

A
QUIETER
LIFE
A MORE
MAGICAL
YOU.

My 30-Day Moon Challenge

SAME
MOON.
A BRIGHTER
YOU.

Observe ♦ Practice ♦ Learn ♦ Grow

I begin on: _____
The Moon phase today is: _____
My challenge ends on: _____

During These 30 Days, I Want to Pay Attention To...

- | | |
|--|---|
| ☐ The Moon in the sky | ☐ My magical practice |
| ☐ My energy | ☐ My devotional practice |
| ☐ My moods | ☐ My need for action |
| ☐ My dreams | ☐ My need for rest |
| ☐ My creativity | ☐ Other: _____ |
| ☐ My inner Moon | |

*Small
steps
create
profound
change.*

The Lunar Practices I Intend to Continue

Before I Begin...

I think my easiest phase will be: _____

I think my most difficult phase will be: _____

Something I expect to notice:

Something I'm curious about:

*Curiosity
is a form
of magic.*

My Challenge Promise

*For the next 30 days, I will practice noticing
rather than trying to perform lunar practice perfectly.
If I miss a day, I will return the next day.*

SAME
MOON.
NEW
INSIGHTS.

*This is not a streak.
It is a practice of returning.*

EVERY
PHASE
BRINGS
A NEW
PERSPECTIVE.



BEGIN AGAIN

NOTICE
OBSERVE
RECORD
REPEAT

Living With the Moon

Daily Tracker — Days 1–7

SMALL
MOMENTS
BUILD
A DEEPER
PRACTICE

Same Moon. A More Mindful You.

DAY
1



DATE: _____ MOON: _____
Saw Moon: ☐ Yes ☐ No Energy: 1 ○ 2 ○ 3 ○ 4 ○ 5 ○
Mood: _____ Inner Moon: _____
Dream / creativity / something I noticed: _____

Today's lunar practice:
☐ Looked up
☐ Journalled
☐ Prayer/devotion
☐ Ritual/magic
☐ Practical action
☐ Rest
☐ None — and that's okay

DAY
2



DATE: _____ MOON: _____
Saw Moon: ☐ Yes ☐ No Energy: 1 ○ 2 ○ 3 ○ 4 ○ 5 ○
Mood: _____ Inner Moon: _____
Dream / creativity / something I noticed: _____

Today's lunar practice:
☐ Looked up
☐ Journalled
☐ Prayer/devotion
☐ Ritual/magic
☐ Practical action
☐ Rest
☐ None — and that's okay

DAY
3



DATE: _____ MOON: _____
Saw Moon: ☐ Yes ☐ No Energy: 1 ○ 2 ○ 3 ○ 4 ○ 5 ○
Mood: _____ Inner Moon: _____
Dream / creativity / something I noticed: _____

Today's lunar practice:
☐ Looked up
☐ Journalled
☐ Prayer/devotion
☐ Ritual/magic
☐ Practical action
☐ Rest
☐ None — and that's okay

DAY
4



DATE: _____ MOON: _____
Saw Moon: ☐ Yes ☐ No Energy: 1 ○ 2 ○ 3 ○ 4 ○ 5 ○
Mood: _____ Inner Moon: _____
Dream / creativity / something I noticed: _____

Today's lunar practice:
☐ Looked up
☐ Journalled
☐ Prayer/devotion
☐ Ritual/magic
☐ Practical action
☐ Rest
☐ None — and that's okay

DAY
5



DATE: _____ MOON: _____
Saw Moon: ☐ Yes ☐ No Energy: 1 ○ 2 ○ 3 ○ 4 ○ 5 ○
Mood: _____ Inner Moon: _____
Dream / creativity / something I noticed: _____

Today's lunar practice:
☐ Looked up
☐ Journalled
☐ Prayer/devotion
☐ Ritual/magic
☐ Practical action
☐ Rest
☐ None — and that's okay

DAY
6



DATE: _____ MOON: _____
Saw Moon: ☐ Yes ☐ No Energy: 1 ○ 2 ○ 3 ○ 4 ○ 5 ○
Mood: _____ Inner Moon: _____
Dream / creativity / something I noticed: _____

