

**I AM INTIMATELY CONNECTED:
(RE)ALIGNING MYSELF WITH THE CYCLES OF THE YEAR**

A practical journal to help me (re)align with the cycles of the year and connect with my innate Wise Self. A way to build consistency, normalcy, and sense of belonging in an ever-changing human world. A chance to ground, check in, take action, and re-connect with what really matters on a consistent basis.

(Note: Print it out and make it your own! You can just write a few words or really dive into the prompts and let the pen flow! Doodle, add blank pages, do it with friends or solo. Be as simple or creative as you desire. This is your process!)

**2020
(BONUS!)**

**MARCH 24
NEW MOON**

Writing prompts:

How am I feeling as this cycle comes to an end?

Physically _____

Emotionally _____

Spiritually _____

What am I ready to let go of? What no longer serves me? _____

What am I open to being curious about? _____

What new intention do I set for this coming cycle? _____

Who are my allies at this time (humans, animals, plants, minerals, ancestors, etc)? _____

What am I calling in, welcoming in? _____

Positive affirmation: _____

How does this affirmation resonate in my body? Be specific. _____

APRIL 7

PINK MOON (SUPERMOON)

Writing prompts:

How am I feeling as this cycle reaches its peak?

Physically _____

Emotionally _____

Spiritually _____

What has shifted since the New Moon? _____

What did I let go of that no longer served me? _____

What did this enable me to receive and manifest? _____

Who are my allies at this time (humans, animals, plants, minerals, ancestors, etc)? _____

What is a concrete action I can take to continue moving forward in a positive way? _____

Positive affirmation: _____

How does this affirmation resonate in my body? Be specific. _____

APRIL 23

NEW MOON

Writing prompts:

How am I feeling as this cycle comes to an end?

Physically _____

Emotionally _____

Spiritually _____

What am I ready to let go of? What no longer serves me? _____

What am I open to being curious about? _____

What new intention do I set for this coming cycle? _____

Who are my allies at this time (humans, animals, plants, minerals, ancestors, etc)? _____

What am I calling in, welcoming in? _____

Positive affirmation: _____

How does this affirmation resonate in my body? Be specific. _____

MAY 1 BELTAIN

About half way between the Spring Equinox and Summer Solstice. Marks the shift into Summer. Also referred to as May Day. Beltain (or Beltane, Bealtaine) is the Gaelic term for this seasonal celebration that is acknowledged by many traditional cultures in the Northern Hemisphere.

Writing prompts:

How am I feeling as I enter the early stages of Summer?

Emotionally _____

Physically _____

Spiritually _____

What does fire symbolize to me? _____

What have I been working on or cultivating in my life that needs extra care, attention and protection right now so that it can come to fruition? _____

Are there any personal boundaries that I need to set, reconsider, re-set, re-state? _____

What is at least one specific action I can take to support this? _____

What aspects of my life might need their fire rekindled or stoked afresh? Think relationships, self-care routines, projects, commitments, livelihood, etc. _____

What is at least one specific action I can take to support this? _____

**MAY 7
FLOWER MOON (SUPERMOON)**

Writing prompts:

How am I feeling as this cycle reaches its peak?

Physically _____

Emotionally _____

Spiritually _____

What has shifted since the New Moon? _____

What did I let go of that no longer served me? _____

What did this enable me to receive and manifest? _____

Who are my allies at this time (humans, animals, plants, minerals, ancestors, etc)? _____

What is a concrete action I can take to continue moving forward in a positive way? _____

Positive affirmation: _____

How does this affirmation resonate in my body? Be specific. _____

**MAY 22
NEW MOON**

Writing prompts:

How am I feeling as this cycle comes to an end?

Physically _____

Emotionally _____

Spiritually _____

What am I ready to let go of? What no longer serves me? _____

What am I open to being curious about? _____

What new intention do I set for this coming cycle? _____

Who are my allies at this time (humans, animals, plants, minerals, ancestors, etc)? _____

What am I calling in, welcoming in? _____

Positive affirmation: _____

How does this affirmation resonate in my body? Be specific. _____

JUNE 5
BUCK (THUNDER) MOON

& penumbral lunar eclipse

Writing prompts:

How am I feeling as this cycle reaches its peak?

Physically _____

Emotionally _____

Spiritually _____

What has shifted since the New Moon? _____

What did I let go of that no longer served me? _____

What did this enable me to receive and manifest? _____

Who are my allies at this time (humans, animals, plants, minerals, ancestors, etc)? _____

What is a concrete action I can take to continue moving forward in a positive way? _____

Positive affirmation: _____

How does this affirmation resonate in my body? Be specific. _____

JUNE 20 SUMMER SOLSTICE (LITHA)

When the sun reaches its highest position in the sky. Longest day of the year. Considered the beginning of Summer (or Midsummer if one considers Beltain the first day of Summer). Solstice literally means “sun stands still”. This applies to the Northern Hemisphere. Southern Hemisphere would be the opposite. Litha is the Gaelic term for this seasonal celebration that is acknowledged by many traditional cultures in the Northern Hemisphere.

Writing prompts:

How am I feeling as I enter the height of Summer?

Emotionally _____

Physically _____

Spiritually _____

What positive aspects of the sun do I want to acknowledge and give thanks for? _____

*What are at least three positive aspects of myself that am I willing to acknowledge and give thanks for?
Talents, gifts, habits, etc.* _____

What is at least one specific action I can take to allow my own light to shine a bit brighter? _____

What aspects of my life might I consider expanding? _____

What aspects of my life might I consider reigning in? _____

What are some things I am grateful for? _____

JUNE 21

NEW MOON

Writing prompts:

How am I feeling as this cycle comes to an end?

Physically _____

Emotionally _____

Spiritually _____

What am I ready to let go of? What no longer serves me? _____

What am I open to being curious about? _____

What new intention do I set for this coming cycle? _____

Who are my allies at this time (humans, animals, plants, minerals, ancestors, etc)? _____

What am I calling in, welcoming in? _____

Positive affirmation: _____

How does this affirmation resonate in my body? Be specific. _____

JULY 5

BUCK MOON

Writing prompts:

How am I feeling as this cycle reaches its peak?

Physically _____

Emotionally _____

Spiritually _____

What has shifted since the New Moon? _____

What did I let go of that no longer served me? _____

What did this enable me to receive and manifest? _____

Who are my allies at this time (humans, animals, plants, minerals, ancestors, etc)? _____

What is a concrete action I can take to continue moving forward in a positive way? _____

Positive affirmation: _____

How does this affirmation resonate in my body? Be specific. _____

JULY 20
NEW MOON

Writing prompts:

How am I feeling as this cycle comes to an end?

Physically _____

Emotionally _____

Spiritually _____

What am I ready to let go of? What no longer serves me? _____

What am I open to being curious about? _____

What new intention do I set for this coming cycle? _____

Who are my allies at this time (humans, animals, plants, minerals, ancestors, etc)? _____

What am I calling in, welcoming in? _____

Positive affirmation: _____

How does this affirmation resonate in my body? Be specific. _____

AUGUST 1 LUGHNASA

About halfway between Summer Solstice and Autumn Equinox. Marks the beginning of harvest season. Lughnasa (or Lughnasadh) is the Gaelic term for this seasonal celebration that is acknowledged by many traditional cultures in the Northern Hemisphere.

Writing prompts:

How am I feeling as I enter the late Summer season?

Physically _____

Emotionally _____

Spiritually _____

What is abundant in my life right now? _____

What is at least one specific actions I can take to support this? _____

What gives me energy and inspiration? _____

What is something that I have been wanting and am willing to commit to? For what duration? _____

What is something I have accomplished that I am proud of? _____

AUGUST 3 STURGEON MOON

Writing prompts:

How am I feeling as this cycle reaches its peak?

Physically _____

Emotionally _____

Spiritually _____

What has shifted since the New Moon? _____

What did I let go of that no longer served me? _____

What did this enable me to receive and manifest? _____

Who are my allies at this time (humans, animals, plants, minerals, ancestors, etc)? _____

What is a concrete action I can take to continue moving forward in a positive way? _____

Positive affirmation: _____

How does this affirmation resonate in my body? Be specific. _____

AUGUST 19
NEW MOON

Writing prompts:

How am I feeling as this cycle comes to an end?

Physically _____

Emotionally _____

Spiritually _____

What am I ready to let go of? What no longer serves me? _____

What am I open to being curious about? _____

What new intention do I set for this coming cycle? _____

Who are my allies at this time (humans, animals, plants, minerals, ancestors, etc)? _____

What am I calling in, welcoming in? _____

Positive affirmation: _____

How does this affirmation resonate in my body? Be specific. _____

**SEPTEMBER 1
HARVEST MOON**

Writing prompts:

How am I feeling as this cycle reaches its peak?

Physically _____

Emotionally _____

Spiritually _____

What has shifted since the New Moon? _____

What did I let go of that no longer served me? _____

What did this enable me to receive and manifest? _____

Who are my allies at this time (humans, animals, plants, minerals, ancestors, etc)? _____

What is a concrete action I can take to continue moving forward in a positive way? _____

Positive affirmation: _____

How does this affirmation resonate in my body? Be specific. _____

**SEPTEMBER 17
NEW MOON**

Writing prompts:

How am I feeling as this cycle comes to an end?

Physically _____

Emotionally _____

Spiritually _____

What am I ready to let go of? What no longer serves me? _____

What am I open to being curious about? _____

What new intention do I set for this coming cycle? _____

Who are my allies at this time (humans, animals, plants, minerals, ancestors, etc)? _____

What am I calling in, welcoming in? _____

Positive affirmation: _____

How does this affirmation resonate in my body? Be specific. _____

SEPTEMBER 22
AUTUMN EQUINOX

On this day the sun rises due east and sets due west, making day and night of equal length. Marks the first day of Autumn.

Writing prompts:

How am I feeling as I enter the Autumn season?

Physically _____

Emotionally _____

Spiritually _____

Think back to Spring Equinox. What shifts have occurred in relation to balance in my life? _____

What sweetness in my life do I want to really embrace right now? _____

What is waning or coming to its natural end in my life at this time? _____

What specific actions can I take to help smooth this transition? _____

What part(s) of my body needs a little extra attention? _____

What specific action(s) can I take to help with this? _____

**OCTOBER 1
HUNTER'S MOON**

Writing prompts:

How am I feeling as this cycle reaches its peak?

Physically _____

Emotionally _____

Spiritually _____

What has shifted since the New Moon? _____

What did I let go of that no longer served me? _____

What did this enable me to receive and manifest? _____

Who are my allies at this time (humans, animals, plants, minerals, ancestors, etc)? _____

What is a concrete action I can take to continue moving forward in a positive way? _____

Positive affirmation: _____

How does this affirmation resonate in my body? Be specific. _____

**OCTOBER 16
NEW MOON**

Writing prompts:

How am I feeling as this cycle comes to an end?

Physically _____

Emotionally _____

Spiritually _____

What am I ready to let go of? What no longer serves me? _____

What am I open to being curious about? _____

What new intention do I set for this coming cycle? _____

Who are my allies at this time (humans, animals, plants, minerals, ancestors, etc)? _____

What am I calling in, welcoming in? _____

Positive affirmation: _____

How does this affirmation resonate in my body? Be specific. _____

**OCTOBER 31 - NOVEMBER 1
SAMHAIN AND BLUE MOON**

About halfway between Autumn Equinox and Winter Solstice. Marks the end of harvest season and the beginning of Winter or “Dark Season”. Samhain (or Sauin) is the Gaelic term for this seasonal celebration that is acknowledged by many traditional cultures in the Northern Hemisphere.

Samhain Writing prompts:

Think back to Beltain. In what ways have the commitments I made to myself then served me? _____

In what areas have I upheld healthy boundaries? _____

In what areas do I still need to work on healthy boundaries? _____

What boundaries have I placed that I might now want to release? _____

What are some specific actions I can take to support this? _____

What valuable allies and teachers might I be overlooking or disregarding at this time, that I could better tune into? Think physical, relational, human, non-human, ancestral, spiritual. _____

Who/what has died that I would like to honor? _____

Full Moon Writing prompts:

How am I feeling as this cycle reaches its peak?

Physically _____

Emotionally _____

Spiritually _____

What has shifted since the New Moon? _____

What did I let go of that no longer served me? _____

What did this enable me to receive and manifest? _____

Who are my allies at this time (humans, animals, plants, minerals, ancestors, etc)? _____

What is a concrete action I can take to continue moving forward in a positive way? _____

Positive affirmation: _____

How does this affirmation resonate in my body? Be specific. _____

NOVEMBER 15

NEW MOON

Writing prompts:

How am I feeling as this cycle comes to an end?

Physically _____

Emotionally _____

Spiritually _____

What am I ready to let go of? What no longer serves me? _____

What am I open to being curious about? _____

What new intention do I set for this coming cycle? _____

Who are my allies at this time (humans, animals, plants, minerals, ancestors, etc)? _____

What am I calling in, welcoming in? _____

Positive affirmation: _____

How does this affirmation resonate in my body? Be specific. _____

**NOVEMBER 30
BEAVER MOON**

and penumbral lunar eclipse

Writing prompts:

How am I feeling as this cycle reaches its peak?

Physically _____

Emotionally _____

Spiritually _____

What has shifted since the New Moon? _____

What did I let go of that no longer served me? _____

What did this enable me to receive and manifest? _____

Who are my allies at this time (humans, animals, plants, minerals, ancestors, etc)? _____

What is a concrete action I can take to continue moving forward in a positive way? _____

Positive affirmation: _____

How does this affirmation resonate in my body? Be specific. _____

**DECEMBER 14
NEW MOON**

Writing prompts:

How am I feeling as this cycle comes to an end?

Physically _____

Emotionally _____

Spiritually _____

What am I ready to let go of? What no longer serves me? _____

What am I open to being curious about? _____

What new intention do I set for this coming cycle? _____

Who are my allies at this time (humans, animals, plants, minerals, ancestors, etc)? _____

What am I calling in, welcoming in? _____

Positive affirmation: _____

How does this affirmation resonate in my body? Be specific. _____

**DECEMBER 21
WINTER SOLSTICE**

Shortest day of the year. Considered the first day of Winter (or Midwinter if one considers Samhain

the beginning of Winter).

Writing prompts:

How am I feeling as I move into the Midwinter season?

Physically _____

Emotionally _____

Spiritually _____

Think back to Summer Solstice. What aspects of that time do I want to hold in my heart? _____

What am I feeling particularly tender about? _____

How do I most want to be cared for and nurtured right now? By myself and others. _____

What is at least one specific action I can take to help with this? _____

What am I ashamed of? What do I tend to not want to shine light on? _____

What about myself might I consider forgiving, or at least being compassionate about? _____

What would I like to release that no longer serves me? _____

DECEMBER 29

COLD MOON

Writing prompts:

How am I feeling as this cycle reaches its peak?

Physically _____

Emotionally _____

Spiritually _____

What has shifted since the New Moon? _____

What did I let go of that no longer served me? _____

What did this enable me to receive and manifest? _____

Who are my allies at this time (humans, animals, plants, minerals, ancestors, etc)? _____

What is a concrete action I can take to continue moving forward in a positive way? _____

Positive affirmation: _____

How does this affirmation resonate in my body? Be specific. _____

2021

JANUARY 13 NEW MOON

Writing prompts:

How am I feeling as this cycle comes to an end?

Physically _____

Emotionally _____

Spiritually _____

What am I ready to let go of? What no longer serves me? _____

What am I open to being curious about? _____

What new intention do I set for this coming cycle? _____

Who are my allies at this time (humans, animals, plants, minerals, ancestors, etc)? _____

What am I calling in, welcoming in? _____

Positive affirmation: _____

How does this affirmation resonate in my body? Be specific. _____

JANUARY 28
WOLF MOON

Writing prompts:

How am I feeling as this cycle reaches its peak?

Physically _____

Emotionally _____

Spiritually _____

What has shifted since the New Moon? _____

What did I let go of that no longer served me? _____

What did this enable me to receive and manifest? _____

Who are my allies at this time (humans, animals, plants, minerals, ancestors, etc)? _____

What is a concrete action I can take to continue moving forward in a positive way? _____

Positive affirmation: _____

How does this affirmation resonate in my body? Be specific. _____

FEBRUARY 1-2
IMBOLC

About halfway between Winter Solstice and Spring Equinox. Often considered the traditional beginning of Spring. Also referred to as the "Quickening". Imbolc (or Imbolg, Brigid's Day) is the Gaelic term for this seasonal celebration that is acknowledged by many traditional cultures in the Northern Hemisphere.

Writing prompts:

How am I feeling as I enter the Quickening season?

Physically _____

Emotionally _____

Spiritually _____

What is something that have I put on hold or let go that I would like to start up again? _____

What is something that has been stirring in my mind and heart that I want to acknowledge? _____

What is one specific action I can take to bring this into the light? _____

What needs tending in my own "home and hearth"? This can be literal or allegorical. _____

What is one specific action I can take to tend to this? _____

FEBRUARY 11
NEW MOON

Writing prompts:

How am I feeling as this cycle comes to an end?

Physically _____

Emotionally _____

Spiritually _____

What am I ready to let go of? What no longer serves me? _____

What am I open to being curious about? _____

What new intention do I set for this coming cycle? _____

Who are my allies at this time (humans, animals, plants, minerals, ancestors, etc)? _____

What am I calling in, welcoming in? _____

Positive affirmation: _____

How does this affirmation resonate in my body? Be specific. _____

FEBRUARY 27
SNOW MOON

Writing prompts:

How am I feeling as this cycle reaches its peak?

Physically _____

Emotionally _____

Spiritually _____

What has shifted since the New Moon? _____

What did I let go of that no longer served me? _____

What did this enable me to receive and manifest? _____

Who are my allies at this time (humans, animals, plants, minerals, ancestors, etc)? _____

What is a concrete action I can take to continue moving forward in a positive way? _____

Positive affirmation: _____

How does this affirmation resonate in my body? Be specific. _____

MARCH 13
NEW MOON

Writing prompts:

How am I feeling as this cycle comes to an end?

Physically _____

Emotionally _____

Spiritually _____

What am I ready to let go of? What no longer serves me? _____

What am I open to being curious about? _____

What new intention do I set for this coming cycle? _____

Who are my allies at this time (humans, animals, plants, minerals, ancestors, etc)? _____

What am I calling in, welcoming in? _____

Positive affirmation: _____

How does this affirmation resonate in my body? Be specific. _____

MARCH 20 SPRING EQUINOX (OSTARA)

On this day the sun rises due east and sets due west, making day and night of equal length. Often considered the start of Spring (unless you consider Imbolc the start of Spring). Ostara (or Eostre) is the Gaelic term for this seasonal celebration that is acknowledged by many traditional cultures in the Northern Hemisphere.

Writing prompt:

How am I feeling as I enter the Spring season?

Physically _____

Emotionally _____

Spiritually _____

What feels fertile in my life right now? _____

What is at least one specific action I can take to nourish this? _____

What feels out of balance in my life right now? _____

What is at least one specific action I can take to bring more balance? _____

How well am I tending to fun and play in my life? _____

What is at least one specific action I can take to support and encourage fun and play in my life? _____

MARCH 28
WORM (FROG) MOON

Writing prompts:

How am I feeling as this cycle reaches its peak?

