

SAME
MOON
DIFFERENT
STORIES
ALWAYS
MAGIC

My Lunar Month

A Cycle of Intention, Action and Reflection

A
CALMER
MORE
INTENTIONAL
YOU

New
Cycles
New
Possibilities

★ Moon Phase Dates ★

This lunar cycle begins: _____

New Moon: _____

First Quarter: _____

Full Moon: _____

Last Quarter: _____

Next New Moon: _____

What's Happening in My Life Right Now?

Something I'm working toward: _____

Something needing my attention: _____

Something I want to finish: _____

Something I may be ready to release: _____

Something I need more of: _____

Honest
Reflection
Creates
Real
Growth

★ My Primary Intention for This Cycle ★

During this lunar cycle, I intend to...

Small
Steps
Still
Move
You
Forward

SAME
RHYTHM
BRIGHTER
DAYS

Plan for the life you are actually living.

A MORE
MAGICAL
YOU

Follow My Intention Through the Moon

One cycle. Many paths. A more intentional you.

LISTEN
TO THE
CYCLES

TRUST
THE
PROCESS

BEGIN
What am I planting?

REST
Where will I allow space?

GROW
What will nurture it?

ACT
What action must I take?

REFINE
What might need adjustment?

ILLUMINATE
What will I look for, celebrate, or seek clarity about?

APPRECIATE
What wisdom or gratitude will I carry forward?

RELEASE
What might need to be removed?

MY INTENTION

REFLECT
ALIGN
RELEASE
GROW
BECOME

DIFFERENT
PHASES
SAME
MAGIC

One intention. Eight different ways of meeting it.

A
NEW
CYCLE
A FRESH
BEGINNING
A BRIGHTER
YOU

New Moon

Plant the Seed

SMALL
BEGINNINGS
CREATE
BIG
MAGIC

In the stillness, intention takes root.

Date: _____

My intention:

Why this matters now:

How Will I Mark the Beginning?

- | | |
|---|--|
| ☐ Write an intention | ☐ Altar change |
| ☐ Prayer | ☐ Divination |
| ☐ Meditation | ☐ Simply acknowledge the New Moon |
| ☐ Candle | ☐ Other: _____ |
| ☐ Spellwork | |

What I will actually do:

Practical first step:

Afterward

What happened / what did I notice?

*Every intention is a seed
for a brighter tomorrow.*

PLANT
INTENTIONS
NURTURE
POSSIBILITIES
TRUST
THE PROCESS

FROM
INTENTION
TO ACTION
THE LIGHT
GROWS
STRONGER

First Quarter Take Action

DISCIPLINE
CREATES
PROGRESS
SMALL STEPS
LEAD TO
BIG CHANGES

Momentum builds. Turn intention into movement.

Date: _____

What has begun to grow?

What obstacle or resistance has appeared?

What action do I know I need to take?

My First Quarter Work

- ☐ Practical action
- ☐ Courage work
- ☐ Motivation spell
- ☐ Road opening

- ☐ Strengthening
- ☐ Divination
- ☐ No ritual needed
- ☐ Other: _____

What I will actually do:

My real-world action:

Afterward

What happened / what did I notice?

PROGRESS
NOT
PERFECTION

*Magic does not replace the step
you already know you need to take.*

THE
FULL MOON
REVEALS
BRINGS CLARITY
CELEBRATES
FILLS YOU
WITH LIGHT

Full Moon

Illuminate & Celebrate

See clearly. Give thanks. Honor what has grown.

PAUSE
REFLECT
GIVE THANKS
RECOGNIZE
YOUR GROWTH
YOU ARE
MAGIC

Date: _____

What has grown since the New Moon?

What can I see more clearly now?

What deserves celebration or gratitude?

My Full Moon Practice

- | | |
|--------------------------------------|---|
| ☐ Gratitude | ☐ Meditation |
| ☐ Celebration | ☐ Spellwork |
| ☐ Divination | ☐ Devotion |
| ☐ Blessing | ☐ Simply spend time beneath the Moon |
| ☐ Charging | ☐ Other: _____ |
| ☐ Moon water | |

What I will actually do:

The Moon as Mirror

What is the light revealing that I need to acknowledge?

Afterward

What happened / what did I notice?

Celebrate how far you have already come.

RELEASE
WHAT
NO LONGER
SERVES YOU



Last Quarter

Release & Make Room



Let go. Clear the path. Make room for what's next.

SOMETIMES
EMPTY SPACE
IS A
BEAUTIFUL
BEGINNING



Date: _____

What feels complete?

What no longer supports my intention?

What am I ready to release?



My Release



- | | |
|---|---|
| ☐ Clear a physical space | ☐ Release an expectation |
| ☐ Donate something | ☐ Cleansing |
| ☐ Finish something | ☐ Banishing |
| ☐ Say no | ☐ Forgiveness work |
| ☐ Change a habit | ☐ Other: _____ |

What I will actually do:

What will I make room for by releasing this?



Afterward



What happened / what did I notice?

WHAT
YOU LET GO OF
CREATES SPACE
FOR WHAT
BELONGS



*Let go with gratitude.
Make room with intention.*

NOT
EVERYTHING
NEEDS A
SPELL.

Where Does Magic Belong?

Choose with intention. Do what matters.

SIMPLE
PRACTICE
STILL
COUNTS.



Lunar Phase	Ritual or Magical Work Needed?	Why?
 New Moon	☐ Yes ☐ No	_____
 Waxing Crescent	☐ Yes ☐ No	_____
 First Quarter	☐ Yes ☐ No	_____
 Waxing Gibbous	☐ Yes ☐ No	_____
 Full Moon	☐ Yes ☐ No	_____
 Waning Gibbous	☐ Yes ☐ No	_____
 Last Quarter	☐ Yes ☐ No	_____
 Waning Crescent	☐ Yes ☐ No	_____

The 2-3 Magical Workings That Matter Most

1

Phase: _____

Purpose: _____

2

Phase: _____

Purpose: _____

3

Phase: _____

Purpose: _____

FOCUS
CREATES
STRONGER
MAGIC.

Everything Else Can Be Lived Through...

☐ Practical action

☐ Devotion

☐ Journaling

☐ Observation

☐ Prayer

☐ Rest

☐ Gratitude

☐ Other: _____

A
QUIETER
PATH
ALSO
LEADS
FORWARD

Not every phase needs a spell.

SIMPLE
TOOLS
MEANINGFUL
INTENTIONS
REAL MAGIC

Build My Lunar Working

☾ ☾ ☾ ☼ ☾ ☾ ☾
Intent. Align. Create. Manifest.

IT'S NOT
ABOUT HOW
MUCH YOU USE
IT'S ABOUT
WHY YOU USE IT

Moon phase: _____

Purpose: _____

Magical direction:

- | | |
|-------------------------------------|-----------------------------------|
| ☐ Begin | ☐ Bless |
| ☐ Attract | ☐ Release |
| ☐ Increase | ☐ Decrease |
| ☐ Strengthen | ☐ Cleanse |
| ☐ Illuminate | ☐ End |



PLAN
INTEND
CHOOSE
CREATE
DO
REFLECT
GROW

Correspondences I Choose

Candle/color: _____

Herbs: _____

Crystals: _____

Incense/oil: _____

Symbols/tools: _____

My Working

What I will do:

Words/prayer/petition:

Real-World Partner

The practical action supporting this magic is:

*Choose correspondences because they support the work—
not because you need more ingredients.*

HONOR
THE CYCLE
IN YOUR
SPACE



My Altar Through the Cycle

Same space. Different energy. A living practice.

SMALL
CHANGES
MAKE A
BIG
DIFFERENCE



NEW MOON — BEGIN

What will I place, remove, or change?



FIRST QUARTER — ACT

What represents movement or commitment?



FULL MOON — ILLUMINATE

What represents fullness, gratitude, or celebration?



LAST QUARTER — RELEASE

What will I remove, clear, or simplify?



By the Waning Crescent, I would like my altar to feel:

A
CLEARER
SPACE
A QUIETER
MIND
A BRIGHTER
YOU



Your altar can breathe with the cycle too.

SAME
SKIES.
DIFFERENT
THOUGHTS.
ALWAYS
ENOUGH.

My Journal & Devotional Rhythm

A quieter life. A deeper connection. One lunar cycle at a time.

JOURNAL
REFLECT
CONNECT
REMEMBER
GROW

I Want to Journal At...

- ☐ New Moon
- ☐ Waxing Crescent
- ☐ First Quarter
- ☐ Waxing Gibbous
- ☐ Full Moon
- ☐ Waning Gibbous
- ☐ Last Quarter
- ☐ Waning Crescent
- ☐ Only when I have something to say

What I Want to Notice

- ☐ Intentions
- ☐ Energy
- ☐ Mood
- ☐ Dreams
- ☐ Magic
- ☐ Inner Moon
- ☐ Lessons
- ☐ Gratitude
- ☐ Other: _____

*Small
noticings
create
big magic.*

THE
MOON
LISTENS
EVEN
WHEN
YOU
JUST
ARE.

Time With the Moon

One way I will spend time with the Moon without asking for anything:

A simple greeting or prayer I might use:

Something I would like to offer in gratitude:

JOURNAL

REFLECT

DREAM

GRATITUDE

DEVOTION

A
QUIETER
YOU
A BRIGHTER
TOMORROW

*Same Moon
New Insights
Deeper You*

PRESENCE

PERSPECTIVE

PEACE

POSSIBILITY

*Relationship needs moments
that aren't transactional.*

SPIRITUAL
SUPPORT
STRENGTHENS
REAL-WORLD
CHANGE.

Magic & Mundane

Two paths. One intention. A more grounded you.

DREAM
PLAN
TAKE ACTION
CREATE
A BRIGHTER
TOMORROW.

MY MAGICAL ACTIONS

*What spiritual or magical work
will support my intention?*



*Ritual. Energy. Intention.
Inner Work.*

MY PRACTICAL ACTIONS

*What will I actually do
in the physical world?*



*Plan. Do. Follow Through.
Real-World Steps.*

Where Am I Tempted to Use Magic Instead of Taking Action?



*Magic can support the path.
You still have to walk it.*

REST
REPLENISHES
YOUR
MAGIC.



Make Room for Rest

*Sometimes the most productive thing you can do
is rest.*

LESS
TODAY
CREATES
MORE
TOMORROW.



WANING CRESCENT

Release. Simplify. Rest. Make Space.

What can be finished before I reach this phase?

What can wait until the next cycle?

What am I giving myself permission NOT to do?

During My Waning Crescent I Want More...

- | | |
|-----------------------------------|--|
| ☐ Sleep | ☐ Dreamwork |
| ☐ Quiet | ☐ Meditation |
| ☐ Solitude | ☐ Creativity without a goal |
| ☐ Nature | ☐ Doing absolutely nothing |
| ☐ Reading | ☐ Other: _____ |

I Am Deliberately Leaving This Space Empty

SLOWER
QUIETER
DEEPER
STRONGER



You don't have to fill every empty space.

OBSERVE
REFLECT
LEARN
GROW
REPEAT
♥

What Actually Happened?

Plans are a beginning. Experience is the real teacher.



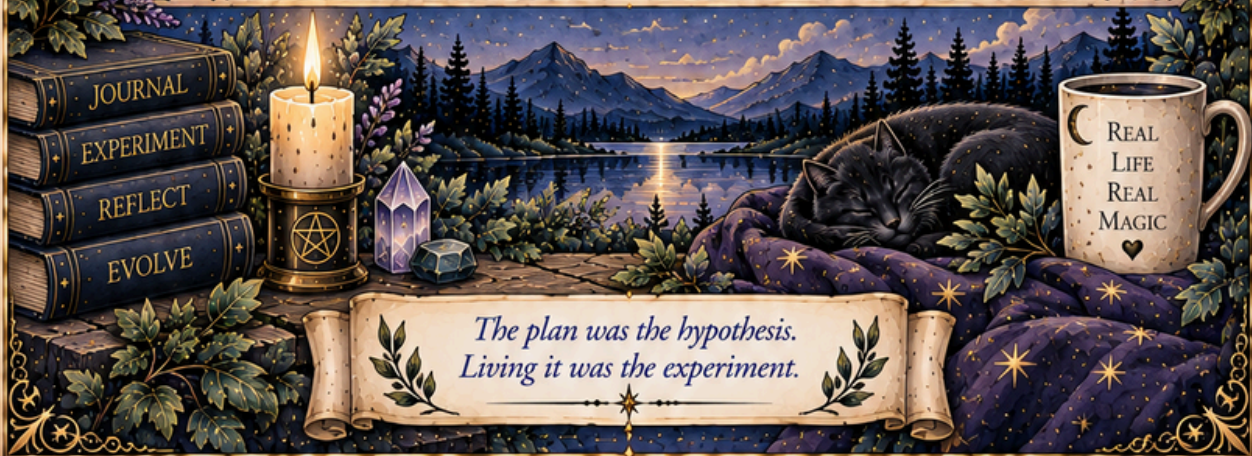
SAME
MOON
A WISER
YOU
♥

★ Phase	What I Planned	What I Actually Did	What I Noticed
 NEW MOON			
 WAXING CRESCENT			
 FIRST QUARTER			
 WAXING GIBBOUS			
 FULL MOON			
 WANING GIBBOUS			
 LAST QUARTER			
 WANING CRESCENT			

The phase where my plan flowed most naturally: _____

The phase where my plan felt most forced: _____

Something unexpected that happened: _____



REFLECT
ADJUST
GROW
REPEAT

When the Moon Returns

Each cycle teaches. Each return brings new wisdom.



A NEW
CYCLE
A BRIGHTER
YOU



NEXT NEW MOON

Looking back at the cycle I just lived...

What worked beautifully?

What felt like too much?

What did I repeatedly avoid?

What practice surprised me?

Where did magic genuinely help?

Where did practical action matter more?

Did I leave enough room for rest? Why or why not?

Same
Moon.
Wiser
You.



LESSONS

INSIGHTS

BALANCE

PROGRESS

STILL ENOUGH

Next Cycle

I will KEEP:

I will CHANGE:

I will RELEASE:

I might EXPLORE:

MORE
AWARENESS
A KINDER
RHYTHM
A BRIGHTER
TOMORROW



PEACE

PRACTICE

PERSPECTIVE

POSSIBILITIES

*I do not need to create the perfect lunar practice.
I only need to keep learning from the one I live.*