Moon Phase Planner: A Monthly Lunar Cycle Worksheet

Plan a small intention for each of the eight phases, then reflect at the end of the cycle.

YOUR MONTHLY MOON PHASE PLANNER

New Moon: Set an intention

Waxing Crescent: Take a first step

First Quarter: Make a decision

Waxing Gibbous: Refine and adjust

Full Moon: Notice what is working

Waning Gibbous: Share and give thanks

Third Quarter: Review and release

Waning Crescent: Rest and reset

Plan the Month by Lunar Phase

What do I want to begin this cycle?

Which small step can I take this week?

What am I ready to release?

Where do I need more rest?

What would make this month feel gentle?

End-of-Cycle Reflection

What felt easier this cycle than last?

What did I learn about my energy?

What will I carry into the next cycle?