

# CONNECT WITH THE NEW MOON

Name:

Date:

Mantra:

Current feelings:

What goals are you setting  
for the next lunar cycle?

What steps can you take to  
achieve your goals?

What kind of thoughts and affirmations  
will you need to align with your goals?

What will you feel once you've  
manifested your wishes?

# CONNECT WITH THE WAXING CRESCENT MOON

Name:

Date:

Mantra:

Current feelings:

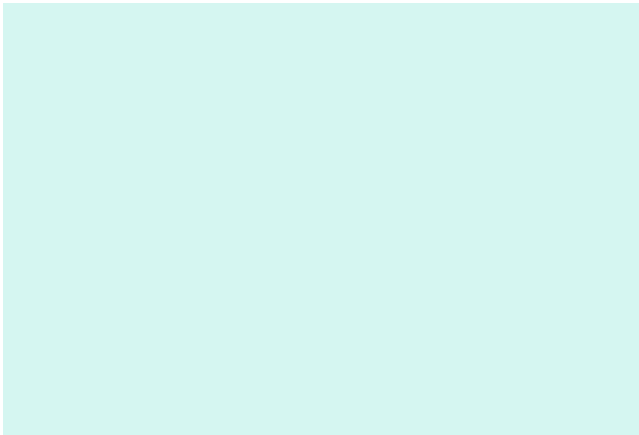
What are you trying to attract  
more of into your life?



What steps have you taken  
to reach your goals?



What kind of thoughts and affirmations  
will you need to align with your goals?



How can you grow and enhance  
yourself with your intention?



# CONNECT WITH THE FIRST QUARTER MOON

Name:

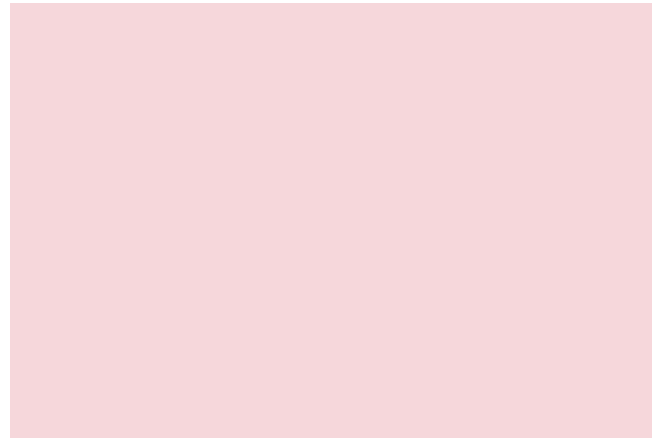
Date:

Mantra:

Current feelings:

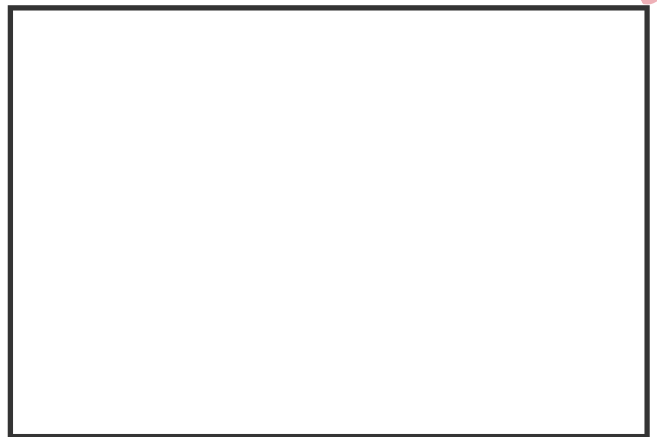
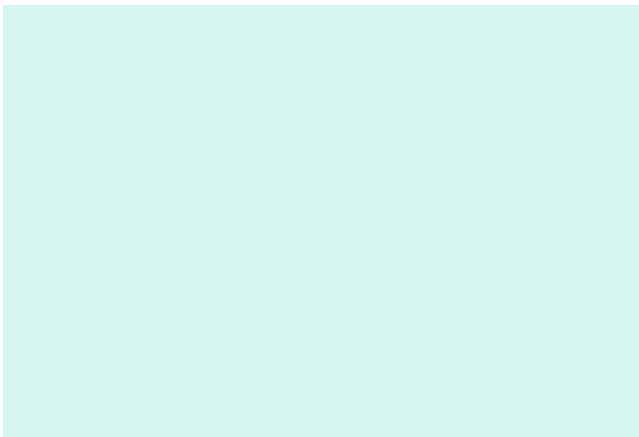
How are you motivating yourself  
to accomplish your goals?

