New Moon & Full Moon Ritual Journal

Set an intention at the new moon and release it at the full moon.

CHOOSE A NEW MOON RITUAL

- [ ] Write your intention on a small piece of paper
- [ ] Light a candle and sit quietly for five minutes
- [ ] Take a slow bath or shower with the lights low
- [ ] Make a cup of tea and sip it without screens
- [ ] Step outside and look up at the night sky
- [ ] Read your intention out loud, once
- [ ] Draw one tarot card for the cycle
- [ ] Set out a glass of water overnight
- [ ] Tidy one small corner of your room
- [ ] Write a short note to your future self

New Moon: Set an Intention

What do I want to invite into this cycle?

Why does this matter to me right now?

One small step I can take this week:

A word or phrase for this lunar cycle:

Full Moon: Reflect and Release

What has grown since the new moon?

What am I ready to release?

What did I learn about myself this cycle?

One thing I want to carry forward: