

# Manifesting With The Moon

## Journal Prompts



New Moon

1. Write Out All Your Current Dreams/ Ideas/ Inspirations:
2. What Are You Desiring In Your Life (You Can Categorize Into Career/ Relationships/ Health/ Home/ Spirituality)?
3. What Do You Hope To Manifest/ Accomplish/ Create In The Next Month/ 6 Months/ Year?
4. Why? How Do You Want To Feel?
5. What Systems Can You Implement To Support Your Future Self?



First Quarter

1. Rewrite Out Your New Moon Intentions:
  2. What Still Resonates? What Does Not? Allow Yourself To Redefine Your Intention So It Resonates Deeper
  3. What Challenges And Obstacles Have Arisen Recently?
  4. Write Out Any Fears/ Anxieties/ Worries/ Triggers + Discern What Is Actually WITHIN Your Control To Change.
  5. What Is The Opportunity Arising?
- BONUS:** What Is An Affirmation That Can Assist You In Moving Through Resistance?



Full Moon

1. How Have You Grown Since The New Moon?
2. What Has Surprised You?
3. How Do You Feel Reflecting On Your Progress?
4. What Are You Grateful For?
5. What Is Needing To Be Released?



Last Quarter

1. What Have You Learned This Month?
  2. How Has Your Direction Changed?
  3. Complete This Sentence: I Am Proud Of Myself Because:
  4. What Needs To Be Let Go And What Needs To Be Built Upon In The Next Phase?
  5. How Can You Give Back Next Month/ Next Cycle?
- BONUS:** Note Down Your Current Inspirations