

Intuitive Coaching with Amy

# Mercury Retrograde Survival Guide

[www.intuitivecoachingwithamy.com](http://www.intuitivecoachingwithamy.com)

**Instructions:** Print and complete this self-coaching worksheet to make this your best Mercury Retrograde ever. There are no right or wrong answers. Tune in to your intuition. Trust what comes up. Even if you don't understand it. Seek additional support from a good friend, partner or coach. The retrograde starts on **Monday, May 18, 2015** and ends on **Thursday, June 11, 2015**.

1. Plans can easily fall apart during Mercury Retrograde. Review your schedule for engagements and appointments. Which are most important to you? What is your ideal outcome for each date? What are 3-5 actions you can take to make your engagements or appointments a success? Be specific.

## **Appointment/Engagement:**

Ideal Outcome:

Success Action Steps:

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2. Life can be a bit unpredictable and hectic during this time. What are 4-5 practices you can do to relieve stress when things don't go as planned? Be specific.

**Possible suggestions:** *relaxation exercises, yoga, meditation, take deep breaths, laugh, listen to music, exercise, pray, sex, nap, spend time with your animals, craft or make art, spend time in nature, self-work*

1.

2.

3.

4.

5.

3. Mercury Retrograde is a time to re-connect. Your intuition works in magical ways. If someone or something has been circling your consciousness then ask yourself why. Do you need to reminisce? Feel connected? Forgive? Resolve a conflict? Heal an ailing area of your life? Re-direct your energy?

**What are ways you will re-connect to yourself?**

**What are ways you can re-connect to others?**

4. Review and revise your commitments when Mercury Retrograde occurs. You may not be able to make immediate changes or any changes at all, but you can still do the self-inquiry to clarify what is working or not working in your life.

Think of all of your promises and obligations. Review the actual and assumed fine print. Pray for help. Then ask yourself: *What are the terms of my agreement? Is this enhancing my quality of life? Is there a better commitment I can make?* List below what you discover.

**Legal commitments** (lease, promissory notes etc...)? Do you feel good or bad about these commitments? Is there a change that needs to be made?

**Financial commitments** (bills, banking, budgeting, cash flow, debt etc...) Do you feel good or bad about these commitments? Is there a change that needs to be made?

**Social commitments** (friends, groups, activities, networking etc...) Do you feel good or bad about these commitments? Is there a change that needs to be made?

**Romantic commitments** (dating, partnership etc...) Do you feel good or bad about these commitments? Is there a change that needs to be made?

**Family commitments** (spoken or unspoken promises or obligations you've made with your family) Do you feel good or bad about these commitments? Is there a change that needs to be made?

**Professional commitments** (required or implied promises or obligations you've made to your work) Do you feel good or bad about these commitments? Is there a change that needs to be made?

**Personal commitments** (promises you've made with yourself) Do you feel good or bad about these commitments? Is there a change that needs to be made?

5. Clear and release clutter. Clutter (physical, emotional and energetic) can create confusion in your life. I believe Mercury Retrograde is the Universe's way of giving you time to release and let go of what is not serving you well. Ask Spirit to reveal to you all the cluttered areas of your life that need clearing. What are 3 areas of your life that need to be revitalized? What small action steps you can take to clear the clutter in these areas of your life?

**Area of your life that needs to be de-cluttered & actions you will take:**

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6. Mercury is the master of communication. During a retrograde, communication can be easily misinterpreted. This is an excellent time to pay attention to what you say and how you say it. Go within and speak from your heart.

**In what ways can you better express your truth?**

7. Mercury Retrograde is a time to explore your core beliefs. Particularly the messages of your shadow self.

**What are some limiting or negative beliefs that you have about yourself and your life that may not be serving you well? Are you willing to let them go? How can you shift these beliefs so they reflect the life you desire to live? (See [A Journey to Self-Love](#) to do more work on limiting beliefs.)**

**Belief #1:**

**Belief #2:**

**Belief #3:**

**Belief #4:**