaborates with. She has an extensive background in Media Events Producing and has been freelancing for nearly a decade.

The Wheel is a product of bringing her interest in personality profiling for authentic expression to a broader audience where she can leverage her empathetic communicative strengths to highlight other do-gooders. By day (and night, she's a solopreneur, let's get real here,) she owns and operates EGOxLESS Writing Services, focusing on Intuitive Communications Strategy, Brand Development, Media Training, and Copywriting.

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Dear Reader,

Virgo is a time of planning and prep. It's the transition period from summer to fall. It ushers in excitement and nerves because often, we start anew in September.

I carry Virgo as my Midheaven (career purpose) and my South Node (our default settings, if you will,) so a balance of analytics and creativity is innate to me. Creating projects like THE WHEEL and producing all types of content over the years have proven these aspects of my personality worthwhile. However, outside of the professional realm, the issues with perfection, purity, and other Virgo-like qualities have had to find their way amidst my more empathetic and free-spirited sides.

Since Virgo is an earth sign and mutable, it has given me some grounding but enough flexibility to flow between all facets of self with a plan. The tones of Virgo tend to be neutral or monochromatic with pops of primary colors, as you will note from my EGOxLESS branding. The purity and femininity with some polished power choices denote Virgo. The fixation aspect of this sign can prove challenging, so in my self-exploration and searching for my ideals of freedom, finding that sweet spot and appreciation for my Virgo tendencies has proven invaluable.

Virgo is about being of service. To reframe Virgo this way is what helped me to release the shadow sides I had fallen into. Virgo provides support, care, and a structure. It gives a sense of safety and a penchant for cleanliness in some regard. The more we tap into our unique makeup and review the good and "bad" sides, the more we can take a holistic approach to all things and value the intermixed nature of self-admiration. We can present ourselves in that polished and perfect way that is our USP.

Virgo teaches us to plan and purify. Release to the earth what no longer serves and simultaneously be a steward to the wellbeing of whatever our cause is. Virgo can help us find our motivation and our tenacity. It's an unofficial ruler of Chiron, our primary challenge in this life. So it is apt to understand the value of purity in terms of taking our strife and turning it into full service to the world.

Love,  
Emma  
Editor-in-Chief



# THE WHEEL TEAM

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Renske is a Productivity Strategist and Yoga teacher, but first and foremost she's a Solutions Collector and Dot-Connector!

She helps her clients streamline their business (and sometimes their lives) with Productivity strategies, resources and hands-on assistance.

Honoring her Nordic roots, she took a deep dive in Nordic mythology and rune work and now weaves those ancient teachings into her everyday life.



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KP lives in the space that creates connection and fosters relationships. Practically born with a pen in hand, their long background in recreational therapy and event planning puts them in the perfect junction for their work as a copywriter, community facilitator, and events consultant.

Inspired by simple living, a profound love of the wilderness, and the intricacies of human relationships, KP takes on all projects (and life in general) with grounded optimism, enthusiasm, and a call to bring forth connection, compassion, and positive change.



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### YODA OLINYK

AQUARIUS SUN, PISCES MOON,  
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Since Yoda was young, she knew that she wanted a dynamic, vibrant life that involved her two great loves: food and words. Since starting her career as a professional chef 15 years ago, Yoda has catered hundreds of initiations and ceremonies, cooked for some of her favourite humans and there was that time she opened a restaurant on Richmond Row!

In August 2020, Yoda made a career shift, when she published her first book - a memoir about her journey as a chef, entrepreneur and restaurant owner. Making a memoir lit a fire, and since then, Yoda has been helping other first time authors self-publish their stories through her new company: The Doula of Words.



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Mae is a hereditary seer from the Tuscarora Turtle Tribe. Focused on spirit guided intuitive counselling she helps clients heal themselves. As a teacher of connection to universal consciousness she guides others to explore their inner and outer worlds.

Drawing on the rich diversity of human spiritual practices and shamanistic ways of knowing she assists soul journeys. She embraces the use of interpretive tools, such as Tarot, to speak with the unseeable forces in our lives. With a background in journalism and academic publishing she has been called by spirit to develop self-help materials to contribute more to our collective healing.



ETSY: THE TUSCARORA SEER

### CAROLINA CHANIS

TAURUS SUN, LIBRA MOON, SCORPIO  
RISING, LEO MIDHEAVEN

Carolina is a marketing strategist who cultivates magnetism through using archetypes. A reformer perfectionist who loves to explore her shadow aspects, she helps her clients do the same.

Carolina's writing can be found on multiple platforms and her Entrepreneur Profile can be found in our Gemini issue. For more on Carolina visit her website and follow her on socials!



