

*GROUNDED FIRE*

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*New Moon in Pisces*

# PERSONAL WORKBOOK

March 18, 2026

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*A self-guided journey for working with the energy of this new moon in your own time, at your own depth, on your own terms.*

My name:

My sun sign / rising sign:

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BEFORE YOU BEGIN

# How to Use This Workbook

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This workbook was created to help you work with the energy of the New Moon in Pisces on your own — in your own space, at your own pace. There is no right way to do this. You do not need to complete every section in one sitting. You do not need to have the right answers. The prompts are invitations, not tests.

Move through it in order if that feels good, or open to the section that calls to you first. Come back to it over the next few days as the new moon energy continues to unfold. Some of the most important insights arrive quietly, hours or days after you set the workbook down.

This moon is in Pisces — a sign that lives in feeling, intuition, and the space between words. Don't try to think your way through these pages. Let yourself feel your way through them.

*A few things that might help: a candle, a quiet space, something warm to drink, and the willingness to be honest with yourself.*

SECTION ONE

# Where Are You Right Now?

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Before we move into releasing and setting intentions, let's just check in. Pisces energy asks us to be honest about what we are actually carrying. Not what we think we should be feeling — what we actually feel.

*How are you arriving to this new moon? What has the last month felt like — emotionally, energetically, in your body?*

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*What word or image comes to mind when you think about where you are right now in your life? Don't overthink it. What just came?*

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*Is there anything you have been avoiding thinking about or feeling? What has been quietly sitting in the background waiting for your attention?*

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SECTION TWO

# What Is Ready to Be Released?

New moons are beginnings — but every beginning requires an ending first. The New Moon in Pisces, landing right at the close of the astrological year before Aries season begins, is one of the most powerful releasing moons of the entire cycle. Something has completed itself. Something is ready to go.

This is not about forcing yourself to let go of things you are not ready to release. It is about getting honest about what you already know, in some quiet part of yourself, is no longer serving you.

*What belief, pattern, relationship dynamic, habit, or story about yourself feels like it has run its course? What are you done carrying?*

*What have you been pretending is fine that is not actually fine? What truth have you been avoiding?*

*If this chapter of your life had a title — the one that is ending right now — what would it be called?*

Write a release statement. Complete this sentence:

"I am ready to release \_\_\_\_\_ because I know that it no longer belongs to the version of me I am becoming."

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### SECTION THREE

## Your Sign and This Moon

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Every new moon lands in a different house of your birth chart depending on your sign. That house tells you specifically where this energy is most active in your life right now. Find your sign below — read your sun sign, and if you know your rising sign, read that one too.

### ■ ARIES

*12th House — The Hidden Self*

This moon lands in your house of rest, release, and the unconscious. Something beneath the surface is completing itself. You are being asked to let go before Aries season begins and your energy returns. What have you been carrying in silence?

### ■ TAURUS

*11th House — Community and Future Vision*

Your house of friendships, community, and long-term dreams is activated. Who do you want in your circle? What future are you actually building toward? This moon supports intentions around belonging and collective connection.

### ■ GEMINI

*10th House — Career and Public Path*

Your house of career and calling is lit up. What do you want to be known for? What work aligns with your values, not just your resume? This moon asks you to plant seeds around purpose, not just productivity.

### ■ CANCER

*9th House — Expansion and Belief*

Your house of higher learning, travel, philosophy, and spiritual growth is activated. Something bigger is calling. A belief system you're ready to explore, a journey you keep putting off, a question that changes everything. What would you pursue if expansion felt safe?

## ■ LEO

### *8th House — Transformation and Depth*

Your house of transformation, intimacy, and shared resources is where this moon lands. Deep water, Leo. What needs to die so something new can be born? What are you holding onto that is keeping you from evolving? This moon supports shadow work, honest conversations, and emotional release.

## ■ VIRGO

### *7th House — Partnership*

Your house of one-on-one relationships is lit up. What kind of partner do you want to be? What kind of partnership are you actually ready for? If a relationship has felt strained, this is a moon for compassion over analysis. What do your closest relationships need from you right now?

## ■ LIBRA

### *6th House — Daily Life and Body*

Your house of routines, health, and daily rhythms is activated. Where has your body been asking for attention that your mind has been ignoring? This is a powerful moon for beginning a new health practice, a daily ritual, or a more sustainable way of working and living.

