AURATYPE

THE 7-DAY ZODIAC ENERGY RESET

Discover what drains your sign, what restores you, and how to reset your energy in seven days.

A PRACTICAL ENERGY GUIDE FOR ALL 12 ZODIAC SIGNS

BEFORE YOU BEGIN

Your energy doesn't feel the same every day.

Some days you feel sharp, social and motivated. Other days, even simple things feel heavy.

This guide uses your zodiac sign as a simple lens for noticing what tends to drain you, what helps you recover, where you may be leaking energy, and what small change you could make today.

THE HONEST PART

You don't need to believe your sign controls your life. Think of this as a seven-day experiment in self-awareness — not a verdict.

HOW TO MOVE THROUGH IT

Find your sign. Notice what resonates. Ignore what doesn't. Then try the reset, one day at a time.

THREE STEPS

How to use this guide

01

Find your sign

Read your zodiac energy profile — what drains you, what restores you, and where the pattern usually starts.

02

Notice the pattern

Identify the energy drain that feels most familiar right now. You'll likely recognize it before you finish reading it.

03

Do the 7-day reset

Complete one small reset action each day. Nothing here requires more than fifteen minutes.

Don't try to change everything at once. The goal is simply to notice what gives your energy back.

START HERE

Find your zodiac sign

♈
Aries
March 21 – April 19

♉
Taurus
April 20 – May 20

♊
Gemini
May 21 – June 20

♋
Cancer
June 21 – July 22

♌
Leo
July 23 – August 22

♍
Virgo
August 23 – September 22

♎
Libra
September 23 – October 22

♏
Scorpio
October 23 – November 21

♐
Sagittarius
November 22 – December 21

♑
Capricorn
December 22 – January 19

♒
Aquarius
January 20 – February 18

♓
Pisces
February 19 – March 20

Dates can vary slightly by year and time zone for people born near a sign boundary.

Aries

MARCH 21 – APRIL 19

Energy wants movement, not more thinking.

WHEN YOUR ENERGY IS HIGH

When Aries energy is high, decisions feel easy and delay feels physically uncomfortable. You move first and adjust later — and that speed usually works in your favor.

YOUR BIGGEST ENERGY DRAINS

- Waiting on someone else's pace when you already know the next step.
- Starting a new project the moment the current one stops feeling exciting.
- Turning a neutral comment into something you now have to win.

RELATIONSHIP DRAIN

You may push harder in an argument than the moment actually requires — not because you're right, but because slowing down feels like losing.

WORK & MONEY DRAIN

Momentum can outrun planning. Aries energy often launches before checking whether the current effort is even finished.

FASTEST RECHARGE

1. Give your body one physical task it can finish and win at today.
2. Pick the one thing actually worth the fight — let the rest go unanswered.
3. Set a 20-minute timer to just start the task you've been avoiding, nothing more.

YOUR RESET QUESTION

"What am I fighting for momentum's sake, not because it actually matters?"

Aura note. Aries energy is often symbolically associated with crimson — fast, warm, forward-moving. Astrologically, this is only a starting direction: your actual AuraType may run cooler or quieter than your sign suggests.

Taurus

APRIL 20 – MAY 20

Energy wants ground, not more change.

WHEN YOUR ENERGY IS HIGH

When Taurus energy is high, you feel unhurried and physically settled — able to do one thing at a time, fully, without needing it to move faster than it naturally does.

YOUR BIGGEST ENERGY DRAINS

- A space that feels chaotic, loud, or visually wrong, even before anything actually happens in it.
- Being rushed into a decision before you've had time to sit with it.
- Keeping something going — a routine, a role, a relationship — well past the point it stopped adding anything.

RELATIONSHIP DRAIN

You may stay quiet in a situation that's no longer working, rather than disrupt the stability of it — and the quiet costs more than the conversation would.

WORK & MONEY DRAIN

Taurus energy is patient with effort but resistant to change, even change that would clearly make things easier.

FASTEST RECHARGE

1. Change one sensory element of your space — light, sound, temperature — before doing anything else.
2. Eat or cook something slowly, without a screen involved.
3. Write down, in one sentence, permission to stop something that no longer serves you.