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# CHEAT SHEET

## VIRGO

**KEYWORDS:** ANALYTICAL, OBSERVANT, POLISHED, RESERVED, METICULOUS

**COLOUR PALETTE:** DUSTY ROSE, RUSSET, AUBURN

**AUGUST 23RD-  
SEPTEMBER 22ND**

**ELEMENT: EARTH**

**MODALITY:  
MUTABLE**

**SYMBOL: THE VIRGIN**

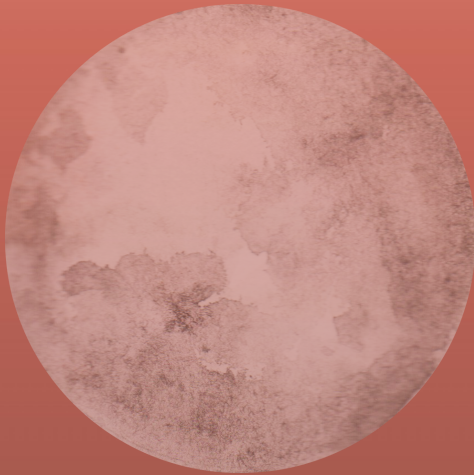
**HOUSE: 6TH**

**RULING PLANET:  
MERCURY, CHIRON**

**BODY PART:  
DIGESTIVE SYSTEM,  
PANCREAS, SMALL  
INTESTINES, EYES,  
AND EARS.**

### "I ANALYZE"

Virgo is the polished and poised maiden. A bit fastidious but meaning well, Virgo energy seeks perfection. Overthinking can play into a fault as "I analyze" makes for an impetuous mindset. Virgo can see things from multiple angles if they are open. Purity and being of service are active traits. Carrying saint-like energy, Virgo can be the clean freak that will care for you while you are on your sickbed—conveniently ruled by the 6th house of health, wellness and routine, and certainly productivity. With Mercury as the planet ruler, it correlates with communicative Gemini and the asteroid Chiron, aka "The Wounded Healer," where we have challenges in this life and how we obsess over this until we genuinely face it. Virgo can bring that grace along with determination.



**CRYSTALS:** AMAZONITE, CHARIOTE, LAPIS LAZULI, RHODOCHROSITE, UNAKITE

**HERBS/PLANTS:** CARAWAY, HOREHOUND, MARJORAM, MINT

**FOOD/FLAVOURS:** ALMONDS, LEAFY GREENS, ORANGES, WHEAT GERM

**FLOWERS:** ASTER, BUTTERCUP, CHRYSANTHEMUM, POPPY

**FRAGRANCES:** JASMINE, SAGE, SANDALWOOD, VANILLA

**ACTIVITIES:** ARTS AND CRAFTS, GARDENING, WORD PUZZLES

### MIDHEAVEN, 10TH HOUSE OF CAREER

Virgo is an excellent Midheaven because the person writing this has this placement, so it's time to be biased. A Virgo Midheaven is all about altruism and being of service through their work, with a perfectionism streak to hold awareness of. These Midheavens are career-focused and desire to make a difference in the world. The "purity" of this placement is seen in our approach to professionalism. They work with an unwavering focus, integrity and a dash of independence. Virgo can be very left-brained and analytical, and in typical earth sign fashion, they like things to be in a specific place and arguably of a particular pedigree. Virgo energy can have a bit of an obsessive vibe, so leveraging this for your career is an excellent use of this focus and drive.



# HOW TO BALANCE VIRGO'S ENERGY FOR MAXIMUM FLOW. CREATIVITY & SUCCESS

BY  
CAROLINA  
CHANIS

**WOMEN SPEND MOST OF THEIR LIVES LIVING THE SHADOW ASPECTS OF THE VIRGO ARCHETYPE. CRIPPLING PERFECTIONISM THAT KEEPS US FROM PURSUING UNCONVENTIONAL PATHS. OUR DESIRE TO SERVE TURNS INTO SELF-BETRAYAL AND SELF-SACRIFICE. OUR VITALITY IS FOR EVERYONE TO TAKE, BUT WE CANNOT USE IT FOR OUR OWN SELFISH PURPOSES.**

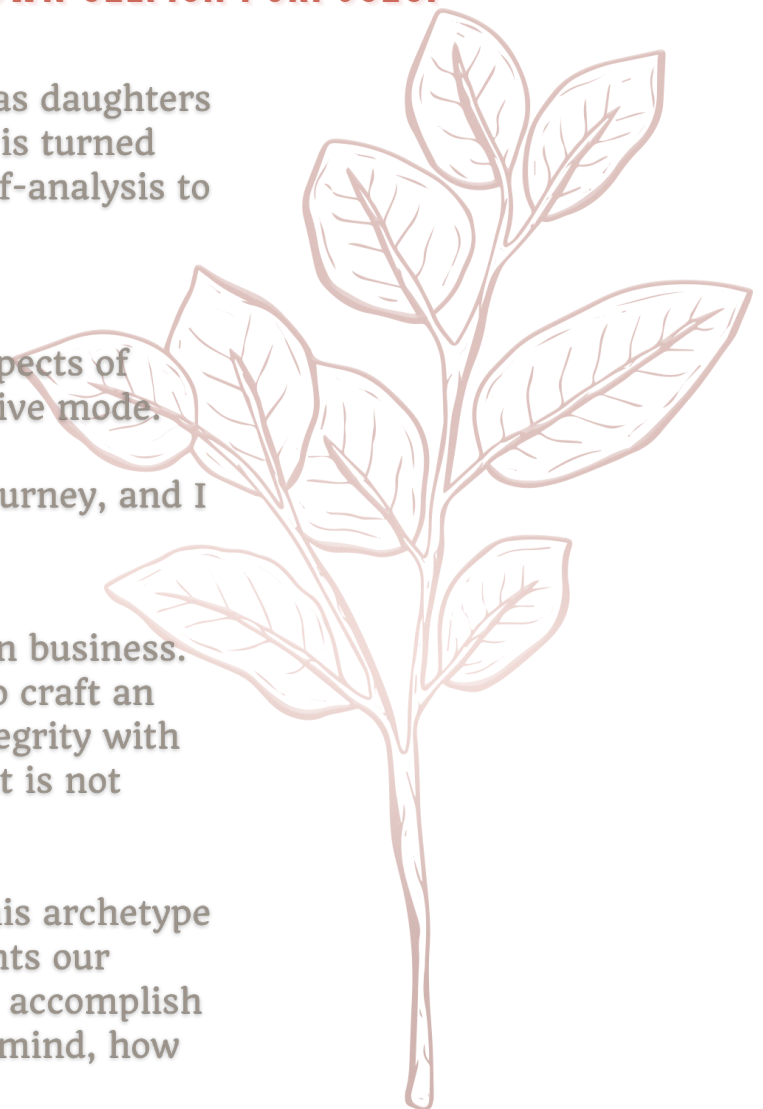
Martyrdom is the badge we learn to wear as daughters and mothers. Even our analytical capacity is turned against us as we go into rabbit holes of self-analysis to fix what is wrong and broken about us.

A woman that pursues creative work and entrepreneurship has to confront these aspects of herself, so she can go from survivor to thrive mode.

There are many ways to embark on this journey, and I use archetype work.

I focus on the embodiment of archetypes in business. And how we can use that understanding to craft an online persona that is magnetic and in integrity with our authentic selves. The version of us that is not conditioned by the patriarchy.

One of the archetypes I use is the Sage. This archetype has a lot of Virgo qualities, as she represents our intellectual capacity, talents, and ability to accomplish our goals. She is everything related to the mind, how we communicate, and how we learn.



Without the Sage/Virgo energy, we would be unable to move past the daydream stage. We'd be stuck staring at our vision boards. This is what we need to take action and manifest what we want.

However, if we rely too much on the Sage/Virgo energy, we get stuck in patterns like:

- Forgetting our inner guidance and depending on the logical mind alone.
- Feeling like you are not ready yet. The goalpost keeps moving, and you never execute your launch.
- Not being able to relax and prioritize our self-care.

## THE L\_OVER CAN TEACH YOU ABOUT THE VALUE OF IDLENESS.

Being in a constant state of doing kills our creative energy. We need to make time for idleness so our unconscious mind can work in the background and bring fresh ideas to the surface.

When was the last time you had a great idea? It probably came to you in a dream, in the shower, stuck in traffic, or three hours into a nature hike. It never happens when we are sitting in front of the computer screen.

Being in the flow of life helps our Sage let go of the story that we must "think" the answer. We can let the answers come to us, but we must learn to get out of our heads and into our bodies. This is what the Lover archetype teaches us.

SO, HOW DO WE TURN THIS AROUND SO THE SAGE/VIRGO CAN WORK FOR US AND NOT AGAINST US? WE NEED TO BRING OTHER ARCHETYPES TO BALANCE OUR V\_IRGOAN TENDENCIES. THIS IS WHAT THE INTEGRATION WORK IS ALL ABOUT.



There are so many ways to embody this Lover archetype. I'm a Taurus sun, so my methods are earthy and rooted in the senses. I embody the Lover by eating. When I enjoy the process of cooking and take the time to enjoy every bite of my meals, I am using the Lover to feel the abundance that is already in my life. I let go of the stories that I can only be happy once I hit those 10k months. None of that matters. My joy is the plate of pasta that is in front of me.

Only then can I go back to my desk, feeling refreshed and ready to work.



## THE HUNTRESS CAN TEACH YOU TO USE YOUR DARKEST EMOTIONS.

If you are stuck in a pattern of martyrdom and people-pleasing, Call in the Huntress. She embodies Gloria Steinem's famous quote, "The truth will set you free, but first it will piss you off".



We need to feel that rage. We need to let it speak to us. This is how we break free from the victim role.

If you want to charge more, if you're going to fire a client or speak your truth, the Huntress is there to help you define your wants and boundaries.

Only in my mid-thirties did I understand the value of my anger and frustration. I used to think that clarity meant knowing what you DON'T want, and it never occurred to me that clarity also means knowing what you want! My perfectionism kept pushing me down the road of pragmatism and realism, and I was just living a life that was sensible but devoid of a vision or a dream to keep me going.

In the pit of my depression, I discovered the power of the Huntress. Before I could start dreaming again, I had to feel that rage first.

This is not an intellectual process. This is a bodily experience. Feel the rage in your body, and let it out. Do this regularly, and you will see how your perfectionistic tendencies lose power over you.

