



THE VENUS STANDARD

The October Spell ⁺

THE HALLOWEEN EDITION

A beautifully practical autumn spellbook for your real life.



MONEY • BEAUTY • LIFE • CULTURE



OCTOBER 2026 / COMPLIMENTARY EDITION

FROM THE EDITORS

A little magic.

A lot of agency.

October invites a little drama: velvet evenings, leaves falling like confetti, candles, stories and the delicious possibility of choosing something new.



But here is our promise: you do not need a spell to change your life. You need clarity, thoughtful tools and an action small enough to take amid the life you already have.

HIGHER STANDARDS. NOT HIGHER PRESSURE.

This workbook is not a test of how much you can accomplish. Use every page or just one. The aim is to feel more informed, more supported and more at home in your own choices.

Let October be beautiful. Let it also be useful.

WITH WARMTH AND A LITTLE MISCHIEF,

The Venus Editors

YOUR FIELD GUIDE

Choose your own magic

A good tool is one you actually return to.

05

MINUTES

Start with your October Compass, then choose one tiny change.

20

MINUTES

Try the Money Lantern and the Invisible List.

60

MINUTES

Take one tool from each of the four Venus pillars.

FIND WHAT YOU NEED

YOUR COMPASS	04	MONEY	07
BEAUTY	13	LIFE	17
CULTURE	22	OCTOBER CALENDAR	25
HALLOWEEN RITUAL	29	YOUR VERDICT	32

Type into the pale fields in a compatible PDF reader, or print and write. Save your own copy. Nothing you enter is sent to Venus.

THE VENUS PRACTICE / 01

Your October Compass

Four pillars. One meaningful next step.

Begin with what is true, not what a perfect October should look like. Give each pillar one sentence; then choose where your attention can make the biggest difference.

MONEY

What deserves clarity?

BEAUTY

What would help you feel more like yourself?

LIFE

What could become lighter?

CULTURE

What have you been curious about?

YOUR ONE PRIORITY

IF ONLY ONE THING CHANGED, I WOULD CHOOSE...

A useful priority passes this test: it matters, it is within your influence, and a next step is possible within seven days.

THE VENUS PRACTICE / 02

The Spell of Less

Not every demand deserves a permanent place in your life.

Mental load often includes more than doing a task: noticing, remembering, deciding and following up. Name the hidden work before deciding what changes.

REPEAT e.g., checking the same household supply every week

DECIDE e.g., being the default person for every appointment

REMEMBER e.g., keeping the family calendar in your head

CARRY e.g., worrying whether a task will get done

ONE TASK I WILL CHANGE

THE VENUS PRACTICE / 03

Your Permission Slip

A boundary becomes useful when you can say it aloud.

AT WORK

"I can deliver X by Friday; Y needs another owner or deadline."

AT HOME

"I can manage A. I need you to fully own B, including reminders."

WITH FAMILY

"I would love to see you, but that time does not work for us."

WITH YOURSELF

"I am choosing not to add another commitment this month."

WRITE YOUR OWN**THE REQUEST OR EXPECTATION****THE KIND, CLEAR SENTENCE I WILL USE**



CHAPTER I

Money

Clarity before choices.
Confidence without shame.

Give your money a
direction.

MONEY / THE CLARITY TOOL

The Money Lantern

A 30-day snapshot you can actually use.
We begin with a simple truth: you do not need a sophisticated financial plan to get oriented. You need a credible estimate of what comes in, what must go out and what you can choose.

AN ILLUSTRATIVE EXAMPLE (NOT YOUR NUMBERS)

Money expected in	\$5,000
Essential bills and variable needs	- \$3,300
Known one-offs this month	- \$400
Planned savings or goals	- \$500
Estimated breathing room	\$800

THE VENUS INSIGHT

A positive figure is not automatically spending money. It may need to cover forgotten expenses, an irregular bill or a goal not yet included. A negative figure is information, not a personal failure: the next step is identifying what can change or what help to seek.

For general education only. Real cash flow can differ from estimates; use actual due dates and account balances for decisions.

MONEY / YOUR TURN

Your 30-Day Snapshot

Estimates are welcome. Mark uncertain numbers to verify.

