



My Personal Lunar Practice

My practice can expand and contract, just like the Moon.



SMALL
STEPS
STILL
COUNT

MY MINIMUM PRACTICE

For busy, difficult, or low-energy months.

Even when life is full, I can:

The smallest practice that still feels meaningful to me is:



PRACTICE
CREATES
CONNECTION

MY REGULAR PRACTICE

What I realistically want to do most months.

The lunar practices I want to continue are:

- | | |
|---|--|
| ☐ Watching/noticing the Moon | ☐ Divination |
| ☐ Greeting the Moon | ☐ Spell timing |
| ☐ Moon journaling | ☐ Meditation |
| ☐ New Moon intentions | ☐ Devotion/prayer |
| ☐ Full Moon reflection | ☐ Moon altar |
| ☐ Release work | ☐ Other: _____ |
| ☐ Moon water | _____ |



GO DEEPER
WHEN
YOU CAN

MY DEEPER PRACTICE

For times when I have the desire, time, and energy for more.

When I want to go deeper, I might:

My Promise to Myself

*If my practice becomes too much, I give myself permission
to return to my minimum practice without guilt.*



OBSERVE • HONOR • ADAPT • CONTINUE

My Monthly Lunar Rhythm

Four Phases ~ A Wiser You

DIFFERENT
PHASES
SAME
JOURNEY

SAME
MOON
DIFFERENT
GIFTS

*Rest
Reflect
Rebirth*

NEW MOON — BEGIN

Plant • Intend • Envision

Do I want to observe this phase?

☐ Yes ☐ No

My practice:

Simplest version: _____

*Plan
Take Action
Grow*

LAST QUARTER — RELEASE

Let Go • Clear • Make Space

Do I want to observe this phase?

☐ Yes ☐ No

My practice:

Simplest version: _____

I DON'T HAVE TO OBSERVE THEM ALL.

The phase I most want to
make part of my life is:

Why:

FIRST QUARTER — ACT

Move • Build • Commit

Do I want to observe this phase?

☐ Yes ☐ No

My practice:

Simplest version: _____

*Release
Make Room
Transform*

FULL MOON — ILLUMINATE

Celebrate • Receive • Give Thanks

Do I want to observe this phase?

☐ Yes ☐ No

My practice:

Simplest version: _____

*Celebrate
Be Grateful
Share
Integrate*

*Create a rhythm you will return to,
not a schedule you will abandon.*

Creating My Moon Altar

*An altar is a place of relationship and intention—
not a decorating contest.*

SAME
MOON
DIFFERENT
PATHS

YOUR
ALTAR
YOUR WAY
YOUR
MAGIC

My SPACE

My Moon altar will be:

- | | |
|---------------------------------------|--|
| ☐ Permanent | ☐ A shelf |
| ☐ Temporary | ☐ A small table |
| ☐ Portable | ☐ An altar box |
| ☐ A windowsill | ☐ Something else: |

WHAT BELONGS THERE?

Something representing the Moon:

Something representing light:

Something representing water:

Something from nature:

Something personally meaningful to me:

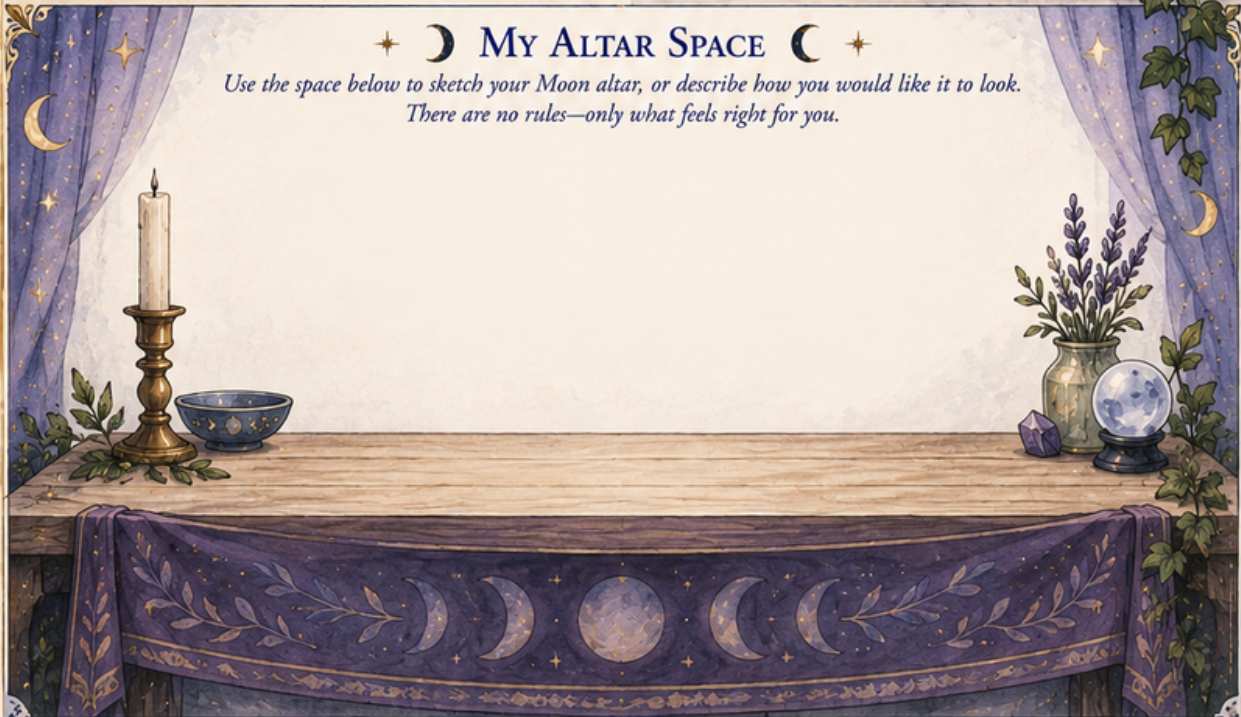
I MIGHT ALSO INCLUDE...

- | | |
|--|---|
| ☐ Candle | ☐ Shells |
| ☐ Bowl of water | ☐ Journal |
| ☐ Moon image | ☐ Divination tools |
| ☐ Crystals | ☐ Deity/archetype representation |
| ☐ Herbs | ☐ Offerings |
| ☐ Flowers | ☐ Other: |
| ☐ Mirror | |

*A simple space
can hold
a powerful magic
when it is filled
with intention.*

My ALTAR SPACE

*Use the space below to sketch your Moon altar, or describe how you would like it to look.
There are no rules—only what feels right for you.*



Choose what has meaning. Leave out what doesn't.

REFLECT
LEARN
INTEGRATE
CONTINUE

SAME
MOON
A BRIGHTER
YOU

What Will I Carry Forward?

Looking Back on My Lunar Journey

Something I learned about the Moon: _____

Something I learned about myself: _____

A practice I loved: _____

A practice that wasn't really for me: _____

A lunar phase I understand differently now: _____

Something I released: _____

Something I began: _____

Something that surprised me: _____

The Pages I Want to Keep Using

These pages have become part of my Book of Shadows.

- ☐ Eight Moon Phases Reference Wheel
- ☐ Waxing or Waning?
- ☐ New Moon → First Quarter Magic
- ☐ Full Moon Magic
- ☐ Waning Moon Magic
- ☐ The Moon as Mirror
- ☐ Maiden • Mother • Crone
- ☐ Choosing the Moon for Your Magic
- ☐ Lunar Spell Timing Planner
- ☐ Lunar journal pages
- ☐ Other: _____



*The Moon teaches in cycles.
The wisdom you've gained is yours to keep.*

A BRIGHTER
PATH AHEAD

MONTH 6
THE MOON

SAME
SKY
DIFFERENT
SEASONS
A BRIGHTER
YOU

PAST
PRESENT
FUTURE
ALWAYS
CONNECTED

Keep Looking Up

You do not need
to memorize every Moon.

You do not need
to greet every phase.

You will miss nights.
You will forget rituals.

There will be seasons
when your practice is deep,
and seasons
when it becomes very small.

Still,
the Moon will return.
And so can you.

Look up
when you remember.
Notice the crescent.
Stand beneath the Full Moon.

Let something go
when its season is finished.
Rest when you need rest.

Begin again
when you are ready.

You came here
to learn about the Moon.
Perhaps somewhere
along the way,
you learned something
about yourself.

*Keep looking up.
The journey continues.*

A QUIETER
HEART
A BRIGHTER
PATH
ALWAYS

LESSONS LEARNED
RHYTHMS EMBRACED

STILL HERE
STILL BECOMING