## THE MAIDEN IS HERE TO REMIND YOU TO PLAY.

Like the Lover, the Maiden energy helps us counteract the "all work, and no play makes a Virgo a dull girl".

When was the last time you channeled that inner child?

What would your day look like if you planned it around play? (Did your heart stop when you read this? If so, you definitely need to do this!)

If you feel guilty about not working or doing something productive, you need to speak to your inner Maiden.

Ask her what would she like to do today?

I recently bought a pair of Hello Kitty roller skates. I wasn't planning on picking up a new hobby this summer. But the second I saw the skates, my Maiden took over and clicked the Add to Cart button. It's only been a couple of weeks, and my impulse purchase has done so much for my soul and kept me grounded by launching my first offer.

What is something you could do today to release the overwhelm of adulting? What can you do to remind yourself that nothing is to be taken so seriously?

Don't leave the Maiden for "the next time". She is the only one that can help us release our desire for control and certainty. Go outside and play. It is the best thing you can do for your business.



**REST, RAGE, PLAY, THEN WORK.**

**THAT'S HOW YOU GET THE MOST OUT OF THIS VIRGO SEASON!**



# PRODUCTIVITY BY THE MIDHEAVEN

BY  
RENSKE  
ENSING

## CHARACTERISTICS

Those with a Virgo (Earth) Midheaven are known for their incredible eye for detail and being polished perfectionists. These characteristics can help them become wildly successful. They'd do well to remember that their standards do not apply to others and that good is good enough to avoid burnout.

## PRODUCTIVITY TIPS

- Know where you spend your energy. Keep track of what tasks or meetings give you the power and which ones drain you. Do this for a month and analyze your data. Then you can take action to minimize tasks and appointments that drain you or reschedule things to fit your schedule better.
- Because you are a perfectionist, burnout is a real possibility! Start by looking at your priorities. What is that you need to do and what do you want to make sure you spend your time on those tasks.

The earth element in productivity is all about basics and structures. It allows you to work effectively and, for example, not waste time by having to search where you have stored your documents. Too much of this element, however, results in creating new schedules and procedures over and over but not using them correctly and once you have found a plan or process that works, being unable to deviate from them. When this element is balanced, you have structures in place for guidance but can shift when life throws you a curveball.

Here are three ways to increase (+) or decrease (-) your fire element.

- + take a walk in nature
- + meditate; use a grounding meditation
- + cook a meal from scratch
- try a new exercise routine
- take a power walk in nature
- take a breathwork class

The word "rune" means "to carve or to cut." The origins of runes used as a form of divination date from approximately 150 CE to 1100 CE in Northern Europe. After 1100 CE, they were replaced by the Latin writing system with the incoming colonization of Rome.

When we study the runes, we do not only come across linguistic patterns representing practical information such as accounts of dates and names; we also come across "non-linguistic" inscriptions which represent magical symbolism and incantations of protections, blessings or curses."

Source: <https://www.kornevall.com/post/unearthing-ancient-magic-in-the-runes-messages-with-hidden-symbols-and-powerful-numbers>

There is another layer of personal interpretation of the rune by the person who casts the rune. It is unveiled through extensive work with the runes over time. Therefore, the runic interpretations are mentioned here, after working with the runes on the four elements and specific zodiac signs.



These earth runes represent the Virgo characteristics of Structure, Polished, Detailed, and Determination.

This bindrune contains the following runes:



Ingwaz: General interpretation: Tradition, Culture, Forefathers, everything that makes us who we are My interpretation in relation to Virgo: Loving fatherly energy that loves you for you.



Eihwaz: General interpretation: Willpower, Invigorates. My interpretation in relation to Virgo: Virgo is ruled by the sun, Kenaz represents the Sun for Virgo.



Ansuz: General interpretation: True North Justice. My interpretation in relation to Virgo: Virgo the ruler, fair but direct.

# ENTREPRENEUR PROFILE RENSKE ENSING

GEMINI SUN, LEO MOON, SAGITTARIUS  
RISING, SCORPIO MIDHEAVEN  
PRODUCTIVITY STRATEGIST AND VIRTUAL BUSINESS MANAGER  
INSTAGRAM: @SIMPLE.VBM  
WWW.SIMPLE-VA.COM



I help my clients get their business out of their heads and into some form of structure. This will help them focus on their priorities and make outsourcing easier.

MY WORK IS: **STRUCTURED, ORGANIZED, BALANCED, HOLISTIC**

## ENTREPRENEUR BIO:

Renske Ensing is a Productivity Strategist and Virtual Business Manager for overwhelmed business owners, coaches, CEOs and creatives. I help them to get their business out of their head by using Intentional Productivity Strategies, hands-on interventions and a little magic so that they work smarter, not harder and go from feeling overwhelmed to balanced.

## WHAT IS MY SOUL GOAL?

I leave the world a better place and find creative solutions to help my clients achieve their goals. Creating a tangible legacy for generations to come.

## WHAT IS YOUR MAIN PRODUCT/SERVICE?

Intentional Productivity Strategy, looking to your productivity as a cycle, creating structures and automation that allow you to work smarter, not harder.

