

# mercury

## R E T R O G R A D E

### Vibe Upgrade Checklist

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## HEY GIRL!

### Ready for this retrograde smoke?

Well, don't just stand there holding your breath, I know this period of time has a bit of a bad reputation. But check it, did you know Mercury is one of the most powerful cosmic tools we have to transform the very thoughts, ideas, and perceptions that guide and shape our lives? It's true. And this checklist outlines some key ways you can actively use the retrograde influence to come out on top, like everytime.

Mercury invites us all to acknowledge the presence of life lessons that will inevitably arise, identify what the universe is trying to show us, what can we can learn, then reassert our commitment to our goals.

Allow Mercury to take you 'Back to the Future' whenever possible to tie up loose ends. While on the way, remind yourself not to take anything personally, give people the benefit of the doubt, and remember-- when we react with positivity, we give the universe permission to return the energy that we put out in the world.

It is from this viewpoint that we offer the following advice on how to make Mercury work for you during a retrograde, instead of focusing on what to avoid. Consider this your official rallying call to proactively step up and into your power and harness the universe and all of its magical influence.

*"the universe bears no ill to me, I bear no ill to it."*

Head to FILE > MAKE A COPY to save this file for yourself if you want to work on this online in Google Drive OR You can simply click File + Download As PDF & Print (recommended).

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#### ❑ CHANNEL YOUR CREATIVITY

Mercury retrograde is the perfect time to throw yourself into creative endeavors.

One creative project that I can work on to keep my mind occupied during this retrograde is:

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#### ❑ TAP INTO YOUR INTUITION

The energy is at an all-time high for you to hear from your higher self during retrogrades. Take advantage and allow yourself to follow gut-feelings. Your internal instincts will be even sharper during this cycle of time. Some cues that your intuition is trying to guide you are: Goose bumps, flutters or warm sensations, relaxed muscles and breath.

I trust my intuition to guide me when it comes to:

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#### ❑ **ADAPT NEW MANTRAS or Affirmations**

One of the purposes of a mantra is to keep you connected to a particular (hopefully positive) state of mind. There's no better time to adopt and solidify a new thought or philosophy to keep you grounded and focused than during a Mercury Retrograde.

My go-to mantra to help me push through this time is:

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#### ❑ **GET ORGANIZED**

Organization in your life will give you a sense of control when things sometimes go out of whack. What is one area that you can take control of by getting it organized? It can be as simple as your desk, or your inbox, or a closet you've been meaning to clean out.

I will organize my:

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#### ❑ **RECOMMIT TO YOUR GOALS**

Is there something that you've been plugging away at and not gaining much traction? Well, strap on your seatbelt, because Mercury can help reinvigorate your resolve to reach milestones you've set for yourself. Identify one thing you've been working towards and how you will go harder for your goal.

I re-dedicate myself to:

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#### ❑ **BE FLEXIBLE & GO WITH THE FLOW**

Retrogrades are notoriously disruptive to timelines. Have a plan B and give yourself more time than usual to get things done and to go places. This reduces stress on sooo many levels. 'Everything is always happening perfectly on time for me' is something that I often say when things feel like they're not going according to plan. What is your mantra that you will use to bring you back into the flow of things? Write it below:

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## RETROGRADE

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#### ☐ **RETHINK YOUR HABITS**

How are your current habits serving you?

Write one thing you want to start or stop doing daily that can help you improve your situation, attitude, intuition... whatever you know you need to work on?

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#### ☐ **REFRAME FRUSTRATIONS, MISCOMMUNICATIONS & SETBACKS**

This is probably one of the most important tools that you can have in your arsenal that will serve you no matter the circumstances. Retrograde or not. A quick way to reframe how you see challenges and things that may irritate you during this time is to look at the situation with a positive intent and point of view. Literally, retell yourself the story but from the perspective of how this thing that has happened is for your benefit. Look for the lesson or higher good in every so-called negative interaction.

Today I choose to see how \_\_\_ helped me in \_\_\_ way:

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#### ❑ RE-ADJUST PRIORITIES

Mercury retrograde is the perfect time to take a look at where you are placing your time and energy to see if you can make an adjustment, based on what you know you're trying to accomplish. If your priorities are not leading you closer to that destination, it's time to make an adjustment.

I will start making...

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more of a priority in my life.

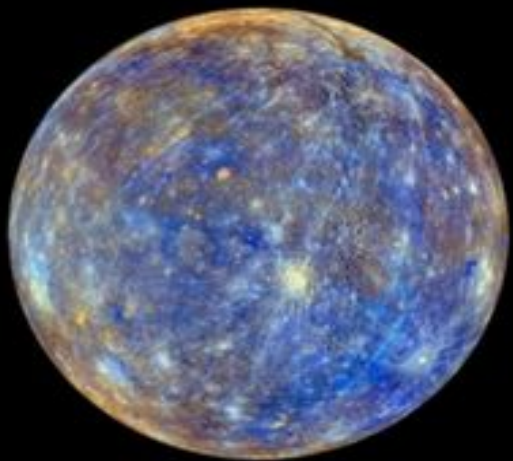
#### ❑ REVISIT & RE-ALIGN WITH PREVIOUS INTENTIONS

During retrogrades, we're in a perpetual state of revisiting, reviewing and relearning these past few weeks. Now it's time to look at things we've, perhaps, put down for a time and see how we can prepare ourselves to re-light and give birth to them in the present. I've got a quick and easy [energy cleansing ritual](#) that you can do to help you start this process.

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#### ☐ **RETREAT AND RECHARGE YOUR BATTERIES TO COMFORT YOURSELF**

Give yourself ample time to rest and rejuvenate and process the lessons of this cycle.

I will take better care of myself over the next few weeks by:

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By making these adjustments in the way you engage with the energy of the universe, you are literally reprogramming your mind and circumstances for a positive transformation. Instead of living with fears that constrict and inhibit our life force, Mercury becomes the partner that helps us to refocus our lens on the outcomes that we TRULY want in the future, rather than allowing our past to continue to grip us and hold us back.

When we understand where we've been, and learn our lessons, we can look forward to a bright and beautiful new beginning, all thanks to our bae, Mercury.

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## CRYSTALS TO KEEP CLOSE:



FLOURITE: For improved communication



OBSIDIAN:  
When used in meditation, points out certain patterns that can be released.



SMOKY QUARTZ: Used for clear decision making

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