Physically _____

Emotionally _____

Spiritually _____

What has shifted since the New Moon? _____

What did I let go of that no longer served me? _____

What did this enable me to receive and manifest? _____

Who are my allies at this time (humans, animals, plants, minerals, ancestors, etc)? _____

What is a concrete action I can take to continue moving forward in a positive way? _____

Positive affirmation: _____

How does this affirmation resonate in my body? Be specific. _____

APRIL 12
NEW MOON

Writing prompts:

How am I feeling as this cycle comes to an end?

Physically _____

Emotionally _____

Spiritually _____

What am I ready to let go of? What no longer serves me? _____

What am I open to being curious about? _____

What new intention do I set for this coming cycle? _____

Who are my allies at this time (humans, animals, plants, minerals, ancestors, etc)? _____

What am I calling in, welcoming in? _____

Positive affirmation: _____

How does this affirmation resonate in my body? Be specific. _____

APRIL 27
PINK MOON

Writing prompts:

How am I feeling as this cycle reaches its peak?

Physically _____

Emotionally _____

Spiritually _____

What has shifted since the New Moon? _____

What did I let go of that no longer served me? _____

What did this enable me to receive and manifest? _____

Who are my allies at this time (humans, animals, plants, minerals, ancestors, etc)? _____

What is a concrete action I can take to continue moving forward in a positive way? _____

Positive affirmation: _____

How does this affirmation resonate in my body? Be specific. _____

MAY 1 BELTAIN

About half way between the Spring Equinox and Summer Solstice. Marks the shift into Summer. Also referred to as May Day. Beltain (or Beltane, Bealtaine) is the Gaelic term for this seasonal celebration that is acknowledged by many traditional cultures in the Northern Hemisphere.

Writing prompts:

How am I feeling as I enter the early stages of Summer?

Emotionally _____

Physically _____

Spiritually _____

What does fire symbolize to me? _____

What have I been working on or cultivating in my life that needs extra care, attention and protection right now so that it can come to fruition? _____

Are there any personal boundaries that I need to set, reconsider, re-set, re-state? _____

What is at least one specific action I can take to support this? _____

What aspects of my life might need their fire rekindled or stoked afresh? Think relationships, self-care routines, projects, commitments, livelihood, etc. _____

What is at least one specific action I can take to support this? _____

**MAY 11
NEW MOON**

Writing prompts:

How am I feeling as this cycle comes to an end?

Physically _____

Emotionally _____

Spiritually _____

What am I ready to let go of? What no longer serves me? _____

What am I open to being curious about? _____

What new intention do I set for this coming cycle? _____

Who are my allies at this time (humans, animals, plants, minerals, ancestors, etc)? _____

What am I calling in, welcoming in? _____

Positive affirmation: _____

How does this affirmation resonate in my body? Be specific. _____

**MAY 26
FLOWER MOON**

Writing prompts:

How am I feeling as this cycle reaches its peak?

Physically _____

Emotionally _____

Spiritually _____

What has shifted since the New Moon? _____

What did I let go of that no longer served me? _____

What did this enable me to receive and manifest? _____

Who are my allies at this time (humans, animals, plants, minerals, ancestors, etc)? _____

What is a concrete action I can take to continue moving forward in a positive way? _____

Positive affirmation: _____

How does this affirmation resonate in my body? Be specific. _____

**JUNE 10
NEW MOON**

Writing prompts:

How am I feeling as this cycle comes to an end?

Physically _____

Emotionally _____

Spiritually _____

What am I ready to let go of? What no longer serves me? _____

What am I open to being curious about? _____

What new intention do I set for this coming cycle? _____

Who are my allies at this time (humans, animals, plants, minerals, ancestors, etc)? _____

What am I calling in, welcoming in? _____

Positive affirmation: _____

How does this affirmation resonate in my body? Be specific. _____

JUNE 20 SUMMER SOLSTICE (LITHA)

When the sun reaches its highest position in the sky. Longest day of the year. Considered the beginning of Summer (or Midsummer if one considers Beltain the first day of Summer). Solstice literally means “sun stands still”. This applies to the Northern Hemisphere. Southern Hemisphere would be the opposite. Litha is the Gaelic term for this seasonal celebration that is acknowledged by many traditional cultures in the Northern Hemisphere.

Writing prompts:

How am I feeling as I enter the height of Summer?

Emotionally _____

Physically _____

Spiritually _____

What positive aspects of the sun do I want to acknowledge and give thanks for? _____

What are at least three positive aspects of myself that am I willing to acknowledge and give thanks for?
Talents, gifts, habits, etc. _____

What is at least one specific action I can take to allow my own light to shine a bit brighter? _____

What aspects of my life might I consider expanding? _____

What aspects of my life might I consider reigning in? _____

What are some things I am grateful for? _____

JUNE 24
STRAWBERRY MOON

Writing prompts:

How am I feeling as this cycle reaches its peak?

Physically _____

Emotionally _____

Spiritually _____

What has shifted since the New Moon? _____

What did I let go of that no longer served me? _____

What did this enable me to receive and manifest? _____

Who are my allies at this time (humans, animals, plants, minerals, ancestors, etc)? _____

What is a concrete action I can take to continue moving forward in a positive way? _____

Positive affirmation: _____

How does this affirmation resonate in my body? Be specific. _____

JULY 10
NEW MOON

Writing prompts:

How am I feeling as this cycle comes to an end?

Physically _____

Emotionally _____

Spiritually _____

What am I ready to let go of? What no longer serves me? _____

What am I open to being curious about? _____

What new intention do I set for this coming cycle? _____

Who are my allies at this time (humans, animals, plants, minerals, ancestors, etc)? _____

What am I calling in, welcoming in? _____

Positive affirmation: _____

How does this affirmation resonate in my body? Be specific. _____

JULY 24
BUCK (THUNDER) MOON

Writing prompts:

How am I feeling as this cycle reaches its peak?

Physically _____

Emotionally _____

Spiritually _____

What has shifted since the New Moon? _____

What did I let go of that no longer served me? _____

What did this enable me to receive and manifest? _____

Who are my allies at this time (humans, animals, plants, minerals, ancestors, etc)? _____

What is a concrete action I can take to continue moving forward in a positive way? _____

Positive affirmation: _____

How does this affirmation resonate in my body? Be specific. _____

**AUGUST 1
LUGHNASA**

About halfway between Summer Solstice and Autumn Equinox. Marks the beginning of harvest season. Lughnasa (or Lughnasadh) is the Gaelic term for this seasonal celebration that is acknowledged by many traditional cultures in the Northern Hemisphere.

Writing prompts:

How am I feeling as I enter the late Summer season?

Physically _____

Emotionally _____

Spiritually _____

What is abundant in my life right now? _____

What is at least one specific actions I can take to support this? _____

What gives me energy and inspiration? _____

What is something that I have been wanting and am willing to commit to? For what duration? _____

What is something I have accomplished that I am proud of? _____

**AUGUST 8
NEW MOON**

Writing prompts:

How am I feeling as this cycle comes to an end?

