Full Moon Release Journal & Prompts

Six reflection prompts, a release checklist and a year of full moon names to note.

FULL MOON RELEASE JOURNAL PROMPTS

What feels heavier than it did a month ago?

Which habit or worry am I ready to set down?

What did I learn about myself this lunar cycle?

Who or what do I need to forgive, including myself?

What am I holding that belongs to someone else?

What would feel lighter if I let it go tonight?

A Simple Release Ritual Checklist

- [ ] Choose one quiet hour after sunset
- [ ] Write one worry on a small slip of paper
- [ ] Read each prompt and answer in one sentence
- [ ] Circle the one line that feels most true
- [ ] Say it out loud once, then fold the paper
- [ ] Name one boundary I want to keep this month
- [ ] Clear one small space in my home
- [ ] Thank the habit for what it taught me
- [ ] Close the journal and blow out the candle

NOTES

Full Moon Names Through the Year

January Wolf Moon

February Snow Moon

March Worm Moon

April Pink Moon

May Flower Moon

June Strawberry Moon

July Buck Moon

August Sturgeon Moon

September Harvest Moon

October Hunter's Moon

November Beaver Moon

December Cold Moon