

While you enjoy Martin Luther King Jr. Day, also take a moment to walk outside and experience the “Super Wolf Full Moon.” This full moon is special because it will appear larger than usual as it reaches its peak closest to Earth. 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. Easily, anyone can 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)

Don't hurry toward your own death. Take a moment to enjoy all of life's offerings, like joy! Death comes for us all, of course. It's the one guarantee. The choice we each have, and that so many of us ignore, is to choose to truly live while we are still alive. Live your life, with death in mind, but also and especially with the gratitude of the gift of even the toughest of days and trials.

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 you.

Cancer (June 21-July 22)

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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, at least not as much as our physical health is. 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 butt. 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. Here's a little nugget for your consideration: We are all here on this sweet planet only briefly, and of all the billions of folks who have or will exist, only the ones here, too, with you are sharing this particular slice of time. Be grateful for even the annoying ones. We are all just trudging along as best as we can.

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

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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, but we must be willing and able to unfold them. 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 a perfectionist. You might think sloppy people can't be perfectionists, but this simply 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. Remember, life is fleeting, and we oughtn't float through it without some thought and gratitude. Remembering that you have or have had high hopes and lofty dreams is a good way to take a step toward truly living.

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 JANUARY 21

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They are neither good nor bad. They are just like you — they are.