Today's lunar practice:
☐ Looked up
☐ Journalled
☐ Prayer/devotion
☐ Ritual/magic
☐ Practical action
☐ Rest
☐ None — and that's okay

DAY
7



DATE: _____ MOON: _____
Saw Moon: ☐ Yes ☐ No Energy: 1 ○ 2 ○ 3 ○ 4 ○ 5 ○
Mood: _____ Inner Moon: _____
Dream / creativity / something I noticed: _____

Today's lunar practice:
☐ Looked up
☐ Journalled
☐ Prayer/devotion
☐ Ritual/magic
☐ Practical action
☐ Rest
☐ None — and that's okay

Something I want to remember from this week:

Progress is in the noticing.

OBSERVE
REFLECT
PRACTICE
GROW

A MORE
AWARE YOU
A BRIGHTER
TOMORROW

DAY 8

DATE: _____ MOON: _____
Saw Moon: ☐ Yes ☐ No Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐
Mood: _____ Inner Moon: _____
Dream / creativity / something I noticed: _____

Today's lunar practice:
☐ Looked up
☐ Journalled
☐ Prayer/devotion
☐ Ritual/magic
☐ Practical action
☐ Rest
☐ None — and that's okay

DAY 9

DATE: _____ MOON: _____
Saw Moon: ☐ Yes ☐ No Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐
Mood: _____ Inner Moon: _____
Dream / creativity / something I noticed: _____

Today's lunar practice:
☐ Looked up
☐ Journalled
☐ Prayer/devotion
☐ Ritual/magic
☐ Practical action
☐ Rest
☐ None — and that's okay

DAY 10

DATE: _____ MOON: _____
Saw Moon: ☐ Yes ☐ No Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐
Mood: _____ Inner Moon: _____
Dream / creativity / something I noticed: _____

Today's lunar practice:
☐ Looked up
☐ Journalled
☐ Prayer/devotion
☐ Ritual/magic
☐ Practical action
☐ Rest
☐ None — and that's okay

DAY 11

DATE: _____ MOON: _____
Saw Moon: ☐ Yes ☐ No Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐
Mood: _____ Inner Moon: _____
Dream / creativity / something I noticed: _____

Today's lunar practice:
☐ Looked up
☐ Journalled
☐ Prayer/devotion
☐ Ritual/magic
☐ Practical action
☐ Rest
☐ None — and that's okay

DAY 12

DATE: _____ MOON: _____
Saw Moon: ☐ Yes ☐ No Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐
Mood: _____ Inner Moon: _____
Dream / creativity / something I noticed: _____

Today's lunar practice:
☐ Looked up
☐ Journalled
☐ Prayer/devotion
☐ Ritual/magic
☐ Practical action
☐ Rest
☐ None — and that's okay

DAY 13

DATE: _____ MOON: _____
Saw Moon: ☐ Yes ☐ No Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐
Mood: _____ Inner Moon: _____
Dream / creativity / something I noticed: _____

Today's lunar practice:
☐ Looked up
☐ Journalled
☐ Prayer/devotion
☐ Ritual/magic
☐ Practical action
☐ Rest
☐ None — and that's okay

DAY 14

DATE: _____ MOON: _____
Saw Moon: ☐ Yes ☐ No Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐
Mood: _____ Inner Moon: _____
Dream / creativity / something I noticed: _____

Today's lunar practice:
☐ Looked up
☐ Journalled
☐ Prayer/devotion
☐ Ritual/magic
☐ Practical action
☐ Rest
☐ None — and that's okay

RHYTHM
PERSPECTIVE
PATIENCE
PROGRESS

Something I want to remember from this week:

Small steps add up to a magical life.

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OBSERVE
REFLECT
PRACTICE
GROW

Living With the Moon

Daily Tracker — Days 15–21

PRESENCE
CREATES
A MORE
MAGICAL
LIFE

Same Moon. A More Mindful You.

