

CONNECT WITH THE NEW MOON

Name:

Date:

Mantra:

Current feelings:

What goals are you setting
for the next lunar cycle?

What steps can you take to
achieve your goals?

What kind of thoughts and affirmations
will you need to align with your goals?

What will you feel once you've
manifested your wishes?

CONNECT WITH THE WAXING CRESCENT MOON

Name:

Date:

Mantra:

Current feelings:

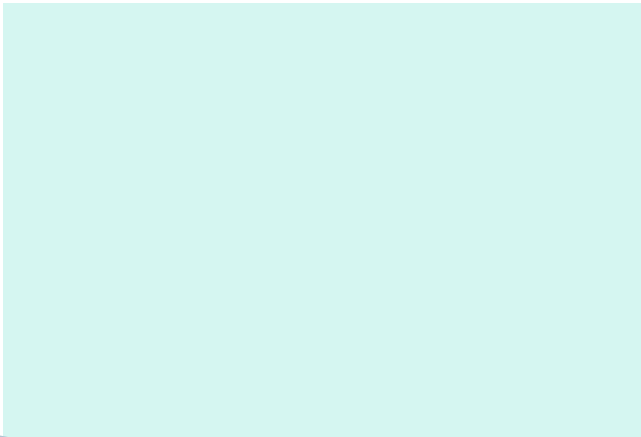
What are you trying to attract
more of into your life?



What steps have you taken
to reach your goals?



What kind of thoughts and affirmations
will you need to align with your goals?



How can you grow and enhance
yourself with your intention?



CONNECT WITH THE FIRST QUARTER MOON

Name:

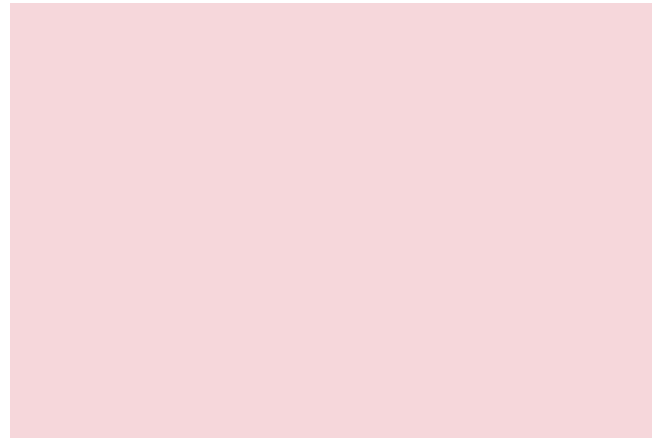
Date:

Mantra:

Current feelings:

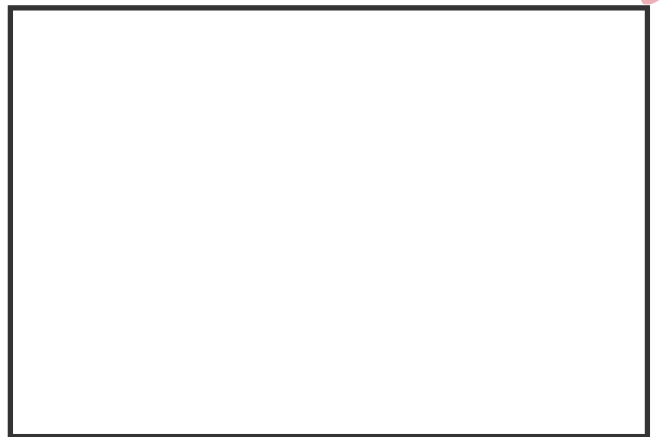
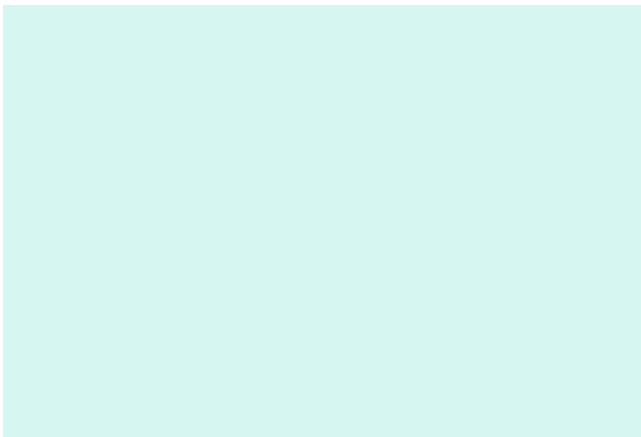
How are you motivating yourself
to accomplish your goals?