## WHERE ARE YOU CURRENTLY DRAWING INSPIRATION FROM?

I find inspiration in nature; being outside always helps me clear my mind and gives me that spark for another great idea. Also, music! A suitable playlist to go with my mood can work wonders.





## HOW DO YOU ENVISION YOUR BUSINESS GROWING IN THE COMING YEARS?

Because I work in the digital/online space, I have the whole world as my potential playground. This has already led to notable collaborations, and I would like to grow even further with these partners.

## WHAT ATMOSPHERES WOULD YOU LIKE TO WORK WITHIN?

I like working digitally with creative, right-brained people. These people could be, Coaches, Artists (Yoga, Fitness), Teachers, Writers and many other small to medium business owners. They usually struggle a bit more with structure, and that's where I can be of real benefit.

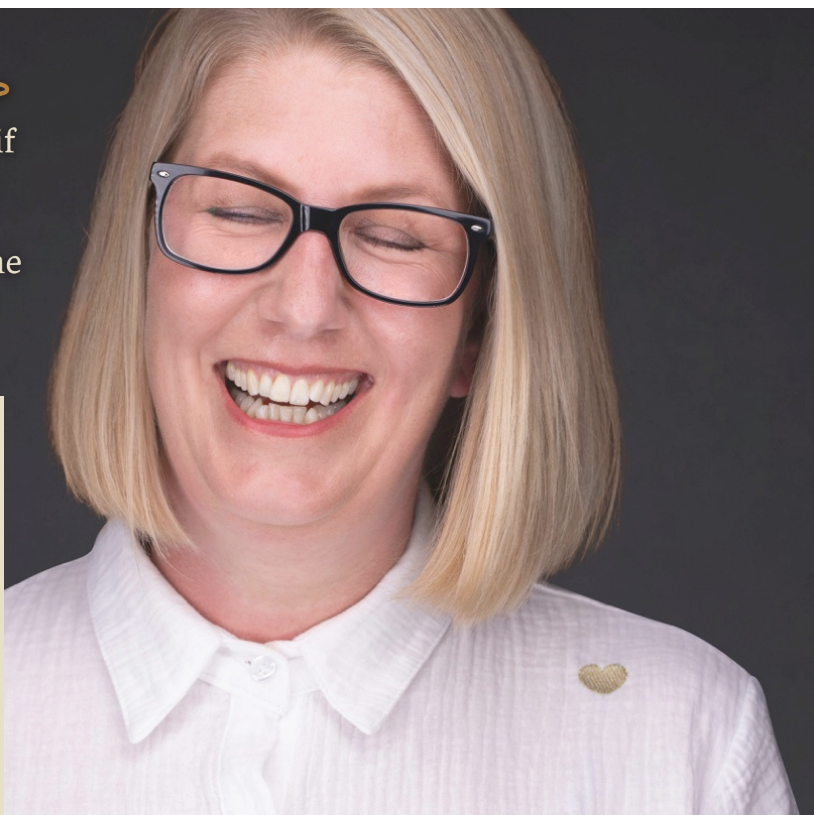
## WHAT IS YOUR PROCESS LIKE WHEN WORKING WITH CLIENTS, AND HOW DO YOU BEST OPERATE?

As expected, I'm pretty methodical when working with a client. I have created an Intentional Productivity framework which I use with my clients. Depending on their needs, we do an intake call where we devise an action plan and take it from there. I work best according to a plan or schedule myself because this allows me to plan ahead and make sure I spend my time according to my priorities.

## ANY LAST GOLDEN NUGGETS OF WISDOM YOU CAN SHARE WITH US?

Listen to your intuition! And if you don't hear it, learn how your intuition tries to communicate with you. It's the best investment you can ever make.

**NAME DROPS**  
**@\_THENETWORKINGHUB**  
**@SGTPEPPERSFRIENDS**  
**@KISSTHEGROUND**  
**@UTRLTD\_**  
**@YINSIDEWITHGRACE**



## FOLLOW-UP, WHAT IS YOUR DREAM PROJECT?

**WE'LL MANIFEST IT RIGHT NOW.**

I would love to use more of my own creative and organizing skills and help create epic entertainment that has a real global impact.

BY  
KP  
HARTMAN

# THESE ELEMENTS



REMEMBER  
YOUR ROOTS

## REMEMBER YOUR ROOTS

There's a reason we call our planet 'Mother.' Earth is stable, grounded, compassionate, and ever-giving. It gives us a place to land, to ground, to establish ourselves and lay our roots. Think of life as a field to cultivate, and each element plays its role in its growth. Earth provides the space, the depth, the soil, and the nutrients.

Think of Virgo season as the time to remember your roots, cultivate them, and adapt to your current needs. It may also be a good time to lay some new roots too.

## BALANCING YOUR EARTH

In its balanced state, Earth is stable, reliable, loyal, patient and robust. But in its unbalanced state, earth crumbles. Think of old sandstone crushing beneath a climber's hand. When pressed and unable to cope, earth signs crumble, and they either lose sight of their own needs by immersing themselves in the needs of others, or they retreat into themselves.

