

Optimistically Sagittarius



Sagittarius is the most optimistic sign - it's ruled by happy planet Jupiter, after all! So Sagittarius Season can be a great time to focus on the bright side to every situation and turn your mood around.

Coming from Scorpio Season, that is very serious energy that focuses a little *too* much on reality. Scorpio isn't very light, but Sagittarius prefers the light every time.

So, for Sagittarius Season, practice being optimistic. This is even more important for you if you're not normally like that, or if you've been particularly pessimistic as of late.

Each day, list one thing that is great. List something different every day, no repeats! Each day, look back on what you've already listed so far. Let the positive energy fill you, and remind yourself throughout each day of some of what you've written. Over time, it should come naturally!

Now go be positive!

POSITIVE PSYCHOLOGY FOR SAGITTARIUS SEASON

What is great in my life:

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