Do you feel motivated or are
you lacking the enthusiasm?



What kind of thoughts and affirmations
will you need to align with your goals?

How can you give yourself that extra
boost to manifest your intentions?



CONNECT WITH THE WAXING GIBBOUS MOON

Name:

Date:

Mantra:

Current feelings:

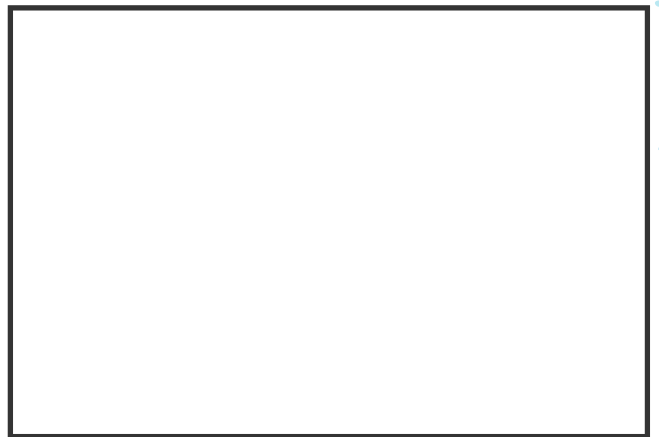
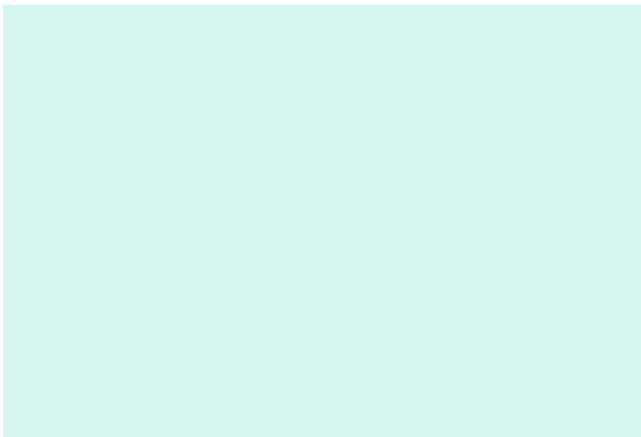
How can you refine your intentions before bringing them to fruition?

Have you done any self reflection on your goals?



What kind of thoughts and affirmations will you need to align with your goals?

Which goals are near completion?






CONNECT WITH THE FULL MOON

Name:

Date:

Mantra:

Current feelings:

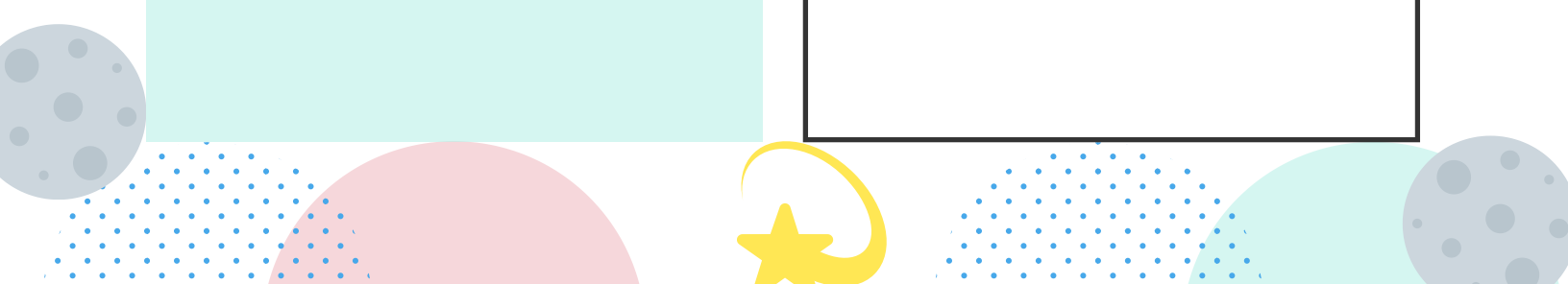



What have you manifested? What achievements make you feel proud?