YOUR RESET QUESTION

"What am I still holding onto simply because I've already held it this long?"

Aura note. Taurus energy is often symbolically associated with amber — grounded, slow-burning. Astrologically, this is only a starting direction: your actual AuraType may move faster or lighter than your sign suggests.

Gemini

MAY 21 – JUNE 20

Energy wants input, not more of the same.

WHEN YOUR ENERGY IS HIGH

When Gemini energy is high, ideas connect quickly and conversation feels effortless. You can hold several threads at once and genuinely enjoy the switching between them.

YOUR BIGGEST ENERGY DRAINS

- Fourteen tabs, three conversations and two half-finished thoughts, all open at once.
- A task that stopped being new twenty minutes ago and now just needs finishing.
- A conversation that ended without resolving, still running quietly in the background.

RELATIONSHIP DRAIN

You may leave a message half-answered because a more interesting thread pulled your attention first — and the other person notices before you do.

WORK & MONEY DRAIN

Gemini energy generates more ideas than it closes. The gap between what got started and what got finished is where the energy actually leaks.

FASTEST RECHARGE

1. Pick one open thread and finish it before opening anything new.
2. Write down every loop currently running in your head, then close two of them today.
3. Do something repetitive with your hands — not your phone — for ten minutes.

YOUR RESET QUESTION

“How many conversations am I currently in the middle of, and how many actually need me?”

Aura note. Gemini energy is often symbolically associated with cyan — quick, bright, electric. Astrologically, this is only a starting direction: your actual AuraType may sit steadier or slower than your sign suggests.

Cancer

JUNE 21 – JULY 22

Energy wants safety, not more exposure.

WHEN YOUR ENERGY IS HIGH

When Cancer energy is high, you feel emotionally tuned-in and protective in a way that draws people close. Home feels like home, and that steadiness runs outward into everything else.

YOUR BIGGEST ENERGY DRAINS

- Absorbing someone else's bad mood before you've noticed your own.
- A home or workspace that feels slightly wrong — nothing has to be broken for it to drain you.
- Replaying an old hurt in full detail, years after it stopped being relevant to anyone but you.

RELATIONSHIP DRAIN

You may check on everyone else in the room before it occurs to you to check on yourself — and by the time you do, there's nothing left to check with.

WORK & MONEY DRAIN

Cancer energy often takes on emotional responsibility that was never actually assigned — carrying a team's mood like it's a task on the list.

FASTEST RECHARGE

1. Check in with yourself before you check on anyone else today.
2. Change one thing about the space that's been feeling off.
3. Write down one thing that's actually yours to carry, and one thing that isn't.

YOUR RESET QUESTION

"Whose feelings am I currently carrying that were never mine to hold?"

Aura note. Cancer energy is often symbolically associated with silver-white — reflective, protective. Astrologically, this is only a starting direction: your actual AuraType may run warmer or bolder than your sign suggests.

Leo

JULY 23 – AUGUST 22

Energy wants expression, not more approval.

WHEN YOUR ENERGY IS HIGH

When Leo energy is high, you create and lead without needing to check if anyone noticed. Effort feels good on its own — not just as proof of something.

YOUR BIGGEST ENERGY DRAINS

- Performing that you're fine, in a room that already trusts you enough not to need it.
- A genuine effort met with a flat or generic response.
- Giving a situation more energy than it asked for, just to keep it feeling alive.

RELATIONSHIP DRAIN

You may wait for someone to notice what you did instead of naming what you actually need from them — and the waiting quietly turns into resentment.

WORK & MONEY DRAIN

Leo energy can spend more effort managing how something looks than on the thing itself, especially when recognition feels uncertain.

FASTEST RECHARGE

1. Make something today with no audience planned for it.
2. Say out loud, to yourself, what you actually did today — no editing.
3. Ask directly for the specific acknowledgment you want, instead of waiting for someone to guess it.

YOUR RESET QUESTION

"What would I still make or say if no one were watching at all?"