Do you feel motivated or are  
you lacking the enthusiasm?



What kind of thoughts and affirmations  
will you need to align with your goals?

How can you give yourself that extra  
boost to manifest your intentions?



# CONNECT WITH THE WAXING GIBBOUS MOON

Name:

Date:

Mantra:

Current feelings:

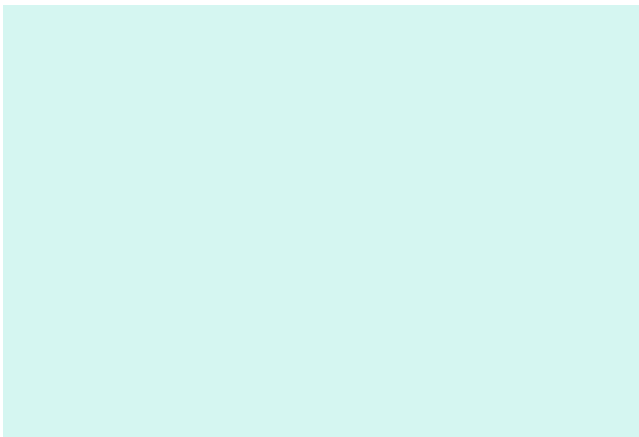
How can you refine your intentions  
before bringing them to fruition?

Have you done any self  
reflection on your goals?



What kind of thoughts and affirmations  
will you need to align with your goals?

Which goals are near  
completion?






# CONNECT WITH THE FULL MOON

Name:

Date:

Mantra:

Current feelings:

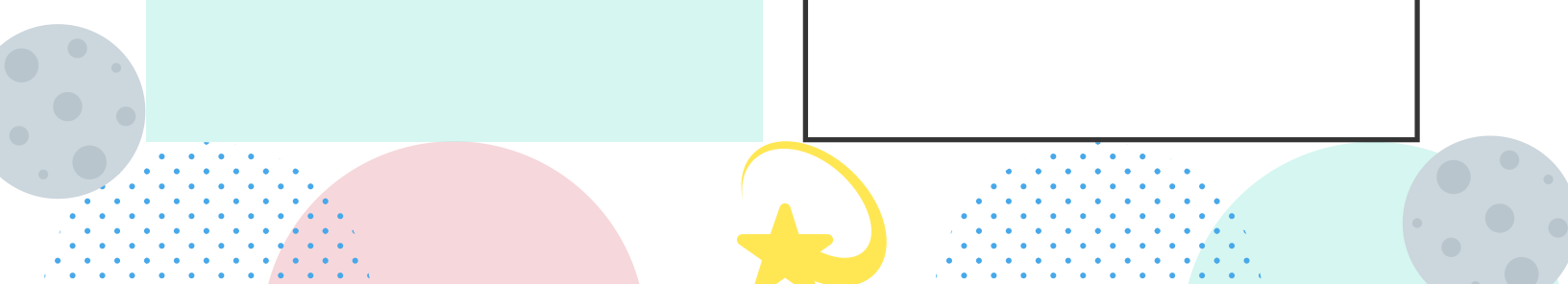


What have you manifested? What achievements make you feel proud?

What is no longer serving you? What can you release or forgive?

What goals can come to fruition this Full Moon?

Do any of your goals need another moon cycle before manifesting?



# CONNECT WITH THE WANING GIBBOUS MOON

Name:

Date:

Mantra:

Current feelings:

Are you happy where you  
are with your goals?

What kind of negativity can  
you remove from your life?

Are there any roadblocks  
between you and your goals?

How has reflection reevaluated  
your goals and intentions?

# CONNECT WITH THE LAST QUARTER MOON

Name:

Date:

Mantra:

Current feelings:

Is there anything negative  
you could banish?

Do you have any negative  
habits you could let go of?

Do you feel aligned with your goals?  
Have you reached them?

Are there any toxic people you  
could cut ties with?



# CONNECT WITH THE WANING CRESCENT MOON

Name:

Date:

Mantra:

Current feelings:

How can you rest  
and heal yourself?

Has anything changed from the lunar  
cycle? Has anything not changed?

What have you learned from  
this lunar cycle?

How can you focus on  
yourself within?