Balancing your earth could look like a few things:

1. Take some extra time to be outside and connect with the Earth itself. On days when you feel heavy, it could be the thing you need to lift you up and shake off the weight and cobwebs. It could help you find rootedness or stability again when you feel too light or ungrounded.
2. Maintain a routine, but leave room for free-form fun. Especially for folks who have a lot of Earth in their chart, maintaining a stable routine could provide the solid foundation you need to stay in tune with yourself and your surroundings. But the trick is in not letting the routine control your life - leaving room for flexibility, free-form fun, and spontaneity is just as crucial for keeping you energised as the routine is to keep you grounded and focused.
3. Keep a Journal - earth signs are typically loyal to a fault. They are in tune both with their own needs and the needs of others. When Earth becomes unbalanced, it can cause someone to lean toward co-dependency, selfishness, or rejecting their own needs in favor of supporting others. Keeping a journal could help you balance energy use and provide a foundation for future decision-making.

Think about the last time you felt rooted. Maybe it came with sensations of belonging, stability, growth, and direction. Roots are not stagnated things. They grow into the Earth to provide stability for outward expansion. They are also far more flexible than you might imagine. Think of how root networks must navigate beneath a forest floor to accommodate the roots of all the plants and how they work together and communicate.



BY  
KP  
HARTMAN

# THESE ELEMENTS



REMEMBER  
YOUR ROOTS

Virgo season is the perfect time to reflect on and tend to your roots. It's where adaptability becomes strong. Let the Earth teach you what stable flexibility looks like. Without roots, we are at the mercy of changing tides or changing winds. It's when you can be honest with where you are, honor the roots that hold you there, and begin to think about the direction you're trying to grow and how to rise to that occasion.

## EARTH IN VIRGO

In Virgo, the earth element is all about details and focus. But it's also the mutable form of Earth - it's flexible, malleable, adaptable. This comes across in qualities that allow for refinement and give people a sense that they can flex, not break, with sudden changes or while under pressure.

## WORKING WITH A VIRGO

With a keen eye for detail, a desire to help, and a solution-oriented mentality Virgos are great supports for any team environment. But someone who desires progression and searches for better for themselves and those around them tends to be actively vocal about improvement, which is often misconstrued as judgement.

And when their Earth is unbalanced, it may very well be judgement. In any regard, try not to take it personally. (I'm looking at you, Cancers.) It's generally safe to assume Virgos really are trying to help. And because of their grounded nature, it won't shake them if you ask them to provide their feedback differently.

They may need some coaching on how and when to provide whatever feedback they have to give. But Virgos will take it to heart because they want a good relationship with you and the team.

Virgos can often be hyper-independent and incredibly dependable. This makes them great for task-oriented projects. And because they're loyal and helpful, they make great team leaders. Just watch because sometimes that hyper-independence makes it difficult for them to share and delegate tasks.

Whatever you do, make sure Virgos on your team know you appreciate them. Show them in your actions, not just your words. Like anyone else, they will burn out or lose enthusiasm if they begin to think their effort isn't appreciated or their care reciprocated.

# TASTE OF ASTROLOGY

BY  
YODA  
OLINYK

## RETROGRADE MERCURY

OH, BEAUTIFUL EARTH MAIDEN —

I COME TO YOU  
A JUMBLED MESS.  
I NEED YOU TO SORT ME OUT

AND PUT ME BACK TOGETHER AGAIN.  
JUST AS THE SKY CALMS  
AFTER A STORM, A VIRGO CAN ALWAYS

CALM A HEART. JUST LIKE MOTHER  
EARTH, A VIRGO'S WORK  
IS NEVER DONE.

## BELLY LOVIN' BUDDHA BOWL (SERVES 1)

Ingredients for the salad:  
3-5 big leaves of kale  
juice of ½ lemon  
sprinkle of salt

1 sweet potato  
1 tsp olive oil

¼ cup sauerkraut  
¼ cup chickpeas  
1 radish  
slivered almonds  
½ avocado

Ingredients for the dressing:  
juice of ½ lemon  
2 tbsp olive or avocado oil  
sprinkle of salt and pepper  
1 tsp dijon  
big handful chopped dill  
1 tsp maple syrup  
1 tsp water





# TASTE OF ASTROLOGY

BY  
YODA  
OLINYK

## METHOD:

1. First make the dressing by shaking all the ingredients in a mason jar or stirring well in a bowl.
2. Preheat oven to 390. Prepare a cookie sheet with parchment paper.
3. Slice the sweet potato into discs that are around ½ cm thick. No need to peel the sweet potato, just wash really well. You can also sub regular potato for this. Drizzle with a bit of oil and salt and pepper.
4. Place tray in oven for 18 minutes.
5. Meanwhile, take the washed kale from the stem and tear into bite sized pieced. Place in a large bowl and massage with lemon and salt. You can use some pressure here, but stop massaging once the leaves turn dark green.
6. Place kale in a salad bowl.
7. When sweet potatoes are ready, place them on top of the kale and top with remaining ingredients.
8. Drizzle the whole salad with the dressing.
9. Chew this salad slowly and listen to your tummy thank you for all the fibre, vitamins and nutrients!