Aura note. Leo energy is often symbolically associated with solar gold — warm, radiant. Astrologically, this is only a starting direction: your actual AuraType may sit quieter or cooler than your sign suggests.

Virgo

AUGUST 23 – SEPTEMBER 22

Energy wants order, not more to fix.

WHEN YOUR ENERGY IS HIGH

When Virgo energy is high, your attention to detail feels like a gift instead of a burden. You notice what's working and build on it, without needing everything perfect first.

YOUR BIGGEST ENERGY DRAINS

- Reorganizing a system nobody asked you to touch.
- Rereading and editing a message four times before sending something simple.
- Noticing the one flaw in an otherwise excellent piece of work — and only the flaw.

RELATIONSHIP DRAIN

You may offer a correction or improvement in a moment that only needed acknowledgment, and the help lands as criticism instead.

WORK & MONEY DRAIN

Virgo energy often keeps refining something that was already good enough to ship — spending hours on the last five percent.

FASTEST RECHARGE

1. Leave one thing imperfect today, on purpose.
2. Do a task with no checklist attached to it at all.
3. Write down three things that already work, before you touch what doesn't.

YOUR RESET QUESTION

"What have I already fixed enough, that I keep returning to anyway?"

Aura note. Virgo energy is often symbolically associated with forest green — precise, grounded. Astrologically, this is only a starting direction: your actual AuraType may run brighter or looser than your sign suggests.

Libra

SEPTEMBER 23 – OCTOBER 22

Energy wants balance, not more delay.

WHEN YOUR ENERGY IS HIGH

When Libra energy is high, you read a room accurately and use it — finding the fair, workable option without losing yourself in the process of finding it.

YOUR BIGGEST ENERGY DRAINS

- Rereading a message you already sent, wondering exactly how it landed.
- Saying yes to plans before checking whether your own schedule actually allows it.
- Polling three people for their opinion before trusting your own.

RELATIONSHIP DRAIN

You may let a small, annoying situation sit unaddressed for weeks, because naming it risks more tension than living with it does.

WORK & MONEY DRAIN

Libra energy can lose more time weighing a decision than the decision itself would have cost, once made.

FASTEST RECHARGE

1. Make one decision today without asking anyone else first.
2. Say the mildly uncomfortable thing you've been sitting on, in one sentence.
3. Spend ten minutes doing something with zero compromise involved.

YOUR RESET QUESTION

"Where am I delaying a decision I've actually already made?"

Aura note. Libra energy is often symbolically associated with rose violet — soft, considered. Astrologically, this is only a starting direction: your actual AuraType may run bolder or more direct than your sign suggests.

Scorpio

OCTOBER 23 – NOVEMBER 21

Energy wants depth, not more small talk.

WHEN YOUR ENERGY IS HIGH

When Scorpio energy is high, your focus is total. You move straight past the surface of a problem or a person and find what's actually true underneath.

YOUR BIGGEST ENERGY DRAINS

- Replaying a disagreement hours later, building the response you didn't give in the moment.
- Going quiet instead of naming what's actually bothering you.
- Testing whether someone can be trusted, instead of simply asking them directly.

RELATIONSHIP DRAIN

You may withdraw the instant something feels uncertain, and the withdrawal reads as distance — even when what you actually want is closeness.

WORK & MONEY DRAIN

Scorpio energy can hold onto a professional slight or a lost deal long after the situation itself has moved on.

FASTEST RECHARGE

1. Say the thing directly today, instead of going quiet about it.
2. Write the replayed conversation down in full, then close the notebook.
3. Choose one person to tell one true, unfiltered thing to.

YOUR RESET QUESTION

"What am I still replaying that ended a long time ago?"

Aura note. Scorpio energy is often symbolically associated with deep magenta — intense, private. Astrologically, this is only a starting direction: your actual AuraType may sit lighter or more open than your sign suggests.

Sagittarius

NOVEMBER 22 – DECEMBER 21

Energy wants more sky, not more schedule.

WHEN YOUR ENERGY IS HIGH

When Sagittarius energy is high, possibility feels close and real. You take the trip, start the conversation, say yes to the thing that scares you a little.

