

What's more important, emotional intelligence or intellect? Brains will get you into Harvard—and you might discover a cure for ingrown toenails. But, that doesn't lead to happiness. Studies suggest happy people display high levels of emotional intelligence. This results in people who are more empathetic and generous. Madame G suggests cultivating emotional awareness. You'll be happier, and our world will be better.

Aries (March 21-April 19)

Life is full of surprises. Perhaps the so-called burden that you were too afraid to carry is not nearly as bad as it seems. Who knows, maybe playing video games with your nephews makes you want kids — or just one. You might be ready to take the plunge and retire from 25 years on the job. Maybe you're ready to buy a new vehicle or move somewhere new. Whatever the case, once you set your mind to it — you can!

Taurus (April 20-May 20)

Take a deep breath and let it all out. It's about to get real weird. But that's OK because you're prepared and you can handle anything. The New Moon enters Cancer on July 4. Consider taking an emotional hiatus from drama, or people who create it — even yourself. This is a great time to take the dog on a walk and enjoy the day. But, put her on a leash. The fireworks are freaking out the neighborhood pets and she's liable to bolt.

Gemini (May 21-June 20)

You love a good laugh and this week will be full of them. You just need to remember to see the sunny side. If you need a little lift, consider watching Shawn Achor's TedTalk: "The Happy Secret to Better Work." You were right all along. It's better to be happy than right. But, it's fun when you're both. Don't forget that no matter what happens, you got this! Madame G salutes

you!

Cancer (June 21-July 22)

Live it up Cancer! The Sun is in your sign and you're feeling the pull of that energy. As the New Moon approaches, remember to re-evaluate your priorities. It's always a good idea to step back and ask yourself: Why? Sometimes we get so caught up in the routine that we don't even know how, or why, we got where we are. It's convoluted. Step back. Review the big picture. Give yourself an honest thumbs up or thumbs down. Be bold!

Leo (July 23-Aug. 22)

You're an asset to your family. They need you and rely on your calm emotional energy. But, don't forget that you're entitled to share in the wealth of support, too. You don't have to be everything to everybody. It's okay to rely on someone else. Reach out to the right person, and you'll feel instant relief. Sharing the burden with someone awesome is not nearly as bad you think. It's OK to be a little vulnerable. People may surprise you — in a good way.

Virgo (Aug. 23-Sept. 22)

Do your best and move onward. We can only move forward not backward. You don't control the moon. You can't save a friend from themselves and you can't always stop someone from driving drunk, or getting into the car with someone who is. And as much as it may hurt, you can't make someone change. Sometimes, this means walking away for a time, or forever. You must take care of you. Do what is necessary to keep yourself and anyone in your care safe. Madame G believes you're worth it. You've got this!

Libra (Sept. 23-Oct.22)

You may be a bit frayed this week, but that's just part of the process. It's wise to try new things

and even fail. Though it may seem scary, the greatest lessons are learned when you think you've lost it all. This is the time to buckle down and reassess your plans. You may need to tweak the pattern, but you don't necessarily need to throw out the cake. Think carefully and act rationally. It'll be fine!

Scorpio (Oct. 23-Nov. 21)

You're probably feeling a little tossed, like a Caesar salad. Your head is pounding as a ping-pong-size ball goes back and forth in your head. Hell, even your hair has split ends. Never fear! This too shall pass. Take care of yourself. Remember, this important bit of advice: "Lack of planning on your part doesn't constitute a crises on my part." You can't fix everything, so don't try. Handle your projects carefully and carry on!

Sagittarius (Nov. 22-Dec. 21)

Jealousy is an ugly disease. It seeps into the soul and rots it to the core. You don't always feel it, but when you do it hits like a Mac truck. It may be that a friend appears to have it all: the beer, a dog, a truck, and a super cute girlfriend. But keep in mind that appearances are deceiving. You don't always get to see the whole picture. You only see the surface of the situation. Focus on yourself and work toward your goals. Do it now!

Capricorn (Dec. 22-Jan. 19)

The upcoming election may have you pretty fired up, but don't let it interfere with your life. This is true in politics and in many social settings. Develop a stronger sense of emotional wellness. It's up to you to live according to your own dreams and values. Only you can be the best you can be—therefore, only you can determine your future. Stop the blame game and be your most authentic self today.

Aquarius (Jan. 20-Feb. 18)

Written by Gallupsun Staff
Friday, 01 July 2016 06:26

Your dreams are big and your hope is stronger. But developing a life that's worth living requires more than just a daydream. It requires a little action. Your plans are already well thought out. You've agonized over it. You likely have a B, C, and possibly Z option already planned. It's healthy to take a little risk when you know you're ready. The only risk is realizing you never accomplished your dreams or lived the life you wanted.

Pisces (Feb. 19-March 20)

Don't be an ass! If you're grandkids or nephews come to visit, don't water down the juice. And don't complain about what they eat. Food is expensive, but that's no excuse. Generosity is the ability to share what you have graciously. Remember this sage advice from Tony Robins: "If you're not generous with 10 cents out of a dollar, you won't be generous with a thousand out of a million." Don't dream about being rich. Dream about being generous. You'll live longer and be happier.