DAY
15



DATE: _____ MOON: _____
Saw Moon: ☐ Yes ☐ No Energy: 1 ○ 2 ○ 3 ○ 4 ○ 5 ○
Mood: _____ Inner Moon: _____
Dream / creativity / something I noticed: _____

Today's lunar practice:
☐ Looked up
☐ Journalled
☐ Prayer/devotion
☐ Ritual/magic
☐ Practical action
☐ Rest
☐ None — and that's okay

DAY
16



DATE: _____ MOON: _____
Saw Moon: ☐ Yes ☐ No Energy: 1 ○ 2 ○ 3 ○ 4 ○ 5 ○
Mood: _____ Inner Moon: _____
Dream / creativity / something I noticed: _____

Today's lunar practice:
☐ Looked up
☐ Journalled
☐ Prayer/devotion
☐ Ritual/magic
☐ Practical action
☐ Rest
☐ None — and that's okay

DAY
17



DATE: _____ MOON: _____
Saw Moon: ☐ Yes ☐ No Energy: 1 ○ 2 ○ 3 ○ 4 ○ 5 ○
Mood: _____ Inner Moon: _____
Dream / creativity / something I noticed: _____

Today's lunar practice:
☐ Looked up
☐ Journalled
☐ Prayer/devotion
☐ Ritual/magic
☐ Practical action
☐ Rest
☐ None — and that's okay

DAY
18



DATE: _____ MOON: _____
Saw Moon: ☐ Yes ☐ No Energy: 1 ○ 2 ○ 3 ○ 4 ○ 5 ○
Mood: _____ Inner Moon: _____
Dream / creativity / something I noticed: _____

Today's lunar practice:
☐ Looked up
☐ Journalled
☐ Prayer/devotion
☐ Ritual/magic
☐ Practical action
☐ Rest
☐ None — and that's okay

DAY
19



DATE: _____ MOON: _____
Saw Moon: ☐ Yes ☐ No Energy: 1 ○ 2 ○ 3 ○ 4 ○ 5 ○
Mood: _____ Inner Moon: _____
Dream / creativity / something I noticed: _____

Today's lunar practice:
☐ Looked up
☐ Journalled
☐ Prayer/devotion
☐ Ritual/magic
☐ Practical action
☐ Rest
☐ None — and that's okay

DAY
20



DATE: _____ MOON: _____
Saw Moon: ☐ Yes ☐ No Energy: 1 ○ 2 ○ 3 ○ 4 ○ 5 ○
Mood: _____ Inner Moon: _____
Dream / creativity / something I noticed: _____

Today's lunar practice:
☐ Looked up
☐ Journalled
☐ Prayer/devotion
☐ Ritual/magic
☐ Practical action
☐ Rest
☐ None — and that's okay

DAY
21



DATE: _____ MOON: _____
Saw Moon: ☐ Yes ☐ No Energy: 1 ○ 2 ○ 3 ○ 4 ○ 5 ○
Mood: _____ Inner Moon: _____
Dream / creativity / something I noticed: _____

Today's lunar practice:
☐ Looked up
☐ Journalled
☐ Prayer/devotion
☐ Ritual/magic
☐ Practical action
☐ Rest
☐ None — and that's okay

Something I want to remember from this week:

The Moon reminds me
to slow down, pay attention,
and keep going.

SAME
MOON.
BRIGHTER
TOMORROWS.

RELEASE

REST

REFLECT

RENEW

Living With the Moon

Daily Tracker — Days 22–28

Same Moon. A More Mindful You.

DARKER

SKIES

BRING

BRIGHTER

INSIGHTS

DAY 22

DATE: _____ MOON: _____

Saw Moon: ☐ Yes ☐ No Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Mood: _____ Inner Moon: _____

Dream / creativity / something I noticed: _____

Today's lunar practice:

☐ Looked up
☐ Journalled
☐ Prayer/devotion
☐ Ritual/magic
☐ Practical action
☐ Rest
☐ None — and that's okay

DAY 23

DATE: _____ MOON: _____

Saw Moon: ☐ Yes ☐ No Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Mood: _____ Inner Moon: _____

Dream / creativity / something I noticed: _____

Today's lunar practice:

☐ Looked up
☐ Journalled
☐ Prayer/devotion
☐ Ritual/magic
☐ Practical action
☐ Rest
☐ None — and that's okay

DAY 24

DATE: _____ MOON: _____

Saw Moon: ☐ Yes ☐ No Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Mood: _____ Inner Moon: _____

Dream / creativity / something I noticed: _____

Today's lunar practice:

☐ Looked up
☐ Journalled
☐ Prayer/devotion
☐ Ritual/magic
☐ Practical action
☐ Rest
☐ None — and that's okay

DAY 25

DATE: _____ MOON: _____

Saw Moon: ☐ Yes ☐ No Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Mood: _____ Inner Moon: _____

Dream / creativity / something I noticed: _____

Today's lunar practice:

☐ Looked up
☐ Journalled
☐ Prayer/devotion
☐ Ritual/magic
☐ Practical action
☐ Rest
☐ None — and that's okay

DAY 26

DATE: _____ MOON: _____

Saw Moon: ☐ Yes ☐ No Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Mood: _____ Inner Moon: _____

Dream / creativity / something I noticed: _____

Today's lunar practice:

☐ Looked up
☐ Journalled
☐ Prayer/devotion
☐ Ritual/magic
☐ Practical action
☐ Rest
☐ None — and that's okay

DAY 27

DATE: _____ MOON: _____

Saw Moon: ☐ Yes ☐ No Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Mood: _____ Inner Moon: _____

Dream / creativity / something I noticed: _____

Today's lunar practice:

☐ Looked up
☐ Journalled
☐ Prayer/devotion
☐ Ritual/magic
☐ Practical action
☐ Rest
☐ None — and that's okay

DAY 28

DATE: _____ MOON: _____

Saw Moon: ☐ Yes ☐ No Energy: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Mood: _____ Inner Moon: _____

Dream / creativity / something I noticed: _____

Today's lunar practice:

☐ Looked up
☐ Journalled
☐ Prayer/devotion
☐ Ritual/magic
☐ Practical action
☐ Rest
☐ None — and that's okay

LET GO

MAKE SPACE

BE STILL

TRUST

BEGIN AGAIN

Something I want to remember from this week:

Endings are not the end.

They are the space where new beginnings can take root.

A QUIETER YOU

FOR A BRIGHTER TOMORROW

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THE END
OF A CYCLE
IS ALSO
A NEW
BEGINNING.

Days 29 & 30

— The Return —

THE
MOON
ALWAYS
RETURNS.
—
SO CAN
YOU.

Reflect ✦ Learn ✦ Continue ✦ Grow

DAY
29



STILL
HERE.
STILL
LEARNING.
STILL
GROWING.

Date: _____

Saw Moon: ☐ Yes ☐ No

Mood: _____

What I noticed today:

My lunar practice today:

Moon: _____

Energy: 1 ○ 2 ○ 3 ○ 4 ○ 5 ○

Inner Moon: _____

Every
ending
holds
a lesson.

DAY
30



A FULL
CIRCLE.
A BRIGHTER
YOU.

Date: _____

Saw Moon: ☐ Yes ☐ No

Mood: _____

What I noticed today:

My lunar practice today:

Moon: _____

Energy: 1 ○ 2 ○ 3 ○ 4 ○ 5 ○

Inner Moon: _____

The same
Moon.
A wiser
You.

Thirty Days Ago...

Something I expected:

Today...

Something I know now that I didn't know then:



You are returning to the Moon
with experience you didn't have
one cycle ago.



SMALL
OBSERVATIONS
CREATE
BIG
UNDERSTANDING.

Weekly Moon Reflection

Two Weeks Closer to a More Mindful You



Notice ♦ Learn ♦ Reflect ♦ Grow

SAME
MOON.
A DEEPER
YOU.

WEEK
1



OBSERVE
YOURSELF.
PATTERNS
HAVE A WAY
OF SHOWING
UP.

My energy this week was mostly:

☐ Low☐ Mixed☐ Steady☐ High

The mood I noticed most: _____

Something that repeated: _____

My inner Moon seemed to be: _____

A practice that felt natural: _____

Something that surprised me: _____



*More
awareness.
A kinder
you.*

WEEK
2



KEEP
LOOKING.
KEEP
NOTICING.
KEEP
GROWING.

My energy this week was mostly:

☐ Low☐ Mixed☐ Steady☐ High

The mood I noticed most: _____

Something that repeated: _____

My inner Moon seemed to be: _____

A practice that felt natural: _____

Something that surprised me: _____



*Progress
doesn't
have to be
perfect.
It just
has to be
real.*



*Look for repetition.
Don't build a theory
from one unusual day.*



THE
MORE YOU
NOTICE,
THE MORE
YOU UNDERSTAND.