## ■ SCORPIO

### *5th House — Joy and Creative Expression*

Your house of creativity, play, romance, and self-expression is lit up. When did you last do something just because it felt good? This moon is an invitation back to joy. What creative project has been waiting? What version of you came alive before the world told you to be serious?

## ■ SAGITTARIUS

### *4th House — Home and Roots*

Your house of home, family, and emotional foundation is where this moon lands. What does home actually mean to you? What from your family of origin are you ready to release, and what are you choosing to carry forward? This moon supports ancestral healing and creating environments that feel like sanctuary.

## ■ CAPRICORN

*3rd House — Communication and Mind*

Your house of communication, thinking, and immediate environment is activated. How are you talking to yourself? What truth have you been keeping to yourself? This is a powerful moon for clearing the air, beginning a writing practice, or finally saying the thing you have been holding back.

## ■ AQUARIUS

*2nd House — Worth and Resources*

Your house of self-worth, values, and resources is lit up. Do you actually believe you are worth what you want to receive? This moon asks you to look at inherited beliefs about money, worth, and what you deserve — and begin releasing the ones you never actually chose.

## ■ PISCES

*1st House — Identity and Self*

This is your moon, Pisces. The new moon in your first house is a rebirth of self. Who are you becoming? What is the most authentic version of yourself that is trying to emerge? With the North Node here too, you are not just going through a personal beginning — you are holding something for the collective. Step into it.

*Based on your sign's house placement — what came up for you? What resonated? What do you want to work with from this?*



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*My deepest intention for this next lunar cycle — the one thing I most want to call in:*

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Now read back what you wrote. Circle the intention that feels most alive — the one that made something in your chest shift when you wrote it. That is the one to carry.

## SECTION FIVE

# A Simple Ritual for This Moon

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You do not need elaborate tools or a perfectly curated altar to work with this moon. Ritual is simply intentional attention. It is the act of saying: this moment matters, and I am here for it. What follows is a simple ceremony you can do anywhere, anytime in the next three days while the new moon energy is still fresh.

## WHAT YOU NEED

- A quiet space where you will not be interrupted — even 10 minutes is enough
- A candle if you have one (Pisces loves candlelight — any color is fine)
- A glass of water — Pisces is a water sign and water holds intention
- This workbook and something to write with
- Your willingness to be present

## THE PRACTICE

### *1. Ground yourself.*

Sit comfortably. Light your candle if you have one. Place both feet on the floor. Take three slow breaths — in through the nose, out through the mouth. Feel the weight of your body. You are here.

### *2. Acknowledge what is ending.*

Speak aloud or write on a separate piece of paper one thing you are releasing under this moon. Be specific. Name it. Then say — aloud if you can — "I release you. I am complete with this. It is done."

### *3. Set your central intention.*

Take the deepest intention you circled in Section Four. Write it on a clean piece of paper in your own handwriting. Read it aloud three times. Let yourself feel it as if it is already true.



SECTION SIX

# Affirmations for This New Moon

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Read these aloud if you can. Let yourself feel the resistance when it comes — that resistance is information. The ones that make your eyes roll or your chest tighten are usually the ones you need the most.

*“I trust what I feel, even when I cannot explain it.”*

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*“I am allowed to release what no longer belongs to me.”*

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*“I do not have to figure everything out. I only have to take the next step.”*

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*“My sensitivity is not a weakness. It is how I know things.”*

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*“I am worthy of the life I am imagining.”*

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*“Something is ending so something truer can begin.”*

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*“I am held by something larger than my fear.”*

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*“I choose to begin again, from here, as I am.”*

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*Which affirmation landed hardest? Which one do you most need to hear right now? Write about why.*



## CLOSING

# You Did the Work.

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Most people don't. Most people scroll past the moment, consume the content, and move on without ever sitting with themselves long enough for something to actually shift. You stayed. That matters.

This new moon planted seeds in you tonight. Some of them you can already feel. Others will surprise you over the next two weeks as the moon waxes toward fullness. Pay attention to what shows up — the conversations, the dreams, the sudden clarity at 2am, the door that opens when you least expected it.

Pisces energy does not move in straight lines. It spirals, it deepens, it circles back and shows you the same truth from a new angle. Trust the timing. Trust the process. Trust yourself.

*“You found us. And that is not an accident.”*

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