Physically _____

Emotionally _____

Spiritually _____

What am I ready to let go of? What no longer serves me? _____

What am I open to being curious about? _____

What new intention do I set for this coming cycle? _____

Who are my allies at this time (humans, animals, plants, minerals, ancestors, etc)? _____

What am I calling in, welcoming in? _____

Positive affirmation: _____

How does this affirmation resonate in my body? Be specific. _____

AUGUST 22
STURGEON MOON

Writing prompts:

How am I feeling as this cycle reaches its peak?

Physically _____

Emotionally _____

Spiritually _____

What has shifted since the New Moon? _____

What did I let go of that no longer served me? _____

What did this enable me to receive and manifest? _____

Who are my allies at this time (humans, animals, plants, minerals, ancestors, etc)? _____

What is a concrete action I can take to continue moving forward in a positive way? _____

Positive affirmation: _____

How does this affirmation resonate in my body? Be specific. _____

**SEPTEMBER 7
NEW MOON**

Writing prompts:

How am I feeling as this cycle comes to an end?

Physically _____

Emotionally _____

Spiritually _____

What am I ready to let go of? What no longer serves me? _____

What am I open to being curious about? _____

What new intention do I set for this coming cycle? _____

Who are my allies at this time (humans, animals, plants, minerals, ancestors, etc)? _____

What am I calling in, welcoming in? _____

Positive affirmation: _____

How does this affirmation resonate in my body? Be specific. _____

**SEPTEMBER 22
AUTUMN EQUINOX**

On this day the sun rises due east and sets due west, making day and night of equal length. Marks the first day of Autumn.

Writing prompts:

How am I feeling as I enter the Autumn season?

Physically _____

Emotionally _____

Spiritually _____

Think back to Spring Equinox. What shifts have occurred in relation to balance in my life? _____

What sweetness in my life do I want to really embrace right now? _____

What is waning or coming to its natural end in my life at this time? _____

What specific actions can I take to help smooth this transition? _____

What part(s) of my body needs a little extra attention? _____

What specific action(s) can I take to help with this? _____

SEPTEMBER 29
HARVEST MOON

Writing prompts:

How am I feeling as this cycle reaches its peak?

Physically _____

Emotionally _____

Spiritually _____

What has shifted since the New Moon?

What did I let go of that no longer served me? _____

What did this enable me to receive and manifest? _____

Who are my allies at this time (humans, animals, plants, minerals, ancestors, etc)? _____

What is a concrete action I can take to continue moving forward in a positive way? _____

Positive affirmation: _____

How does this affirmation resonate in my body? Be specific. _____

**OCTOBER 6
NEW MOON**

Writing prompts:

How am I feeling as this cycle comes to an end?

Physically _____

Emotionally _____

Spiritually _____

What am I ready to let go of? What no longer serves me? _____

What am I open to being curious about? _____

What new intention do I set for this coming cycle? _____

Who are my allies at this time (humans, animals, plants, minerals, ancestors, etc)? _____

What am I calling in, welcoming in? _____

Positive affirmation: _____

How does this affirmation resonate in my body? Be specific. _____

**OCTOBER 20
HUNTER'S MOON**

Writing prompts:

How am I feeling as this cycle reaches its peak?

Physically _____

Emotionally _____

Spiritually _____

What has shifted since the New Moon? _____

What did I let go of that no longer served me? _____

What did this enable me to receive and manifest? _____

Who are my allies at this time (humans, animals, plants, minerals, ancestors, etc)? _____

What is a concrete action I can take to continue moving forward in a positive way? _____

Positive affirmation: _____

How does this affirmation resonate in my body? Be specific. _____

OCTOBER 31 - NOVEMBER 1 SAMHAIN

About halfway between Autumn Equinox and Winter Solstice. Marks the end of harvest season and the beginning of Winter or “Dark Season”. Samhain (or Sauin) is the Gaelic term for this seasonal celebration that is acknowledged by many traditional cultures in the Northern Hemisphere.

Writing prompts:

How am I feeling as I enter the Dark Season?

Physically _____

Emotionally _____

Spiritually _____

Think back to Beltain. In what ways have the commitments I made to myself then served me? _____

In what areas have I upheld healthy boundaries? _____

In what areas do I still need to work on healthy boundaries? _____

What boundaries have I placed that I might now want to release? _____

What are some specific actions I can take to support this? _____

What valuable allies and teachers might I be overlooking or disregarding at this time, that I could better tune into? Think physical, relational, human, non-human, ancestral, spiritual. _____

Who/what has died that I would like to honor? _____

**NOVEMBER 4
NEW MOON**

Writing prompts:

How am I feeling as this cycle comes to an end?

Physically _____

Emotionally _____

Spiritually _____

What am I ready to let go of? What no longer serves me? _____

What am I open to being curious about? _____

What new intention do I set for this coming cycle? _____

Who are my allies at this time (humans, animals, plants, minerals, ancestors, etc)? _____

What am I calling in, welcoming in? _____

Positive affirmation: _____

How does this affirmation resonate in my body? Be specific. _____

**NOVEMBER 19
BEAVER MOON**

Writing prompts:

How am I feeling as this cycle reaches its peak?

Physically _____

Emotionally _____

Spiritually _____

What has shifted since the New Moon? _____

What did I let go of that no longer served me? _____

What did this enable me to receive and manifest? _____

Who are my allies at this time (humans, animals, plants, minerals, ancestors, etc)? _____

What is a concrete action I can take to continue moving forward in a positive way? _____

Positive affirmation: _____

How does this affirmation resonate in my body? Be specific. _____

**DECEMBER 4
NEW MOON**

Writing prompts:

How am I feeling as this cycle comes to an end?

Physically _____

Emotionally _____

Spiritually _____

What am I ready to let go of? What no longer serves me? _____

What am I open to being curious about? _____

What new intention do I set for this coming cycle? _____

Who are my allies at this time (humans, animals, plants, minerals, ancestors, etc)? _____

What am I calling in, welcoming in? _____

Positive affirmation: _____

How does this affirmation resonate in my body? Be specific. _____

DECEMBER 19
COLD MOON

Writing prompts:

How am I feeling as this cycle reaches its peak?

Physically _____

Emotionally _____

Spiritually _____

What has shifted since the New Moon? _____

What did I let go of that no longer served me? _____

What did this enable me to receive and manifest? _____

Who are my allies at this time (humans, animals, plants, minerals, ancestors, etc)? _____

What is a concrete action I can take to continue moving forward in a positive way? _____

Positive affirmation: _____

How does this affirmation resonate in my body? Be specific. _____

DECEMBER 21
WINTER SOLSTICE

Shortest day of the year. Considered the first day of Winter (or Midwinter if one considers Samhain the beginning of Winter).

Writing prompts:

How am I feeling as I move into the Midwinter season?

Physically _____

Emotionally _____

Spiritually _____

Think back to Summer Solstice. What aspects of that time do I want to hold in my heart? _____

What am I feeling particularly tender about? _____

How do I most want to be cared for and nurtured right now? By myself and others. _____

What is at least one specific action I can take to help with this? _____

What am I ashamed of? What do I tend to not want to shine light on? _____

What about myself might I consider forgiving, or at least being compassionate about? _____

What would I like to release that no longer serves me? _____

2022

JANUARY 2
NEW MOON

Writing prompts:

How am I feeling as this cycle comes to an end?

Physically _____

Emotionally _____

Spiritually _____

What am I ready to let go of? What no longer serves me? _____

What am I open to being curious about? _____

What new intention do I set for this coming cycle? _____

Who are my allies at this time (humans, animals, plants, minerals, ancestors, etc)? _____

What am I calling in, welcoming in? _____

Positive affirmation: _____

How does this affirmation resonate in my body? Be specific. _____

JANUARY 17
WOLF MOON

Writing prompts:

How am I feeling as this cycle reaches its peak?

Physically _____

Emotionally _____

Spiritually _____

What has shifted since the New Moon? _____

What did I let go of that no longer served me? _____

What did this enable me to receive and manifest? _____

Who are my allies at this time (humans, animals, plants, minerals, ancestors, etc)? _____

What is a concrete action I can take to continue moving forward in a positive way? _____

Positive affirmation: _____

How does this affirmation resonate in my body? Be specific. _____

FEBRUARY 1-2
IMBOLC AND NEW MOON

About halfway between Winter Solstice and Spring Equinox. Often considered the traditional beginning of Spring. Also referred to as the "Quickening". Imbolc (or Imbolg, Brighid's Day) is the Gaelic term for this seasonal celebration that is acknowledged by many traditional cultures in the Northern Hemisphere.

Imbolc writing prompts:

What is something that have I put on hold or let go that I would like to start up again? _____

What is something that has been stirring in my mind and heart that I want to acknowledge? _____

What is one specific action I can take to bring this into the light? _____

What needs tending in my own "home and hearth"? This can be literal or allegorical. _____

What is one specific action I can take to tend to this? _____

New Moon Writing prompts:

How am I feeling as this cycle comes to an end?

Physically _____

Emotionally _____

Spiritually _____

What am I ready to let go of? What no longer serves me? _____

What am I open to being curious about? _____

What new intention do I set for this coming cycle? _____

Who are my allies at this time (humans, animals, plants, minerals, ancestors, etc)? _____

What am I calling in, welcoming in? _____

Positive affirmation: _____

How does this affirmation resonate in my body? Be specific. _____

FEBRUARY 16

SNOW MOON

Writing prompts:

How am I feeling as this cycle reaches its peak?

Physically _____

Emotionally _____

Spiritually _____

What has shifted since the New Moon? _____

What did I let go of that no longer served me? _____

What did this enable me to receive and manifest? _____

Who are my allies at this time (humans, animals, plants, minerals, ancestors, etc)? _____

What is a concrete action I can take to continue moving forward in a positive way? _____

Positive affirmation: _____

How does this affirmation resonate in my body? Be specific. _____

**MARCH 2
NEW MOON**

Writing prompts:

How am I feeling as this cycle comes to an end?

Physically _____

Emotionally _____

Spiritually _____

What am I ready to let go of? What no longer serves me? _____

What am I open to being curious about? _____

What new intention do I set for this coming cycle? _____

Who are my allies at this time (humans, animals, plants, minerals, ancestors, etc)? _____

What am I calling in, welcoming in? _____

Positive affirmation: _____

How does this affirmation resonate in my body? Be specific. _____

**MARCH 18
WORM (FROG) MOON**

Writing prompts:

How am I feeling as this cycle reaches its peak?

Physically _____

Emotionally _____

Spiritually _____

What has shifted since the New Moon? _____

What did I let go of that no longer served me? _____

What did this enable me to receive and manifest? _____

Who are my allies at this time (humans, animals, plants, minerals, ancestors, etc)? _____

What is a concrete action I can take to continue moving forward in a positive way? _____

Positive affirmation: _____

How does this affirmation resonate in my body? Be specific. _____

**MARCH 20
SPRING EQUINOX (OSTARA)**

On this day the sun rises due east and sets due west, making day and night of equal length. Often considered the start of Spring (unless you consider Imbolc the start of Spring). Ostara (or Eostre) is the Gaelic term for this seasonal celebration that is acknowledged by many traditional cultures in the Northern Hemisphere.

Writing prompt:

How am I feeling as I enter the Spring season?

Physically _____

Emotionally _____

Spiritually _____

What feels fertile in my life right now? _____

What is at least one specific action I can take to nourish this? _____

What feels out of balance in my life right now? _____

What is at least one specific action I can take to bring more balance? _____

How well am I tending to fun and play in my life? _____

What is at least one specific action I can take to support and encourage fun and play in my life? _____

**APRIL 1
NEW MOON**

Writing prompts:

How am I feeling as this cycle comes to an end?

Physically _____

Emotionally _____

Spiritually _____

What am I ready to let go of? What no longer serves me? _____

What am I open to being curious about? _____

What new intention do I set for this coming cycle? _____

Who are my allies at this time (humans, animals, plants, minerals, ancestors, etc)? _____

What am I calling in, welcoming in? _____

Positive affirmation: _____

How does this affirmation resonate in my body? Be specific. _____

**APRIL 16
PINK MOON**

Writing prompts:

How am I feeling as this cycle reaches its peak?

Physically _____

Emotionally _____

Spiritually _____

What has shifted since the New Moon? _____

What did I let go of that no longer served me? _____

What did this enable me to receive and manifest? _____

Who are my allies at this time (humans, animals, plants, minerals, ancestors, etc)? _____

What is a concrete action I can take to continue moving forward in a positive way? _____

Positive affirmation: _____

How does this affirmation resonate in my body? Be specific. _____

**APRIL 30
NEW MOON**

Writing prompts:

How am I feeling as this cycle comes to an end?

