

Full Moon Worksheet

This full moon I am feeling...

A challenge or obstacle I have faced over the past month is...

What happened over the past month that I am grateful for?

What can I let go of or release?...

If I let go of the above I will have more space for...

From now I will...

New Moon Worksheet

This month I want to feel...

In my life right now I want more...

My intention for this month is...

Something I will stop doing to make space for what I want is...

Something I will start doing to support my intention is...

To take care of myself this month I will...