MONEY COMING IN

Pay, benefits, freelance, other deposits

ESSENTIAL SPENDING

Housing, groceries, care, transportation, minimum payments

KNOWN ONE-OFF COSTS

Gifts, school fees, repairs, upcoming events

PLANNED SAVING AND GOALS

Transfers or intentional amounts set aside

MANUAL CALCULATION

Money in - essential spending - one-offs - planned saving = breathing room

MY ESTIMATED RESULT

ONE NUMBER TO VERIFY

Use the companion calculator for automatic math. This PDF keeps all answers on your own device.

MONEY / THE DECISION TOOL

The Cost of the Spell

A good discount is not automatically a good decision.
Before signing up, ask three questions: What does this solve? What will it cost over time? What else could those resources support?

CONSIDER THIS HYPOTHETICAL SUBSCRIPTION

Monthly price	\$18
Cost over 12 months	\$216
Additional setup or equipment	\$0
Time required	2 hours/month
Real value	Only if you use it

THE DECISION TEST

- 01

NEED

Will this solve a problem I actually have?
- 02

USE

When will I realistically use it?
- 03

TRADE-OFF

What could that money or time do instead?

THE VENUS STANDARD: VALUE BEFORE URGENCY.

MONEY / YOUR TURN

A Purchase Worth Making?

For the course, product, service or subscription calling your name.

THE ITEM OR COMMITMENT

ONE-TIME COST / TAX / DELIVERY

RECURRING COST / NUMBER OF MONTHS

WHAT WILL THIS GENUINELY IMPROVE?

WHAT AM I TRADING OFF - MONEY, TIME, ATTENTION, UPKEEP?

COULD I USE, BORROW, REPAIR, WAIT OR CHOOSE AN ALTERNATIVE?

THE VENUS VERDICT

☐ Worth it now

☐ Worth it later

☐ Not worth it

MY NEXT STEP (WITH A DATE IF I AM WAITING)

MONEY / THE ACTION TOOL

Your Prosperity Plan

One clear money move is more useful than a vague resolution.

Choose only one. You are building evidence that you can follow through, not collecting goals to feel behind on.

01

PRIORITY

e.g., verify a bill, automate a transfer, review a balance

02

THE SMALLEST ACTION

e.g., open the statement; email one question

03

WHEN IT WILL HAPPEN

e.g., after Monday lunch, before I open social media

IF LIFE GETS IN THE WAY

MY TWO-MINUTE BACKUP ACTION



CHAPTER II

Beauty

Personal expression. Pleasure.
Fewer, better choices.

Let it feel like you.

BEAUTY / THE EDIT

The Enchanted Cabinet

Enjoy what you own. Release what no longer serves.

Choose five items from skincare, fragrance, makeup, clothing or your home. Be practical: expired products and unsuitable items are not obligations to finish.

KEEP: love and use | FINISH: still good, use first | GIFT: appropriate to pass on | REPLACE: a genuine gap

	ITEM OR ROUTINE	YOUR DECISION
01		
02		
03		
04		
05		

ONE SMALL EXPERIMENT

BEAUTY / THE IDENTITY TOOL

The Mirror Test

Style is an expression, not a standard you must meet.

THREE WORDS I WANT TO FEEL IN MY CLOTHES

AN OUTFIT THAT ALREADY MAKES ME FEEL LIKE MYSELF

ONE PIECE I CAN REDISCOVER OR RESTYLE



YOUR RELIABLE TEN-MINUTE OUTFIT FORMULA

BASE (E.G., TROUSERS + KNIT)

LAYER

SHOES

FINISHING TOUCH

A GREAT PERSONAL STYLE MAKES YOUR REAL LIFE EASIER.

BEAUTY / THE SEVEN-MINUTE RITUAL

The Sensory Reset

A small, luxurious pause using what you already have.

No shopping list. No ideal morning routine. Set a timer for seven minutes and choose a gentler pace.

01

ARRIVE

Put the phone down. Sit or stand comfortably. Notice your surroundings.

02

SCENT

Notice a comforting scent: tea, soap, perfume, or fresh air.

02

TOUCH

Wrap yourself in a soft texture or warm your hands around a cup.

01

SOUND

Play a song you love, or enjoy a minute of silence.

01

CHOOSE

Ask: what would make the next part of today a little kinder?

