5 Strategies for Saturn Mastery
by Tony Howard
A Saturn cycle can simply make us aware of the passage of time. But in doing so, it often makes us aware of how we have spent our time leading up to this moment. Saturn requires us to learn how to manage our time, and how to prioritize our goals so that we can get results in the areas we do want to focus our energy on.
Time Mastery Tip: STRATEGIC PLANNING

Choose the top one to three things that will have the greatest impact towards your goals.

We set ourselves up for success when we map out the road ahead, with the main goal at the end. Having an end-goal isn’t enough. We need fill in the map with all of the roads we need to take on the way to that goal.

“Tell me, what is it you plan to do with your one wild and precious life?” - Mary Oliver
SATURN STRATEGY #2
FACE THE FACTS

“Truth is the only safe ground to stand on.” - Elizabeth Cady Stanton

With this strategy, Saturn compels us to put down the rose-colored glasses for a minute and face the facts. There’s a time and place for rose-colored glasses, but not so much during a Saturn time.
SATURN STRATEGY #3
COMMITMENT

This third Saturn strategy is important to actualizing Saturn energy. When we make a commitment to something, or to someone, we catalyze Saturn energy. We create a feeling of stability and solidity energetically by setting our intention.

Interest isn’t the same thing as commitment. We can have ideas and dreams, or be interested in something. But until we set our intention and make a commitment to the thing, Saturn energy isn’t activated.

“Sheunless commitment is made, there are only promises and hopes but no plans.” - Brian P. Moran
SATURN STRATEGY #4  
CONSISTENCY and REGULAR EFFORT

Long-term results are created by the actions you take every day. To be consistently effective, your daily actions need to align with your long-term vision, strategies, and tactics.

“The steady drip of water causes stone to hollow and yield.”
- Lucretius, De Rerum Natura
SATURN STRATEGY #5
ACCOUNTABILITY

Without measurement, we couldn’t track our success or failure. And this includes taking stock of our achievements and appreciating milestones. In work and creative endeavors, keeping score lets us know if our actions are being effective.

Set up regular check-in intervals to evaluate your progress (without emotion or negative judgment), and then continue working towards your goal.

“Accountability is not consequences, it’s ownership.” -Brian P. Moran
HIGH OCTANE LESSON: FACING ADVERSITY WITH RESILIENCE

Saturn can correlate with times of difficulty and hardship that truly test our limits.

We’re not in control of much that happens to us. It’s how we respond that makes us who we are. Even if we initially respond poorly to adversity, every day we get another chance to improve and show up with our best self.

“There is a clear pattern among the women and men who demonstrate the ability to rise strong from hurt of adversity - they reckon with emotion.” - Brene Brown
Thanks for joining our mailing list!

Visit www.astrologyuniversity.com to browse our courses, webinars and summits.

Read Tony’s blog

Browse Tony’s webinars