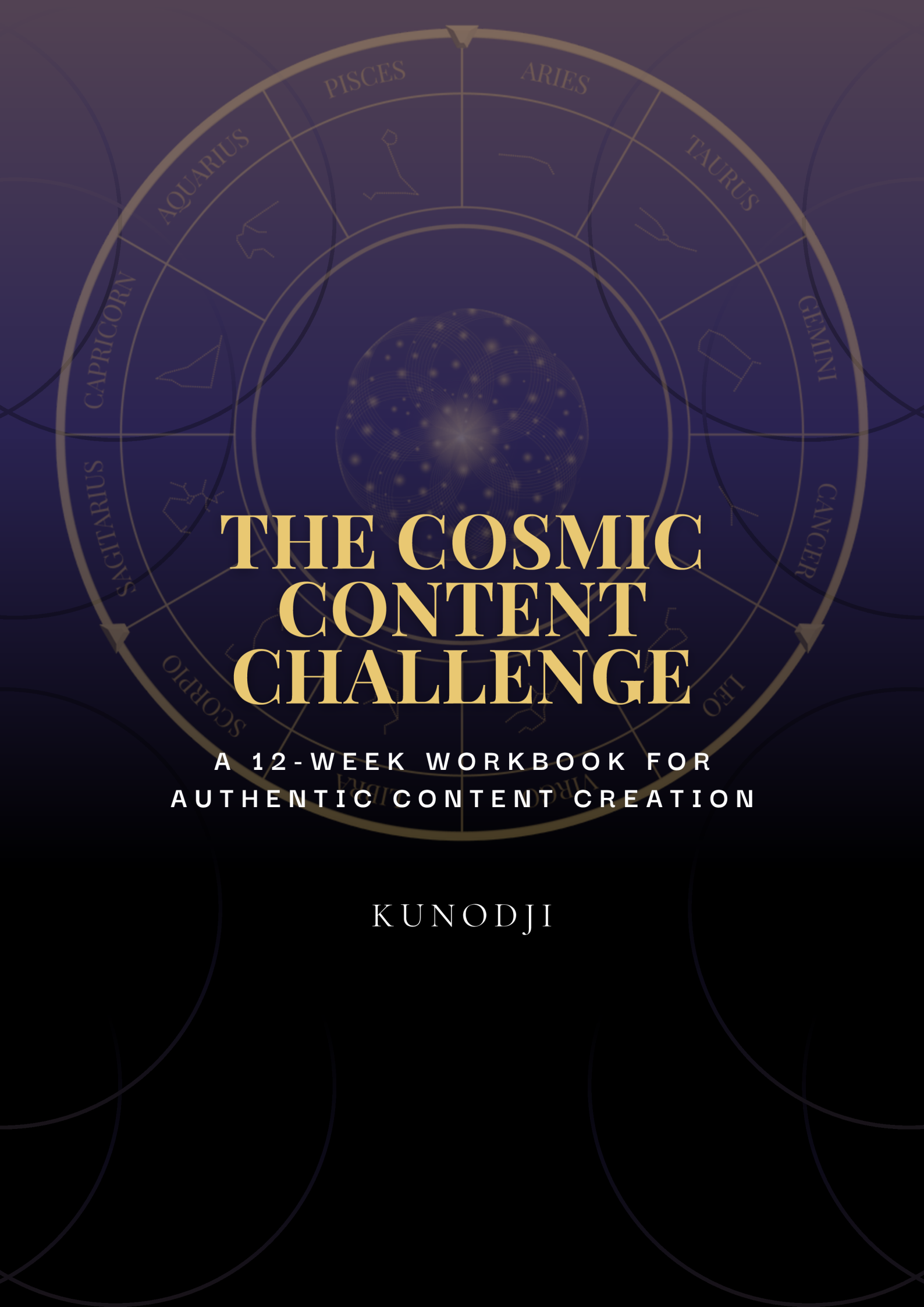




THE COSMIC CONTENT CHALLENGE

A 12-WEEK WORKBOOK FOR
AUTHENTIC CONTENT CREATION

KUNODJI



How to Start

Start any Monday, or if you decide in the middle of the week, get today's planet and keep going. Do just one insignificant action a day. Read the prompt, do the action, and write one line in the notes. Share one weekly win at the most. Put it on your social media or tell your friend. Small wins accumulate fast.

What you need:

- 15–20 minutes a day
- One platform to focus on
- This workbook, a pen, and your phone

How to use each page:

- Read the daily cue.
- Do the micro-action.
- Check the box. Write one line in "Notes."
- At the end of the week, do the short review.

If you miss a day:

No guilt. Rejoin today's planet. Optional catch-up on Sunday review.

Track and celebrate:

- Use the Progress Tracker.
- Print the Weekly Planner.
- Share your win on Fridays.

Go deeper

Want the "why" behind each step? Get the full book at astrofluence.com.



Welcome to your 12-week challenge to uncover your true tone

Here's the flow you'll move through in the weeks ahead:





YOURPAGE DAILYDRAFT

What you learn this week.

Foundation - Coming home to your cosmic nature

WEEK FOCUS

This week, your task is simple: notice the difference between performing and being real. Pay attention to how different kinds of posts feel in your body and energy. Authenticity isn't about effort — it's about alignment.

YOUR COSMIC CONTEXT

Your Sun shows how you naturally want to express yourself, your Rising reveals how others first see your work, and your Moon reflects the emotional truth that makes sharing feel nourishing. This week, you'll practice noticing which posts feel aligned with your essence and which feel like performance.

THIS WEEK'S JOURNEY

MONDAY



Emotional Tracking

TUESDAY



Bold Expression

WEDNESDAY



Clear Communication

THURSDAY



Expansive Truth

FRIDAY



Beautiful Connection

SATURDAY



Boundary Setting

SUNDAY



Pure Authenticity

WEEKLY REFLECTION

What post felt truest to who I am this week?

Example: On Tuesday, I shared an unfiltered thought about why I dislike content formulas. It felt raw but honest, and the responses were more heartfelt than usual.



Today ∩ What you learn.



TODAY PLANET ENERGY

Each day is guided by the energy of its ruling planet. Think of it as today's "tone": emotions, action, clarity, growth, beauty, structure, or authenticity.

TODAY'S MICRO-ACTION

Every day comes with one small practice to bring the energy into your content. This could be writing from your emotions, sharing an unfiltered truth, teaching something simple, or celebrating beauty. Keep it light: 10-15 minutes is enough.

REFLECTION SPACE

My 3 emotion words today:

Calm, curious, and hopeful. I felt settled but also open to new ideas. There was a quiet sense that something good could grow from small steps.

What wants to be shared from this feeling:

A reminder that small progress really matters. I wanted to share how one small action can ripple outward into something meaningful. It felt like the kind of message that could reassure someone who's rushing or doubting themselves.

How this feels different from my usual content planning:

Normally I brainstorm based on strategy or trends, but this came directly from my inner state. Instead of forcing a topic, I let my emotions lead the idea. It felt lighter, more authentic, and much easier to write.