

CONNECTION, RECEPTIVITY & PERSONAL WORTH



LUNAR
PHASE
PROMPT



NEW
MOON

Write a list of
your wishes and
dreams. (Expect
the universe to
support your
dreams. It will.)

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1ST QUARTER
MOON

"Synchronicity
holds the promise
that if we want to
change inside, the
patterns of our
external life will
change as well."
-Jean Shinoda Bolen

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FULL
MOON

Even the biggest
changes begin
with small ones.
What is [one]
small change
you can make
this week?

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3RD QUARTER
MOON

Jealousy is always
a mask for fear;
fear that we
aren't able to get
what we want. What
is something you
have blocked
because of fear?

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