YOUR BIGGEST ENERGY DRAINS

- Saying yes to three plans in one weekend, then wanting none of them by Saturday.
- Starting the exciting new thing before finishing the one that just stopped feeling new.
- A calendar so full — even with things you chose — that it starts to feel like a cage.

RELATIONSHIP DRAIN

You may promise more time or commitment than you actually intend to give, because it felt true in the moment you said it.

WORK & MONEY DRAIN

Sagittarius energy often chases the next opportunity before the current one has finished paying off.

FASTEST RECHARGE

1. Finish the thing you already started before adding anything new to the list.
2. Turn down one invitation today, with no explanation attached.
3. Do the exciting task and the boring task back to back, in that order.

YOUR RESET QUESTION

“What have I already started that's quietly waiting for me to come back?”

Aura note. Sagittarius energy is often symbolically associated with cobalt blue — expansive, restless. Astrologically, this is only a starting direction: your actual AuraType may sit steadier or more contained than your sign suggests.

Capricorn

DECEMBER 22 – JANUARY 19

Energy wants results, not rest disguised as work.

WHEN YOUR ENERGY IS HIGH

When Capricorn energy is high, effort compounds. You build steadily toward something real, and the discipline feels like freedom instead of pressure.

YOUR BIGGEST ENERGY DRAINS

- Turning a rest day into another project to optimize.
- Feeling mildly guilty watching something without also being productive.
- Answering a work message on a day you promised yourself you wouldn't.

RELATIONSHIP DRAIN

You may measure your worth in a relationship by how useful you've been lately, and stop showing up as anything else.

WORK & MONEY DRAIN

Capricorn energy can equate a slower week with falling behind, even when the slower week was exactly what the plan needed.

FASTEST RECHARGE

1. Block time today for something with genuinely no output.
2. Let one task stay at good enough, and move on from it.
3. Leave your phone in another room for one full meal.

YOUR RESET QUESTION

"What would I do today if rest didn't have to earn its place first?"

Aura note. Capricorn energy is often symbolically associated with deep indigo — disciplined, composed. Astrologically, this is only a starting direction: your actual AuraType may run lighter or more playful than your sign suggests.

Aquarius

JANUARY 20 – FEBRUARY 18

Energy wants distance, not more small rules.

WHEN YOUR ENERGY IS HIGH

When Aquarius energy is high, your ideas move ahead of the room in a useful way. You see the pattern before anyone else names it, and people follow because it's right.

YOUR BIGGEST ENERGY DRAINS

- Being three steps ahead of a conversation that's still happening in the present.
- Observing your own reaction to something instead of actually feeling it.
- Being told exactly how to do something that already felt obvious to you.

RELATIONSHIP DRAIN

You may need to disappear right after a plan — even one you wanted — and the sudden distance can read as rejection instead of recalibration.

WORK & MONEY DRAIN

Aquarius energy often gets pulled toward the next system to improve, before the current one has finished proving itself.

FASTEST RECHARGE

1. Stay in the actual conversation for five more minutes before mentally exiting it.
2. Tell one person what you're really thinking, not the edited version.
3. Do something with your hands that has no future use at all.

YOUR RESET QUESTION

"Am I actually here right now, or already three steps into what's next?"

Aura note. Aquarius energy is often symbolically associated with electric blue — original, detached. Astrologically, this is only a starting direction: your actual AuraType may run warmer or more grounded than your sign suggests.

Pisces

FEBRUARY 19 – MARCH 20

Energy wants imagination, not more noise.

WHEN YOUR ENERGY IS HIGH

When Pisces energy is high, you sense what others miss and translate it into something real — a feeling, an image, an idea nobody else quite reached first.

YOUR BIGGEST ENERGY DRAINS

- Absorbing the mood of a room within minutes of walking into it.
- Losing an hour to a daydream, a scroll, or a story that isn't yours.
- Saying yes to avoid someone else's disappointment, not because you actually want to.

RELATIONSHIP DRAIN

You may lose track of where someone else's feeling ends and your own begins, and carry both home as if they were one thing.

WORK & MONEY DRAIN

Pisces energy can drift from the task in front of you toward whatever feels more alive in the moment, and lose the thread of what was actually due.