# TURN THOUGHTS INTO ACTION

BY  
EMMA  
NORTON

## PLANNING + IDEATION

### VIRGO IS ALL ABOUT THE GAMEPLAN.

As someone with a Virgo Midheaven (and South Node, so my default setting is to plan everything to a tee,) I get it. Other parts of my birth chart create more organized chaos, but we'll focus on my analytical side for the sake of this article.

In my early career, for many years, I was an event producer. When I went freelance, I always took spreadsheets with me for future templates for events: various production schedules, proposals, and contact lists for future CRMs. I still have a lot of this content, and this sense of structure has carried with me throughout all my following work.

Back to the organized chaos aspect for just one moment, ideas, phrases, and concepts about life pop into my head all day long. My quick fix is to use Google Keep. I have it sorted and filed nicely. But then I come across the need to transfer the ideas to their respective projects. Here, we run into the structural problem of my quick-moving brain.



i·de·a·tion | ȷdē'āSHən | noun  
the formation of ideas or concepts.



I have a lot of different streams of thought, and I require this variety in my life. Luckily, there is a through line to all my ideas. I have learned the value of saving some for a later date. It's as though they just needed a gestation period. That said, an ideal platform space has the option (or integration) of mind maps and spreadsheets, with the capability to take my Keep notes and create a better visual structure for them. The magic of paper planners is also not lost on me, so let's first determine the rate at which you are planning.

## PLANNER TYPES

Fill out your chosen planner accordingly. Experiment with your style if you front load your week toward burnout or if you find a particular structure works for your written planners.

### DAILY

- A running to-do list of all you intend to accomplish.
- There are many apps for this, some providing you with friendly reminders.
- Daily task lists can be written in advance.
- It is quick and efficient.
- A good way to check your energy levels.

### WEEKLY

- Experiment with color coding, symbols and abbreviations.
- Strategizing particular days for certain activities.
- Enjoy the Sunday ritual of writing out your week ahead, including meetings, appointments, etc.
- A visible option to keep on your desk helps with productivity.

### MONTHLY

- This is a great option for goal setting.
- Choose more significant overall tasks or goals, and check it regularly to remind your brain.
- It alleviates pressure of looming tasks if you broaden the timeframe.

### QUARTERLY

- Quarterly can flow with the seasons and the zodiac.  
\*Virgo is the last of summer before we head into fall and that back to school feeling we can never quite shake.\*
- Loftier goals fit nicely into a quarter (or 12 weeks.)
- You can reverse engineer what you need to accomplish each month/weekly/daily for success.

## COLLABORATIVE PLANNING PLATFORMS

I have tried many virtual productivity platforms based on team preferences when collaborating with others. Many integrate cohesively, and some have additional aspects that eliminate the others, but the functionality and pricing differ. Many products feel the same, they go off of buzz, and you must understand your productivity style to get the most out of them.

### TEAM PRODUCTIVITY PLATFORMS:

**MONDAY, BASECAMP, WRIKE,**

**CLICKUP, ASANA**

**CRMS: SALESFORCE, PIPEDRIVE,**

**HUBSPOT**

### BRAINSTORMING PLATFORMS FOR MIND

**MAPS, CHARTS, ETC.: WHIMSICAL,**

**MIRO, MURAL**

I hold an affinity for Airtable as I used it in its early days as it is suitable for Event Management and I like it for any Media Producing projects.

Notion is another platform I have been learning about recently through collaborations. A colleague compared the two and called the latter a free-flow platform. Notion also has a bunch of templates to explore to add more structure as required.

Whatever you choose, if any, is about creating a habit. It is also, for me anyway, about removing redundancies. If I am already creating content in one place, I don't want to have to migrate it over to another. Spending hours going through these different platforms have proven valuable for the insight gained, but I still love my Google Keep for solo ideation and Uploading content to Drive for shared efforts because then the work is done. I am still trying to perfect the transferring of content without it feeling frustrating. I need it to feel like I am alchemizing ideas into gold. Either way, we must contend with other people's workflows and learning styles, so a one size fits all platform may not truly exist.

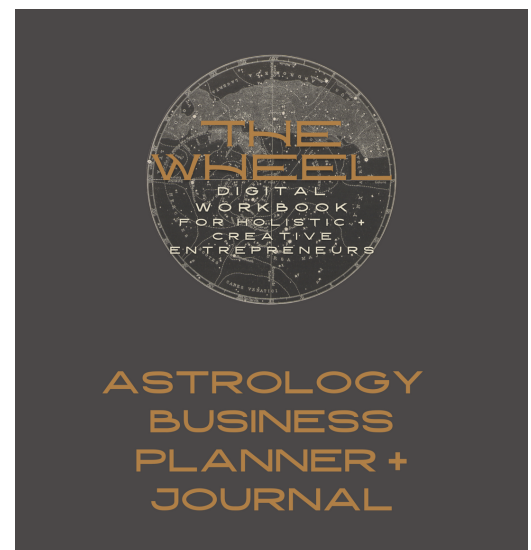
### THE ESSENTIAL QUESTIONS TO ASK YOURSELF ARE:

1. Am I planning for my projects or managing/collaborating with others?
2. What is the most cohesive work/learning style?
3. Do I want to invest in an online platform or source a free option?
4. How much effort do I want to put into planning based on my personality and goals?

