

My First Moon Observation

Date: _____

Time: _____

Location: _____

The Moon Tonight

- ☐ New Moon 
- ☐ Waxing Crescent 
- ☐ First Quarter 
- ☐ Waxing Gibbous 
- ☐ Full Moon 
- ☐ Waning Gibbous 
- ☐ Last Quarter 
- ☐ Waning Crescent 

*(Don't worry if you're unsure—make your best guess.
We'll learn the phases in the next lesson.)*



What did the Moon look like? ★

The Sky

- ☐ Clear 
- ☐ Partly Cloudy 
- ☐ Overcast 
- ☐ Windy 
- ☐ Calm 
- ☐ Other: _____

What did you notice? ★



Sitting with the Moon



How did you feel while observing the Moon? ✨

What emotions arose? ✨

Did any thoughts, memories, or ideas come to you? ✨

One thing I want to remember about tonight ✨



✨ Closing Reflection ✨

*"Every relationship begins
with simply showing up."*



Beginning My *Lunar Journey*



This month I hope to... ✨

Three words that describe what I want from my lunar practice ✨

1. _____ ✨ 2. _____ ✨ 3. _____ ✨

I would like the Moon to teach me... ✨



My intention for this month ✨

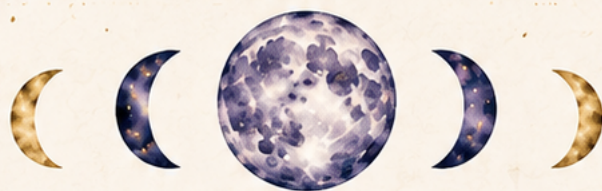
..... ✨ *Affirmation* ✨

I welcome the wisdom of the Moon into my life.

May I learn to honor beginnings, growth, fullness, release, and renewal.

May I walk gently with nature and trust the rhythm of my own journey.





MOON WATCHING LOG

— A RECORD OF MY LUNAR JOURNEY —

DATE	MOON PHASE (or sketch)	WEATHER	MOOD	WHAT I NOTICED
1				
2				
3				
4				
5				

*The Moon is always there,
even when we cannot see her.*

I watch. I wonder.
I connect.

DATE	MOON PHASE (or sketch)	WEATHER	MOOD	WHAT I NOTICED
6		    	    	
7		    	    	
8		    	    	
9		    	    	
10		    	    	





The Moon's Invitation

Look up often.

Notice the changing sky.

Honor both your seasons of
becoming and your seasons of rest.

Like the Moon, you are never
diminished when part of you
is hidden.

Trust the rhythm of your
own unfolding.

The Moon has been
waiting for you
all along.