Physically _____

Emotionally _____

Spiritually _____

What am I ready to let go of? What no longer serves me? _____

What am I open to being curious about? _____

What new intention do I set for this coming cycle? _____

Who are my allies at this time (humans, animals, plants, minerals, ancestors, etc)? _____

What am I calling in, welcoming in? _____

Positive affirmation: _____

How does this affirmation resonate in my body? Be specific. _____

MAY 1 BELTAIN

About half way between the Spring Equinox and Summer Solstice. Marks the shift into Summer. Also referred to as May Day. Beltain (or Beltane, Bealtaine) is the Gaelic term for this seasonal celebration that is acknowledged by many traditional cultures in the Northern Hemisphere.

Writing prompts:

How am I feeling as I enter the early stages of Summer?

Emotionally _____

Physically _____

Spiritually _____

What does fire symbolize to me? _____

What have I been working on or cultivating in my life that needs extra care, attention and protection right now so that it can come to fruition? _____

Are there any personal boundaries that I need to set, reconsider, re-set, re-state? _____

What is at least one specific action I can take to support this? _____

What aspects of my life might need their fire rekindled or stoked afresh? Think relationships, self-care routines, projects, commitments, livelihood, etc. _____

What is at least one specific action I can take to support this? _____

MAY 16
FLOWER MOON

Writing prompts:

How am I feeling as this cycle reaches its peak?

Physically _____

Emotionally _____

Spiritually _____

What has shifted since the New Moon? _____

What did I let go of that no longer served me? _____

What did this enable me to receive and manifest? _____

Who are my allies at this time (humans, animals, plants, minerals, ancestors, etc)? _____

What is a concrete action I can take to continue moving forward in a positive way? _____

Positive affirmation: _____

How does this affirmation resonate in my body? Be specific. _____

MAY 30
NEW MOON

Writing prompts:

How am I feeling as this cycle comes to an end?

Physically _____

Emotionally _____

Spiritually _____

What am I ready to let go of? What no longer serves me? _____

What am I open to being curious about? _____

What new intention do I set for this coming cycle? _____

Who are my allies at this time (humans, animals, plants, minerals, ancestors, etc)? _____

What am I calling in, welcoming in? _____

Positive affirmation: _____

How does this affirmation resonate in my body? Be specific. _____

JUNE 14
STRAWBERRY MOON

Writing prompts:

How am I feeling as this cycle reaches its peak?

Physically _____

Emotionally _____

Spiritually _____

What has shifted since the New Moon? _____

What did I let go of that no longer served me? _____

What did this enable me to receive and manifest? _____

Who are my allies at this time (humans, animals, plants, minerals, ancestors, etc)? _____

What is a concrete action I can take to continue moving forward in a positive way? _____

Positive affirmation: _____

How does this affirmation resonate in my body? Be specific. _____

JUNE 21
SUMMER SOLSTICE (LITHA)

When the sun reaches its highest position in the sky. Longest day of the year. Considered the beginning of Summer (or Midsummer if one considers Beltain the first day of Summer). Solstice literally means “sun stands still”. This applies to the Northern Hemisphere. Southern Hemisphere would be the opposite. Litha is the Gaelic term for this seasonal celebration that is acknowledged by many traditional cultures in the Northern Hemisphere.

Writing prompts:

How am I feeling as I enter the height of Summer?

Emotionally _____

Physically _____

Spiritually _____

What positive aspects of the sun do I want to acknowledge and give thanks for? _____

*What are at least three positive aspects of myself that am I willing to acknowledge and give thanks for?
Talents, gifts, habits, etc.* _____

What is at least one specific action I can take to allow my own light to shine a bit brighter? _____

What aspects of my life might I consider expanding? _____

What aspects of my life might I consider reigning in? _____

What are some things I am grateful for? _____

JUNE 29
NEW MOON

Writing prompts:

How am I feeling as this cycle comes to an end?

Physically _____

Emotionally _____

Spiritually _____

What am I ready to let go of? What no longer serves me? _____

What am I open to being curious about? _____

What new intention do I set for this coming cycle? _____

Who are my allies at this time (humans, animals, plants, minerals, ancestors, etc)? _____

What am I calling in, welcoming in? _____

Positive affirmation: _____

How does this affirmation resonate in my body? Be specific. _____

JULY 13
BUCK (THUNDER) MOON

Writing prompts:

How am I feeling as this cycle reaches its peak?

Physically _____

Emotionally _____

Spiritually _____

What has shifted since the New Moon? _____

What did I let go of that no longer served me? _____

What did this enable me to receive and manifest? _____

Who are my allies at this time (humans, animals, plants, minerals, ancestors, etc)? _____

What is a concrete action I can take to continue moving forward in a positive way? _____

Positive affirmation: _____

How does this affirmation resonate in my body? Be specific. _____

JULY 28
NEW MOON

Writing prompts:

How am I feeling as this cycle comes to an end?

Physically _____

Emotionally _____

Spiritually _____

What am I ready to let go of? What no longer serves me? _____

What am I open to being curious about? _____

What new intention do I set for this coming cycle? _____

Who are my allies at this time (humans, animals, plants, minerals, ancestors, etc)? _____

What am I calling in, welcoming in? _____

Positive affirmation: _____

How does this affirmation resonate in my body? Be specific. _____

AUGUST 1
LUGHNASA

About halfway between Summer Solstice and Autumn Equinox. Marks the beginning of harvest season. Lughnasa (or Lughnasadh) is the Gaelic term for this seasonal celebration that is acknowledged by many traditional cultures in the Northern Hemisphere.

Writing prompts:

How am I feeling as I enter the late Summer season?

Physically _____

Emotionally _____

Spiritually _____

What is abundant in my life right now? _____

What is at least one specific actions I can take to support this? _____

What gives me energy and inspiration? _____

What is something that I have been wanting and am willing to commit to? For what duration? _____

What is something I have accomplished that I am proud of? _____

**AUGUST 12
STURGEON MOON**

Writing prompts:

How am I feeling as this cycle reaches its peak?

Physically _____

Emotionally _____

Spiritually _____

What has shifted since the New Moon? _____

What did I let go of that no longer served me? _____

What did this enable me to receive and manifest? _____

Who are my allies at this time (humans, animals, plants, minerals, ancestors, etc)? _____

What is a concrete action I can take to continue moving forward in a positive way? _____

Positive affirmation: _____

How does this affirmation resonate in my body? Be specific. _____

**AUGUST 27
NEW MOON**

Writing prompts:

How am I feeling as this cycle comes to an end?

Physically _____

Emotionally _____

Spiritually _____

What am I ready to let go of? What no longer serves me? _____

What am I open to being curious about? _____

What new intention do I set for this coming cycle? _____

Who are my allies at this time (humans, animals, plants, minerals, ancestors, etc)? _____

What am I calling in, welcoming in? _____

Positive affirmation: _____

How does this affirmation resonate in my body? Be specific. _____

**SEPTEMBER 10
HARVEST MOON**

Writing prompts:

How am I feeling as this cycle reaches its peak?

Physically _____

Emotionally _____

Spiritually _____

What has shifted since the New Moon? _____

What did I let go of that no longer served me? _____

What did this enable me to receive and manifest? _____

Who are my allies at this time (humans, animals, plants, minerals, ancestors, etc)? _____

What is a concrete action I can take to continue moving forward in a positive way? _____

Positive affirmation: _____

How does this affirmation resonate in my body? Be specific. _____

SEPTEMBER 22 AUTUMN EQUINOX

On this day the sun rises due east and sets due west, making day and night of equal length. Marks the first day of Autumn.

Writing prompts:

How am I feeling as I enter the Autumn season?

Physically _____

Emotionally _____

Spiritually _____

Think back to Spring Equinox. What shifts have occurred in relation to balance in my life? _____

What sweetness in my life do I want to really embrace right now? _____

What is waning or coming to its natural end in my life at this time? _____

What specific actions can I take to help smooth this transition? _____

What part(s) of my body needs a little extra attention? _____

What specific action(s) can I take to help with this? _____

SEPTEMBER 25
NEW MOON

Writing prompts:

How am I feeling as this cycle comes to an end?

Physically _____

Emotionally _____

Spiritually _____

What am I ready to let go of? What no longer serves me? _____

What am I open to being curious about? _____

What new intention do I set for this coming cycle? _____

Who are my allies at this time (humans, animals, plants, minerals, ancestors, etc)? _____

What am I calling in, welcoming in? _____

Positive affirmation: _____

How does this affirmation resonate in my body? Be specific. _____

OCTOBER 9
HUNTER'S MOON

Writing prompts:

How am I feeling as this cycle reaches its peak?

Physically _____

Emotionally _____

Spiritually _____

What has shifted since the New Moon? _____

What did I let go of that no longer served me? _____

What did this enable me to receive and manifest? _____

Who are my allies at this time (humans, animals, plants, minerals, ancestors, etc)? _____

What is a concrete action I can take to continue moving forward in a positive way? _____

Positive affirmation: _____

How does this affirmation resonate in my body? Be specific. _____

OCTOBER 25
NEW MOON

Writing prompts:

How am I feeling as this cycle comes to an end?

Physically _____

Emotionally _____

Spiritually _____

What am I ready to let go of? What no longer serves me? _____

What am I open to being curious about? _____

What new intention do I set for this coming cycle? _____

Who are my allies at this time (humans, animals, plants, minerals, ancestors, etc)? _____

What am I calling in, welcoming in? _____

Positive affirmation: _____

How does this affirmation resonate in my body? Be specific. _____

OCTOBER 31 ~ NOVEMBER 1
SAMHAIN

About halfway between Autumn Equinox and Winter Solstice. Marks the end of harvest season and the beginning of Winter or “Dark Season”. Samhain (or Sauin) is the Gaelic term for this seasonal celebration that is acknowledged by many traditional cultures in the Northern Hemisphere.

Writing prompts:

How am I feeling as I enter the Dark Season?

Physically _____

Emotionally _____

Spiritually _____

Think back to Beltain. In what ways have the commitments I made to myself then served me? _____

In what areas have I upheld healthy boundaries? _____

In what areas do I still need to work on healthy boundaries? _____

What boundaries have I placed that I might now want to release? _____

What are some specific actions I can take to support this? _____

What valuable allies and teachers might I be overlooking or disregarding at this time, that I could better tune into? Think physical, relational, human, non-human, ancestral, spiritual. _____

Who/what has died that I would like to honor? _____

**NOVEMBER 8
BEAVER MOON**

Writing prompts:

How am I feeling as this cycle reaches its peak?

Physically _____

Emotionally _____

Spiritually _____

What has shifted since the New Moon? _____

What did I let go of that no longer served me? _____

What did this enable me to receive and manifest? _____

Who are my allies at this time (humans, animals, plants, minerals, ancestors, etc)? _____

What is a concrete action I can take to continue moving forward in a positive way? _____

Positive affirmation: _____

How does this affirmation resonate in my body? Be specific. _____

**NOVEMBER 23
NEW MOON**

Writing prompts:

How am I feeling as this cycle comes to an end?

Physically _____

Emotionally _____

Spiritually _____

What am I ready to let go of? What no longer serves me? _____

What am I open to being curious about? _____

What new intention do I set for this coming cycle? _____

Who are my allies at this time (humans, animals, plants, minerals, ancestors, etc)? _____

What am I calling in, welcoming in? _____

Positive affirmation: _____

How does this affirmation resonate in my body? Be specific. _____

DECEMBER 8 COLD MOON

Writing prompts:

How am I feeling as this cycle reaches its peak?

Physically _____

Emotionally _____

Spiritually _____

What has shifted since the New Moon? _____

What did I let go of that no longer served me? _____

What did this enable me to receive and manifest? _____

Who are my allies at this time (humans, animals, plants, minerals, ancestors, etc)? _____

What is a concrete action I can take to continue moving forward in a positive way? _____

Positive affirmation: _____

How does this affirmation resonate in my body? Be specific. _____

DECEMBER 21
WINTER SOLSTICE

Shortest day of the year. Considered the first day of Winter (or Midwinter if one considers Samhain the beginning of Winter).

Writing prompts:

How am I feeling as I move into the Midwinter season?

Physically _____

Emotionally _____

Spiritually _____

Think back to Summer Solstice. What aspects of that time do I want to hold in my heart? _____

What am I feeling particularly tender about? _____

How do I most want to be cared for and nurtured right now? By myself and others. _____

What is at least one specific action I can take to help with this? _____

What am I ashamed of? What do I tend to not want to shine light on? _____

What about myself might I consider forgiving, or at least being compassionate about? _____

What would I like to release that no longer serves me? _____

DECEMBER 23

NEW MOON

Writing prompts:

How am I feeling as this cycle comes to an end?

Physically _____

Emotionally _____

Spiritually _____

What am I ready to let go of? What no longer serves me? _____

What am I open to being curious about? _____

What new intention do I set for this coming cycle? _____

Who are my allies at this time (humans, animals, plants, minerals, ancestors, etc)? _____

What am I calling in, welcoming in? _____

Positive affirmation: _____

How does this affirmation resonate in my body? Be specific. _____

* * *

Congratulations for completing this! If this was helpful, you are encouraged to continue this process in some form or another in the coming years. May you continue to connect with, cultivate, and honor your Wise Self.



With Rosa Blair
MS, LMHC
www.wiseselfcounseling.com