



NEW MOON WORKSHEET

The moon is a great reminder that, in life, we move through different phases. For 28 days, the moon shifts through a complete cycle. It moves through phases of darkness and light while growing from what appears to be emptiness to fullness and back to emptiness again. Just like the moon, we are sometimes full of light, energy, and brilliance. While at other times, we are dark and less expansive. Aligning our energy with the different phases of the moon is a beautiful way to track and tune into what we are feeling, what we need to shed, and what we want to cultivate in our lives.

NEW MOON is the first phase of a new lunar cycle. It is the time when the moon appears to be completely dark. During a new moon, the illuminated side of the moon shines away from the earth. What appears to be darkness is really just a shadow. **This is important because it reveals that just because we can't see the light doesn't mean it isn't there. The light is always there.**

A new moon presents us with the opportunity to start a new personal cycle. It is a time to reflect and clear out anything that you no longer wish to give energy to. It is also the time to set intentions. Seeds are planted in darkness. With a new moon comes the time to plant the seeds for what you wish to grow in your life.

Use these figures below to explore what you are releasing and what seeds you are planting with this new moon.



NEW MOON



WAXING CRESCENT



FIRST QUARTER



WAXING GIBBOUS



FULL MOON



WANING GIBBOUS



LAST QUARTER



WANING CRESCENT

With this
NEW MOON,
I release:

With this
NEW MOON,
I am planting
seeds of:

(What intentions are you setting?
What are you calling in?)

Now, take a moment to FEEL what it is that you're inviting in. What do you feel? What does this feeling look like? Be specific: