

# FULL MOON PLANNING • REFLECTIVE QUESTIONS + 2022 KEY DATES

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## FULL MOON

### Gratitude

What are you grateful for? What progress are you celebrating? Have you experienced any moments of synchronicity? What emotions are you feeling?

## WANING GIBBOUS MOON

### Connection

How can you express kindness to yourself and those around you? How can you share your experiences to better connect with those around you? How can you better connect with yourself?

## THIRD QUARTER MOON

### Release

Are you noticing any conflicts, habits, behaviors, or patterns of thought that you need to let go of? What do you want to carry forward with you and what do you want to gently release? Is there anything toward which you need to practice forgiveness?

## WANING CRESCENT MOON

### Rest

What do you need to allow yourself to fully rest and restore? How can you create an environment of gentleness, compassion, and healing? What reflections do you have during this lunar cycle?

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### Date & time (Eastern time):

January 17 @ 6:51 pm

February 16 @ 11:59 am

March 18 @ 3:20 am

April 16 @ 2:57 pm

May 16 @ 12:15 am

June 14 @ 7:52 am

July 13 @ 2:38 pm

August 11 @ 9:36 pm

September 10 @ 5:58 am

October 9 @ 4:54 pm

November 8 @ 6:02 am

December 7 @ 11:09 pm

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### Date range:

January 18 to 24

February 17 to 22

March 19 to 24

April 17 to 22

May 17 to 21

June 15 to 19

July 14 to 19

August 12 to 18

September 11 to 16

October 10 to 16

November 9 to 15

December 8 to 15

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### Date:

January 25

February 23

March 25

April 23

May 22

June 20

July 20

August 19

September 17

October 17

November 16

December 16

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### Date range:

January 26 to 31

February 24 to March 1

March 26 to 31

April 24 to 29

May 23 to 29

June 21 to 29

July 21 to 27

August 20 to 26

September 18 to 24

October 18 to 24

November 17 to 22

December 17 to 22

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