What is no longer serving you? What can you release or forgive?

What is no longer serving you? What can you release or forgive?

What intentions are you making with this Full Moon?



CONNECT WITH THE WANING GIBBOUS MOON

Name:

Date:

Mantra:

Current feelings:

Are you happy where you
are with your goals?

What kind of negativity can
you remove from your life?

Are there any roadblocks between you
and your goals?

Do you need to do anything else
to manifest your intentions?

CONNECT WITH THE LAST QUARTER MOON

Name:

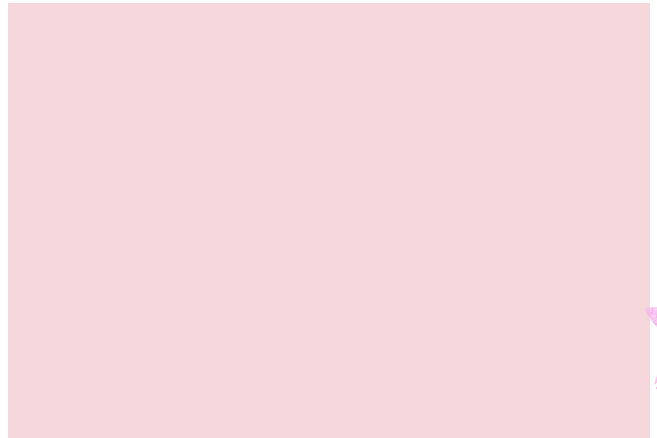
Date:

Mantra:

Current feelings:

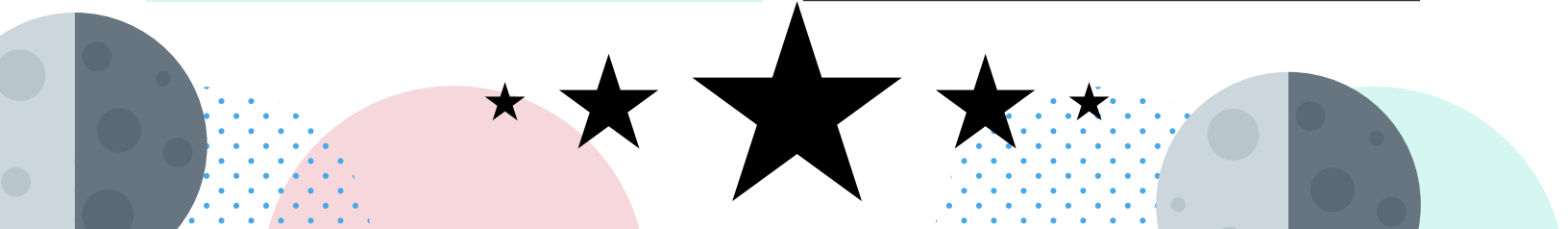
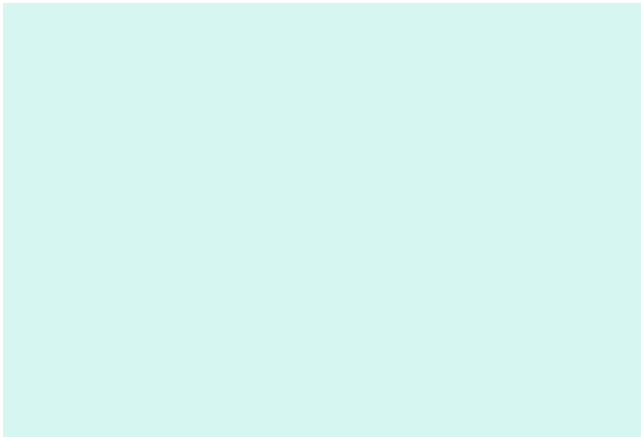
Is there anything negative you
could banish?

Do you have any negative
habits you could let go of?



Do you feel aligned with your goals?
Have you reached them?

Are there any toxic people you
could cut ties with?



CONNECT WITH THE WANING CRESCENT MOON

Name:

Date:

Mantra:

Current feelings:

How can you rest and heal yourself?

Has anything changed from the lunar cycle? Has anything not changed?



What have you learned from this lunar cycle?

How can you focus on yourself within?

