



Moon Journal: New & Full Moon Reflection Pages

Simple prompts to begin and reflect with the lunar cycle, 10 minutes at a time.

NEW MOON INTENTION SETTING

What would you like to begin this lunar cycle?

Why does this matter to you right now?

What is one small first step you can take?

What might get in the way, and how will you handle it?



Full Moon Reflection

What has grown or changed since the new moon?

What are you most grateful for right now?

What feels complete and ready to release?

What do you want to carry into the next cycle?



The 8 Moon Phases

New Moon

Waxing Crescent

First Quarter

Waxing Gibbous

Full Moon

Waning Gibbous

Third Quarter

Waning Crescent
