

FULL MOON PLANNING

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?

Date:

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?

Date range:

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?

Date:

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?

Date range: