

Prepared for Claire Rowan · November 2026

Your November Compass

Make room to hear yourself



Personal month 7

Leo Sun

Pisces Moon

Three personal windows. A month you can return to.

Birth date August 14, 1992 · 08:40 · Philadelphia

Moon calendar and all displayed dates: America/New_York

Your continuing focus

Begin with what is true

This is your first Compass. There is no previous focus on file, so we begin with what is true today. You do not need to reconstruct a perfect account of last month.

What occupied more attention than you expected in October?

What felt worthwhile enough to continue?

What could become simpler this month?

Your numbers + your birth chart

Make room to hear yourself

Your personal month 7 opens a quieter chapter inside personal year 5. The year's lens is movement and experimentation; November asks which experiment deserves a closer look. With your Leo Sun, attention can become a useful gift when you choose where to place it. Begin with one commitment that needs clarity, then give it a private rehearsal before adding a larger promise. Your personal day 1 on November 3 is the first checkpoint. Personal day 3 on November 14 supports a conversation; personal day 7 on November 27 closes the month with reflection. Your three windows below are built around those calculations.

Leo in November

Your Leo Sun brings a useful question to a personal month 7: what deserves your wholehearted attention before it deserves an audience? Give one idea a private rehearsal. Share the part that still matters after you have listened to yourself.

Two moments in your birth chart

Mars meets your natal Sun on November 7. Use this as a lens for initiative: choose one action you can own without rushing anyone else.

The Sun squares your natal Sun on November 14. Review where an outside expectation and your chosen focus need a clearer agreement.

Natal Sun: Leo 21.96° · Moon: Pisces 3.87°. Recorded fictional birth: Aug 14, 1992, 08:40, Philadelphia (12:40 UTC). Transit dates: America/New_York. Calculated geocentric tropical longitudes; no houses used.

Your dates, with the method visible

Your personal month map

Three short windows, one key day each. Gold outlines mark your personal days 1, 3 and 7.



Personal day = reduced personal month 7 + calendar day. Example: 7 + 3 reduces to 1. "p" shows the daily number. Moon phases are real sky events shared by everyone; your numbered windows derive from your birth date. Dates use America/New_York.

Keep this page nearby · Claire's November

Your month, in one place.

3

November · Personal day 1
Begin

14

November · Personal day 3
Connect

27

November · Personal day 7
Reflect



Last Quarter
1 Nov



New Moon
9 Nov



First Quarter
17 Nov



Full Moon
24 Nov

The five-minute attention audit

Write the one thing asking for most attention today.

My one priority: _____

A small choice, returned to with care.

Window 1 · November 2–4

Make room

3

November · Personal day 1
A smaller commitment

Before choosing something new, look at what is already asking for your attention. An unfinished task can feel urgent simply because you have not decided whether it still belongs to you. This window is a practical place to make that decision. Choose one responsibility with a real owner, deadline or consequence. Clarify it, renegotiate it or close it. Do not abandon essential obligations in the name of reflection. The aim is enough space to hear your own priorities, rather than another ideal routine to maintain.

Try this

- 01** List three commitments occupying your mind.
- 02** Choose one you can safely simplify or clarify.
- 03** Write what changes, with whom and by when.

What did making room actually make possible?

Window 2 · November 13–15

Ask before assuming

14 November · Personal day 3
One clearer conversation

A quiet month does not need to be a disconnected month. Choose one relationship where a small uncertainty has become a larger story. You may be guessing what a delayed reply means, or carrying a task without knowing what the other person expects. Begin with a concrete observation, then ask one answerable question. Allow the answer to differ from your interpretation. If the relationship is unsafe, choose a different setting and seek appropriate support.

Try this

- 01 Write the observation without a judgment.
- 02 Ask for the information you are missing.
- 03 Agree on one small next step, if both of you want one.

What changed when I asked instead of guessed?

Window 3 · November 26–28

Keep the useful evidence

27

November · Personal day 7

A decision you can explain

Return to the commitment and conversation you tested. Look for an observable change: a task finished, a clearer agreement, a quieter evening, or a request that remains unresolved. A practice can be useful even when the result is modest. Separate what happened from what you hoped would happen. Keep one adjustment that reduced friction, and name one that needs a different approach. This is the bridge into next month: a decision based on evidence rather than the pressure to produce a dramatic transformation.

Try this

- 01 Name one change you can actually observe.
- 02 Keep, revise or stop the experiment.
- 03 Choose one small commitment to carry into December.

What is worth carrying forward, and why?

Work · Relationships · Energy

Three areas, one useful move

Work

Your month 7 asks for depth before expansion. Choose one task where a better question would save more effort than working faster. On your personal day 1, November 3, write the actual decision behind the task. Use November 14 to confirm its scope, owner and deadline. By November 27, notice whether that agreement reduced rework. Keep the evidence small and concrete.

Relationships

For your Leo Sun and Pisces Moon, warmth can coexist with a need to step back and listen. Choose one person with whom you want a clearer exchange. Around November 14, ask a specific question rather than explaining every part of your concern. Offer a time that is easy to accept or decline: "I have twenty minutes on Thursday. Would you like to talk then?"

Energy

Use the quieter month 7 lens to notice what happens between obligations. Mars meets your natal Sun on November 7; make room for one chosen action rather than filling every gap. Test a five-minute transition without a screen on three ordinary days. Record what helps you feel more available to the next task. If the experiment adds pressure, change its size.

One practice

The five-minute attention audit

Try this three times a week, rather than treating every missed day as a broken promise. The audit is working if it helps you distinguish an action from a worry. It is not working if the list becomes another source of pressure. Keep it to one item and five minutes.

- 01** Write the one thing asking for most attention today.
- 02** Mark it: act, ask or wait.
- 03** Choose a next step small enough for today.

After trying it, what changed?

Your journal

A little space to think

Choose one question at a time. A few honest lines are enough.

What am I calling urgent because I have not decided what to do with it?

Where would one honest question be kinder than another assumption?

What did I learn from a quieter choice this month?

Your focus + your next issue

Carry one choice forward

My one priority for November:

Mark the days you returned to it. Empty boxes are information, not a score.

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30

At month-end: keep, revise or stop?

Next: your December Compass

December shifts the symbolic lens from reflection to stewardship: what you choose to support with time, money and effort. Bring one decision from this month; you will turn it into a practical agreement.

Next month you also receive Core Blueprint, your included one-time personal reference.

Use the focus link in your delivery email to choose what carries into the next issue. Your written answers stay on your PDF.