

NEW MOON PLANNING • REFLECTIVE QUESTIONS + 2022 KEY DATES

NEW MOON

Dreams

What does your heart truly desire? How do you want to feel moving forward? What dreams, wishes, intentions, and goals do you want to manifest? What specific projects and tasks will you focus on during this lunar cycle?

WAXING CRESCENT MOON

Courage

What actions are you taking to align yourself with your dreams, wishes, intentions, and goals? How can you build courage and determination to follow through with your plans?

FIRST QUARTER MOON

Momentum

What challenges or obstacles do you anticipate will arise during this time? How will you overcome the challenges and obstacles in your path? Is there anything holding you back that you need to let go of? How can you continue to build momentum?

WAXING GIBBOUS MOON

Adaptability

Have your desires changed, and if so, how? What adjustments, tweaks, or refinements do you need to make to your intentions, goals, projects, and tasks? In what ways will you course correct or recommit to your dreams?

Date & time (Eastern time):

January 2 @ 1:35 pm

February 1 @ 12:49 pm

March 2 @ 12:38 pm

April 1 @ 2:27 am

April 30 @ 4:30 pm

May 30 @ 7:32 am

June 28 @ 10:53 pm

July 28 @ 1:55 pm

August 27 @ 4:16 am

September 25 @ 5:54 pm

October 25 @ 6:48 am

November 23 @ 5:57 pm

December 23 @ 5:17 am

Date range:

January 3 to 8

February 2 to 7

March 3 to 9

April 2 to 8

May 1 to 7

May 31 to June 6

June 29 to July 5

July 29 to August 4

August 28 to September 2

September 26 to October 1

October 26 to 31

November 24 to 29

December 24 to 28

Date:

January 9

February 8

March 10

April 9

May 8

June 7

July 6

August 5

September 3

October 2

November 1

November 30

December 29

Date range:

January 10 to 16

February 9 to 15

March 11 to 17

April 10 to 15

May 9 to 15

June 8 to 13

July 7 to 12

August 6 to 10

September 4 to 9

October 3 to 8

November 2 to 7

December 1 to 6

December 30 to January 5
