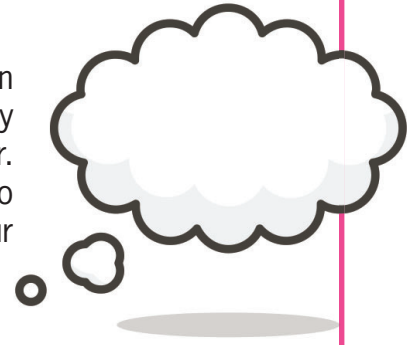


Detaching from a Belief



Instructions: When Mercury and Uranus energy meet—whether as Mercury in Aquarius, Mercury conjunct Uranus in transit or your natal chart, and even Mercury in your 11th house—there are certain behaviors to look out for or avoid altogether. This action with Mercury is called detachment. What **idea, concept and belief** do you feel attached to, and how would detaching from it change who you are, your life and circumstance in life? Focus on one. Also, remember to check out thewritingorbit.com for more astrology + self-help worksheets.

Belief or idea:

How has this belief served me?

How has this belief stopped my progress?

When did I learn this concept?

Why do I appreciate this idea?

Why should I let it go?