Virgo energy is known for its planning, and a significant facet of entrepreneurship is how you manage all of your ideas, so they come to fruition.

## BUSINESS PLANNERS

As an entrepreneur, one plan you for sure need to invest your time and energy into is a business plan. There are great planners on the market, depending on your needs. But speaking of an all-in-one that also helps you learn about yourself along the way, we excitedly announce that THE WHEEL is producing a Business Planner + Journal, one that will also include space for ideation per each sign's archetype! We look forward to the fall release of this digital product. Stay tuned! Sign-up for the newsletter link [on our site](#) and follow us on [Instagram](#) to be updated on the release!







# ASTRAL FLORALS

FLORALS  
FROM  
BLUEBELLE  
FLOWER  
TRUCK

PHOTOGRAPH BY © 2022  
EMMA NORTON

Virgo is earthy and neutral. Virgo is also the tail end of summer, moving into autumn. Squeezing out the last of the juicy peaches, layering white and creams and having a grounded foundation is the influence for this floral design.





# VIRGO ENERGY READING

BY  
MAE  
GREEN

TAKE CARE OF PRACTICALITIES AS VIRGO'S ANALYTICAL ENERGY FLOWS OVER THE COLLECTIVE. CREATIVE AND ENTREPRENEURIAL GOALS WILL REQUIRE YOUR BEST ORGANIZATIONAL GAME. USE THIS GUIDE TO AVOID BURNOUT WHILE BALANCING VIRGO'S PERFECTIONIST STREAK.

## ARIES – KING OF SWORDS REVERSED

Authority. Actively state values to support beliefs you have about yourself. Step back into rationality to exercise control over opportunities. Commit to not being swayed by what does not align with your truth.

## TAURUS – 4 OF WANDS

Celebration. Find space where you feel supported and secure. Harmony requires appreciation and acknowledgement of your successes. Highlight small milestones. Build in breaks to bask in contentment.

## GEMINI – JUSTICE

Fairness. Own your actions. Review the impact of your decisions on yourself and others. Trust your gut instinct to confront ethical concerns around your goals and plan to integrate equity.

## CANCER – THE EMPEROR

Structure. Develop a clear vision for your project. Generate strict guidelines about how you want things done. Bring in skilled advisors and share your own wisdom with others. Be open to advice but make the final call.





# VIRGO ENERGY READING

BY  
MAE  
GREEN

## LEO – THE STAR

Connection. Overcoming challenges requires trust in yourself and the Universe. Rebuild faith and confidence by opening up to others. Engage in shared plans. Explore similar journeys to find inspiration.

## VIRGO – 9 OF PENTACLES REVERSED

Self-worth. Invest in yourself. Schedule time to learn new skills and commit to personal development. Indulge a bit because you are worth it. Step back from hustle culture. Wealth is not just about money.

## LIBRA – KING OF CUPS REVERSED

Serenity. Control is found by putting your emotional well-being first. Reach goals through self-compassion. Emotional triggers abound in your passion projects. Read self-help books, journal, and be open to counselling on your journey.

## SCORPIO – 5 OF CUPS REVERSED

Forgiveness. Feeling disappointment in relation to reaching your goal is temporary. Open up to those you trust to overcome setbacks. You did the best you could and lessons are invaluable. Plan to make time for new opportunities.

## SAGITTARIUS – 3 OF PENTACLES

Collaboration. Align with others who share your values to achieve impactful goals. Comprehensive planning requires a synergetic approach. Share the burden of labor.

## CAPRICORN – PAGE OF WANDS REVERSED

Inspiration. Sit with your creativity. Reconnect with a clear vision of what you want to do. Find alternative ways to re-energize your expressions. Confront limiting beliefs in a systematic way. Turn inward to align your way of doing things with personal growth.

## AQUARIUS – KING OF WANDS REVERSED

Communication. You are a visionary developing comfort with leadership. Recruit support from another who has a natural talent for project management. You can stay true to your personal vision while setting more balanced goals.

## PISCES – 10 OF SWORDS REVERSED

Recovery. Accept change and plan for a fresh start. Release attachment to old ways of doing things to help you align with your Highest Good. Let go of what no longer serves and fuel your ability to achieve reassessed goals.

HELLO FROM YOUR  
STARRY-EYED FRIENDS AT  
THE WHEEL!



CHECK OUT THE  
ASTROLOGY BUSINESS  
PLANNER + JOURNAL,  
DIGITAL WALL ART  
FOR YOUR WORKSPACE  
AND MORE AT OUR ETSY  
SHOP!



LET'S ADD  
A LITTLE  
WOO WOO

to your entrepreneurial journey.  
<https://www.etsy.com/ca/shop/thewheelAstroContent>