ONE PLEASURE I WANT TO REPEAT THIS OCTOBER



CHAPTER III

Life

Less invisible labour. Clearer boundaries. Better support.

You may put something down.

LIFE / THE INVISIBLE LIST

See it. Share it. Simplify it.

One responsibility, one new owner, one next step.
You should not have to manage a task and then manage someone else managing it. Real delegation includes remembering, deciding, doing and following through.

A FILLED-IN EXAMPLE

INVISIBLE TASK	Scheduling routine appointments
WHO NOTICES?	Me
NEW OWNER	A partner or another capable adult
WHAT OWNERSHIP MEANS	They book, confirm, calendar and reschedule
HANDOFF DATE	This Friday

THE FOUR DECISIONS

KEEP	Only I can do it, and it matters.
SHARE	Someone else can own the whole task.
SIMPLIFY	A good-enough version will do.
STOP	It does not justify its cost.

Your Invisible List

Transfer the responsibility, not merely the work.

01

TASK I KEEP CARRYING

KEEP / SHARE / SIMPLIFY / STOP

NEW OWNER / NEXT STEP

02

TASK I KEEP CARRYING

KEEP / SHARE / SIMPLIFY / STOP

NEW OWNER / NEXT STEP

03

TASK I KEEP CARRYING

KEEP / SHARE / SIMPLIFY / STOP

NEW OWNER / NEXT STEP

04

TASK I KEEP CARRYING

KEEP / SHARE / SIMPLIFY / STOP

NEW OWNER / NEXT STEP

THE CONVERSATION STARTER

“I have been keeping track of this. Can we agree who owns it from beginning to end, including remembering and follow-up?”

LIFE / THE REFRAME

Uninvite the Ghosts

A question is sometimes more helpful than a harsh inner verdict.

EXAMPLE

Old thought: "If I ask for help, I am failing."

Fairer view: "Support makes the work sustainable."

Next action: Ask for one specific thing by Wednesday.

THE STORY

What am I telling myself?

THE FACTS

What evidence do I actually have?

A FAIRER POSSIBILITY

What else could reasonably be true?

MY NEXT KIND ACTION

What can I do, ask, or stop?

This is a reflection tool, not therapy. If distress is persistent or overwhelming, consider professional support.

LIFE / THE HUMAN NETWORK

Your Circle of Support

Strong women deserve good support, not endless solo problem-solving.

Different needs call for different forms of help. Start with one conversation or one appropriate professional.

PRACTICAL

Childcare, errands, household tasks, administration

EXPERT

Financial, legal, clinical or other professional questions

EMOTIONAL

A person who can listen or offer perspective

DELIGHT

Company for art, movement, beauty, play or culture

MAKE THE ASK PRECISE

PERSON / PROFESSIONAL / EXACT REQUEST / WHEN I WILL REACH OUT

THE VENUS NETWORK / Our commitment to connecting women with relevant human expertise when it matters.



CHAPTER IV

Culture

Stories, art, conversations and small adventures.

Wonder belongs on the calendar.

CULTURE / THREE DOORS TO OPEN

The October Culture Edit

A little discovery, with no obligation to keep up.

These are invitations, not assignments. Choose one - or follow an entirely different curiosity.

READ / A CLASSIC

Frankenstein · Mary Shelley

A novel about creation, responsibility, loneliness and what happens when someone refuses to care for what they have made.

Notice: What makes a person feel seen - or monstrous?

WATCH / THE SEASON

Practical Magic · 1998

Sisterhood, romance and the mythology of the witch; an atmospheric choice for an October evening.

Notice: Which parts of the story treat independence as power?

LOOK / AN ARTIST

Hilma af Klint

Explore her abstract paintings online or in a library book, then choose one work to spend five uninterrupted minutes with.

Notice: What do you notice before trying to interpret it?

Recommendations are editorial selections, not paid placements. Availability of books and films differs by location.

CULTURE / YOUR PERSONAL EDIT

A Month of Wonder

Collect four interesting moments, not four more obligations.

01

READ

One story, essay, book or article worth your attention

02

GO

A market, museum, neighbourhood, walk or exhibit

03

ASK

A conversation beyond the usual script

04

MAKE

A dinner, arrangement, playlist, note or tiny work of art

MAKE ONE OF THEM REAL

THE OCTOBER CALENDAR

31 Chances to Choose

Circle what matters. Leave enough white space for living.

SUN	MON	TUE	WED	THU	FRI	SAT
				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	31 HALLOWEEN

YOUR THREE OCTOBER ANCHORS

01

02

03

THE FIVE SMALL CHAPTERS

Week by Week

Thirty seconds of clarity beats a perfect new routine.

O1

OCT 01 - 07

Choose

What would make this month feel more like yours?

O2

OCT 08 - 14

Simplify

Which recurring friction can you make smaller?

THE FIVE SMALL CHAPTERS

Notice & Expand

No perfect weeks. Just moments worth noticing.

03

OCT 15 - 21

Nourish

Which tiny experience has restored your energy?

04

OCT 22 - 28

Expand

What did you try, learn or discover?

THE FIVE SMALL CHAPTERS

The Closing Chapter

The last three days still belong to the month.

05

OCT 29 - 31 / INTEGRATE

What will you carry into November - and what can stay in October?

WHAT A GOOD MONTH CAN LOOK LIKE

- ☐ One clearer number or decision
- ☐ One less recurring obligation
- ☐ One more beautiful everyday experience
- ☐ One cultural discovery or meaningful conversation

This is not a checklist of things you owe yourself. It is a menu of possible wins.



THE VENUS RITUAL

Halloween Night

OCTOBER 31 / A SYMBOLIC RESET

The most useful ritual ends with a real-world step.

HALLOWEEN / OCTOBER 31

Release. Invite. Act.

A reflective ritual with no special supplies and no supernatural claims.

01**ARRIVE**

Put your phone down. Take three easy breaths.

Optional: make tea, dim the lights, play a song.

02**RELEASE**

What expectation or obligation can you set down?

03**INVITE**

What quality would you like more of in November?

04**ANCHOR**

What concrete action will you take in 48 hours?

The symbolism is yours to define. You do not need to perform, believe or buy anything to benefit.

NOVEMBER 01 - 07 / OPTIONAL CONTINUATION

Make Magic Repeatable

The end of October can be the start of a small experiment.

Choose a tiny action. Notice what changes. If you miss a day, nothing is broken - return when you can.

MY ONE-WEEK EXPERIMENT

IF (TIME OR SITUATION)... THEN I WILL...

LIKELY OBSTACLE

TWO-MINUTE BACKUP PLAN

SEVEN ATTEMPTS, NOT SEVEN PERFECT DAYS

I

1

2

3

4

5

6

7

WHAT DID I LEARN ABOUT WHAT ACTUALLY HELPS?

THE VENUS VERDICT

A Richer Month

No grade. No scorecard. Just what was worth it.

WHAT BECAME LIGHTER?

A task, expectation or source of friction

WHAT EARNED ITS PLACE?

A person, purchase, choice, activity or ritual

WHAT AM I LEAVING BEHIND?

An obligation, habit or story

WHAT WILL I DO NEXT?

One action with a date or reliable trigger



UNTIL NEXT MONTH

Keep the magic. Keep your discernment.

A rich life is not one perfect month after another. It is built through clearer choices, meaningful pleasure, thoughtful support, and the beautiful things that deserve room to stay.

See you in November.

THE VENUS STANDARD

IMPORTANT NOTES

Your Pages. Your Pace.

A few things worth knowing before you begin.

PRIVACY

Your answers remain in the file saved on your device. Filling these PDF form fields does not submit information to The Venus Standard. Choose a secure place to store private information.

HOW TO USE IT

For best results, open in a PDF reader that supports AcroForm text fields and checkboxes. Some browser and mobile previews do not preserve completed forms. Test saving one answer before filling out the whole workbook. You can also print and write by hand.

SCOPE OF ADVICE

This workbook provides general information and reflective exercises, not individualized financial, legal, medical or mental-health advice. For decisions requiring professional judgment, consult an appropriately qualified person.

IMAGE & EDITORIAL CREDITS

Original editorial imagery for this edition was created for The Venus Standard with AI assistance. Editorial guidance and activities were developed for this publication. Cultural selections are independent and not sponsored.

Higher standards. Not higher pressure.

THEVENUSSTANDARD.COM