



A Free Guide to Help You Clarify Where to Focus Right Now

**IDENTIFY
WHERE IT MATTERS MOST.**

www.jenneralwellness.com

Find Your Personal Spotlight ✨

A simple astrology guide to help you focus your time and energy where it matter the most.

Inside you'll discover:

- How to find your focus based on your chart
- The area of your chart being highlighted
- How to work with this focus



Lets Find the Area of Life For Your Personal Focus

WATCH THIS VIDEO FOR
VISUAL STEP-BY-STEP
GUIDANCE

STEP 2: FIND YOUR CHART

HEAD TO
[ASTRO-CHARTS.COM](https://astro-charts.com) &
ENTER YOUR BIRTH
INFORMATION.

STEP 3: SPOT YOUR HOUSE NUMBER

LOOK AT THE NUMBER IN THE
CENTER OF YOUR CHART.
THIS IS YOUR AREA OF LIFE
THAT'S HIGHLIGHTED.



What Area of Life

Each house represents **your different area of life.**

Use your house number to find your area, then follow the simple focus tip for the month.

House	Area of Life	Focus Tip
1	Self & Identity	Step into your own spotlight. Try something new, express yourself.
2	Money & Values	Audit your finances or possessions, decide what to keep, invest in, or release. Honor what you truly value this month.
3	Communication & Learning	Share your ideas openly, send that important message, start a conversation you've been avoiding, or learn something new and apply it.
4	Home & Family	Strengthen your foundation, reorganize your space, resolve one lingering family issue, or create a nurturing corner for yourself.
5	Creativity & Joy	Make time for joy, write, paint, dance, or play. Plan one creative experience that lights you up.
6	Work & Health	Optimize your daily habits, commit to a consistent routine, tackle one work project, or try a new wellness practice.

What Each House Means

Each house represents a different area of life. Use your house number to find your area, then follow the simple focus tip for the month.

House	Area of Life	Focus Tip
7	Relationships	Deepen your connections, have a meaningful conversation, resolve a conflict, or show appreciation to someone who matters.
8	Transformation & Resources	Release what no longer serves you, declutter, forgive, or create a plan to manage shared resources wisely.
9	Learning / Adventure	Expand your horizons, take a class, explore a new place, or do one thing that challenges your comfort zone.
10	Career & Reputation	Step into your ambition, update your goals, make a bold move at work, or showcase your skills publicly.
11	Learning / Adventure	Strengthen your tribe, host a gathering, reach out to someone new, or contribute your talents to help others.
12	Reflection & Spirituality	Connect with your inner self, journal, meditate, or reflect on patterns you're ready to release this month.

You Found Your Personal Spotlight ✨

KNOWING WHERE TO FOCUS IS
A POWERFUL FIRST STEP.

WHEN YOU'RE READY TO EXPLORE THE
BIGGER PICTURE AND CLARIFY THE
NEXT STEPS...

ONGOING GUIDANCE

JOIN THE ASTROLOGY HUB

FOR MONTHLY ASTROLOGY,
REFLECTION, AND SUPPORT
AS YOU FOCUS EVOLVES.

JOIN HERE

PERSONAL ROADMAP

A LIFE TIMING READING

TO UNDERSTAND THE
BIGGER PICTURE AND
HOW TO NAVIGATE THIS
SEASON WITH INTENTION

BOOK HERE

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✦ ASTROLOGER FOR LIFE ✦ TRANSITIONS

What I've learned through years of study and working with clients is this: your chart doesn't define you, it reveals your patterns, timing, and potential. And how you move with that awareness is where your power is.

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