

This week, take a moment to walk outside and experience the freshness of summer. This season is special and requires your attention. When life gets you down take in the benefits of nature and explore the world around you. Madame G recommends you take time to enjoy your life.

Aries (March 21-April 19)

Sometimes, it feels as if life is pushing you forward and jerking you around like a washing machine. Anyone can easily become overwhelmed and tired of this constant back-and-forth. You're not the only one. Instead of forcing yourself away from a certain subject, take a moment to evaluate your thoughts. Care for your feelings, and then you can let them go. Peace.

Taurus (April 20-May 20)

Got some loose ends to tie up? Maybe it's an errand you keep putting off, an item you need to return or an inevitable conversation you can no longer avoid. Dreading the task is taking up far more energy than actually doing it. This doesn't have to sap your entire week.

Gemini (May 21-June 20)

You can do this! You're only moments away from the final selection. You may also want to force yourself to think everything through. There's no need to face disappointment about what could or should have happened. In the end, you must live with your decisions. It's not just about getting picked by someone for something. You also need to evaluate the situation for yourself.

Cancer (June 21-July 22)

You're almost there. Don't give up. But, once you're done-you're on to the next one just like in that Jay-Z song. That's a great workout song, but it's not the best way to live your life. You can do so much more than you're giving yourself credit for. You don't need to stop being you. You just need to live the life that is right for you. Don't follow some else's script.

Leo (July 23-Aug. 22)

Take care of your mental health. This is not often discussed as much as your physical health. But, your mental health is just as important, if not more. You can't change the world. You can only work on yourself. You can't prevent bad things from happening, but you can understand yourself in relation to them. Keep an honest and open mind. Do your best.

Virgo (Aug. 23-Sept. 22)

Life is not about forgetting or only doing what you're good at. Sometimes, you need to get up and have a hard day, fight, or get punched in the metaphorical behind. These moments are tough and painful, but we are capable of more than we think. Don't give up on yourself. Don't give up on your loved ones. Make the most out of what you have here and now. Do your best.

Libra (Sept. 23-Oct.22)

Be happy in the here and now, this is all we have. You can do this. Don't leave others behind. Don't backtrack on promises, Libra, but also, don't be a martyr. If you said yes to something non-essential that is stressing you out, call and make another arrangement. Odds are, people will be happy to work with you on finding a more flexible solution—and the sooner you reach out, the more time you'll both have to drum that up.

Scorpio (Oct. 23-Nov. 21)

Emotional agility is more than just a buzz word. It's also a state of mind. You must be resilient and strong to survive and be happy. We all have choices to make and burdens to carry. Our way forward can lead to many great discoveries. Do your best today and keep moving forward, no matter how slowly and surely you go. Just go!

Sagittarius (Nov. 22-Dec. 21)

Don't look back that's a pointless struggle. You are who you are. You may not be able to change everything, but that doesn't mean you can't live the best life possible. Keep moving forward. You're doing the best you can and that's good enough!

Capricorn (Dec. 22-Jan. 19)

Perfectionism hurts many people, and they might not even realize they're perfectionists. You might think that sloppy people can't be perfectionists, which isn't true. Sometimes you can be so stifled by a sense of perfectionism, that you don't even try to make anything better because of a fear of failure. Is that you? Got perfectionism? Well, take a breath. You're doing fine.

Aquarius (Jan. 20-Feb. 18)

Don't give up on your dreams. You can do this. Don't give up hope. Focus on the parts that you can solve. Under this twice-yearly mashup, the slope is slippery. Step out of the room to cool down instead of blowing up on someone you love. Turn away from chaotic people who, while entertaining, have been known to wreak havoc on your serenity.

Pisces (Feb. 19-March 20)

This is the time to be joyful. When you feel alone, neglected, and worthless, feel as bad as you like and celebrate that feeling. Nurture yourself. You don't need to be afraid of the bad feelings-the mean feelings that strip you of courage and make you feel weak. Embrace those feelings.

Madame G guide to the stars Week of JULY 1

Written by Gallupsun Staff
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They are neither good nor bad. They are just like you-they exist.