Weekly Moon Reflection

Two More Weeks of Awareness

QUETER
DAYS
OFTEN BRING
THE DEEPEST
INSIGHTS.

Notice ✦ Learn ✦ Reflect ✦ Grow

WEEK
3



REFLECT
ON WHERE
YOU HAVE
BEEN.
HONOR
HOW FAR
YOU HAVE
COME.

My energy this week was mostly:

☐ Low☐ Mixed☐ Steady☐ High

The mood I noticed most: _____

Something that repeated: _____

My inner Moon seemed to be: _____

A practice that felt natural: _____

Something that surprised me: _____



The patterns
you notice
today become
the wisdom
you carry
tomorrow.

WEEK
4



RELEASE
WHAT NO
LONGER SERVES.
INTEGRATE
WHAT YOU
HAVE LEARNED.
STEP FORWARD
WITH A
BRIGHTER YOU.

My energy this week was mostly:

☐ Low☐ Mixed☐ Steady☐ High

The mood I noticed most: _____

Something that repeated: _____

My inner Moon seemed to be: _____

A practice that felt natural: _____

Something that surprised me: _____



Even in
endings,
there is
magic.
You are
still growing.



Look for repetition.
Don't build a theory
from one unusual day.



THE
MOON
REVEALS
WHAT WE
OFTEN
OVERLOOK.

Patterns Beneath the Moon

Look Closer. Discover More. Know Yourself Better.

NOT EVERY
PATTERN
NEEDS AN
ANSWER.
SOME JUST
NEED TIME.



ENERGY

I seemed to have the most energy when: _____

I seemed to need the most rest when: _____



MOOD

A mood or emotional pattern I noticed: _____



CREATIVITY

Ideas or creative energy seemed strongest when: _____



DREAMS

Something that appeared more than once: _____



MY INNER MOON

I most often felt like I was:

☐ Beginning

☐ Growing

☐ Acting

☐ Refining

☐ Full/Complete

☐ Reflecting

☐ Releasing

☐ Resting

*You are
many phases.
All of them
are valid.*



PRACTICE

The practice I returned to most naturally: _____

The practice I repeatedly avoided: _____



PATTERN, POSSIBILITY, OR COINCIDENCE?

Something I observed once: _____

Something I observed several times: _____

Something I would need another lunar cycle to understand better: _____

*Stay
curious.
Let the
pattern
reveal itself
in time.*



*Notice the pattern.
Stay curious about the explanation.*



SAME
MOON.
A MORE
AWARE
YOU.

After 30 Days Beneath the Moon

Reflection ♦ Gratitude ♦ Integration ♦ What's Next

YOU
HAVE NOT
JUST FOLLOWED
THE MOON.
YOU HAVE
WALKED
WITH HER.

THE MOON ABOVE

The phase I most enjoyed: _____

The phase I found most difficult: _____

The phase I understand differently now: _____

Every
phase
has a
gift.

MY PRACTICE

Something I loved: _____

Something that felt like a chore: _____

Something I want to continue: _____

Something I am happy to leave behind: _____

PRACTICE
PATIENCE
PROGRESS

MAGIC & LIFE

A time when magic supported me: _____

A time when practical action mattered more: _____

A time when rest was exactly what I needed: _____

MAGIC
LIVES
BOTH IN
THE SEEN
AND THE
EVERYDAY.

WHAT SURPRISED ME?

WHAT DID I LEARN ABOUT MYSELF?

STILL
LEARNING.
STILL
GROWING.
STILL ME.

WHAT I WILL CARRY INTO THE NEXT MONTH OF MY YEAR AND A DAY

One practice: _____

One lesson: _____

One quality I want to cultivate: _____

NOTICE
REFLECT
INTEGRATE
MOVE FORWARD

*I began this month learning the phases of the Moon.
I leave it knowing how to notice a cycle, live within it,
and return when I lose my place.
The Moon will keep changing.
So will I.*

THE
NEXT
CHAPTER
ALWAYS
CALLS.

SAME MOON ♦ A BRIGHTER YOU