FASTEST RECHARGE

1. Name whose feeling this actually is — yours, or someone else's.
2. Set a timer on the scroll or the daydream, then do one small real task after.
3. Say no to the plan that isn't right for you — once, cleanly, without over-explaining.

YOUR RESET QUESTION

"Whose feeling am I actually standing in right now?"

Aura note. Pisces energy is often symbolically associated with seafoam violet — imaginative, permeable. Astrologically, this is only a starting direction: your actual AuraType may sit sharper or more defined than your sign suggests.

PART TWO

Your 7-day energy reset

For the next seven days, don't try to become a different person. Just remove one unnecessary drain at a time.

Each day takes about 5 to 15 minutes. Do them in order, or start wherever feels most relevant right now.

01 CLEAR	02 PROTECT	03 RECHARGE	04 CONNECT
05 FOCUS	06 RELEASE	07 ALIGN	

01

DAY 01

Clear

Remove one open loop.

Choose one unfinished thing that keeps occupying mental space — even a small one. Something you haven't replied to, decided on, or closed.

EXAMPLES

- Reply to the message
- Cancel something
- Schedule it
- Write the decision down
- Delete it
- Finish the tiny task

RESET PROMPT

"What keeps asking for my attention, even when I'm not actively doing it?"

TODAY Close one loop today.

02

DAY 02

Protect

Find one unnecessary energy leak.

Notice where your energy is spent automatically, without you choosing it in the moment.

EXAMPLES

- A conversation you don't want to keep having
- A notification
- An obligation
- A person you automatically say yes to
- Digital input
- A repeated worry

RESET PROMPT

"Where am I giving energy automatically?"

TODAY Create one small boundary.

03

DAY 03

Recharge

Recharge according to what actually restores you.

Recovery isn't always doing nothing. For some signs it's movement or people; for others, it's silence or solitude.

EXAMPLES

Movement | Silence | Creative activity | Social connection | Solitude | Organizing | Nature | Novelty

RESET PROMPT

"What activity leaves me with more energy afterward, not less?"

TODAY Do 20 minutes of that today.

04

DAY 04

Connect

Choose one relationship that gives energy rather than only consuming it.

Not a general reminder to reach out — a specific person who makes you feel more like yourself when you're around them.

RESET PROMPT

"Who lets me feel more like myself?"

TODAY Send one genuine message, make one call, or spend intentional time together.

05

DAY 05

Focus

Stop dividing your attention.

Pick one priority for the next 60 minutes. Remove notifications, extra tabs, unnecessary conversation, and secondary tasks for that window only.

RESET PROMPT

“What would feel meaningful to finish today?”

TODAY Protect one uninterrupted hour.

06

DAY 06

Release

Stop carrying something beyond its useful life.

It could be an expectation, a resentment, an unfinished plan, an old goal, an argument, a comparison, an obligation.

RESET PROMPT

“What am I still carrying simply because I've carried it for a long time?”

TODAY Write it down. Then choose: keep, change, or release.

07

DAY 07

Align

Notice what changed.

A short reflection to close the week — no rewriting the last six days, just noticing what shifted.

THIS WEEK I HAD MORE ENERGY WHEN...

MY BIGGEST DRAIN WAS...

I NEED LESS...

I NEED MORE...

CHOOSE ONE THING TO CONTINUE FOR THE NEXT SEVEN DAYS

BEFORE YOU GO

Your sign is the starting point. Not the whole story.

Two people with the same zodiac sign can react completely differently to the same day. Your relationships, patterns, environment, choices and current emotional state all shape how your energy actually shows up.

That's why AuraType combines zodiac insight with a second layer: your personal Aura energy.

Zodiac
Your astrological lens

+

Aura
How your energy is showing up

=

Together
A more personal daily reading

YOUR NEXT READING

What does your energy need today?

Get your personalized Aura + Zodiac reading and discover the energy themes showing up for you today.

GET MY PERSONALIZED READING

Your first reading is free.
Then unlock your personalized daily reading for $3.50/month.

AuraType

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