

Month/Year _____

Full Moon is in _____

Full Moon Worksheet

- Cleansing crystals & spellwork
- Releasing
- Shifting through peaking energy

Theme for the Full Moon

Card(s) Pulled



- Notice & release old habits, beliefs & patterns that block you from fully achieving your intentions

Affirmation: _____

Example: I am releasing the inhibiting beliefs instilled in me by my upbringing



- Come face to face with your shadows
- Be open to your emotions, negative thoughts or behaviors because they give you an opportunity to learn & grow

Affirmation: _____

Example: I am forgiving to those from my past



- Take action to create your intention & remove obstacles
- Move forward in the way the universe is guiding you

Affirmation: _____

Example: I am clearly seeing & know the next steps I need to take.



- Give thanks for all you have learned, achieved & changed during this cycle

Affirmation: _____

Example: I am grateful for all the universe gives me & connect to the divine.

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What I need more love & attention

What have I accomplished



Simple Full Moon Ritual or you can create your own

- Create sacred space with a candle in a fire-safe bowl.
- Meditate with pen & paper
- Write a list of situations, people, habits or behaviors you wish to let go
- With energy of willingness to release, burn list in the fire safe bowl

(for an extra boost -Sumdage & take a salt bath while visualizing the new actions you will take to move forward)