

Month/Year _____

New Moon is in _____

New Moon Worksheet

- Set new goals & intentions
- Planting seeds for the future
- New Beginnings

Theme for the New Moon

Card(s) Pulled



- Set intentions
- New moon ritual

Affirmation: _____

Example: I am Love



- Feel as if your intentions have manifested
- This is a time to embrace feelings of accomplishment

Affirmation: _____

Example: I am Happy



- Be proactive & physically create your intentions in the real world
- What can I do to take actions to support your intentions?

Affirmation: _____

Example: I am motivated to create the intentions I imagine

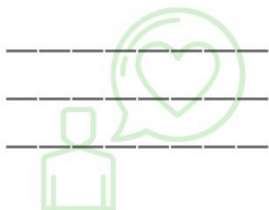


- Be open to the possibility that your intentions may manifest differently than you have envisioned

Affirmation: _____

Example: I am open to the guidance of the Universe

What I need more love & attention



What I guidance have I recieved to move forward



Simple New Moon Ritual or you can create your own

- Cleanse your space
- Light a candle
- Ground yourself using deep breathing & Visualization
- Meditate on your intentions
- Write your intentions & place on your altar or vision board
- Lay your hands on the paper & charge it with your energy
- Blow out the candle & sit (this is a great time to do automatic writing or journaling)

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