

Look
Up.
Reflect.
Grow.
Continue.

Same
Moon.
A Deeper
You.

What the Moon Taught Me

Before I move forward, I want to remember...

ABOUT THE MOON

The most important thing I learned:

A lunar phase I understand differently now: _____

Something about lunar magic I want to remember: _____

ABOUT MYSELF

Something the Moon helped me notice about myself:

A rhythm I want to respect more: _____

Something I understand differently about rest: _____

ABOUT MY PRACTICE

The practice that felt most like me:

Something I discovered I don't need: _____

What "walking with the Moon" means to me now: _____

If I Remember Only One Thing...

DIFFERENT
CYCLES.
THE SAME
MAGIC.

*You don't need to remember every lesson.
Keep the wisdom that changed something.*

What I Carry • What I Leave Behind

Honoring the Journey ~ Embracing What's Next

What
has been
teaches
me.

What
is next
calls
me.

REFLECT
RELEASE
BE GRATEFUL

STEP FORWARD
TRUST
NEW BEGINNINGS

I CARRY FORWARD



A practice:

A lesson:

A strength I discovered:

A question I want to keep exploring:

Something that now belongs in my spiritual life:

I LEAVE BEHIND



A "should":

An expectation:

A practice that isn't for me:

Something I no longer need to prove:

Something I give myself permission to release:

At the Threshold



I am grateful for:

I am ready for:

Carry what has meaning.
Leave behind what has become weight?



SAME
MOON.
A BRIGHTER
YOU.



NEW
PATHS
SAME
MAGIC.





ONE PRACTICE I WILL CARRY FORWARD

The lunar practice I want to keep is: _____

Why this practice matters to me: _____



THE SMALLEST VERSION

On a busy or difficult day, the simplest version of this practice could be:



WHAT ELSE IS ALREADY SACRED IN MY DAY?

Look for the places where magic already lives.

- | | | |
|--|---|--|
| ☐ Waking | ☐ Caring for plants or animals | ☐ Bathing |
| ☐ Morning drink | ☐ Working | ☐ Evening quiet |
| ☐ Getting dressed | ☐ Going outside | ☐ Going to bed |
| ☐ Preparing food | ☐ Cleaning my home | ☐ Other: _____ |



SOMETHING ORDINARY I AM CURIOUS ABOUT MAKING MORE INTENTIONAL

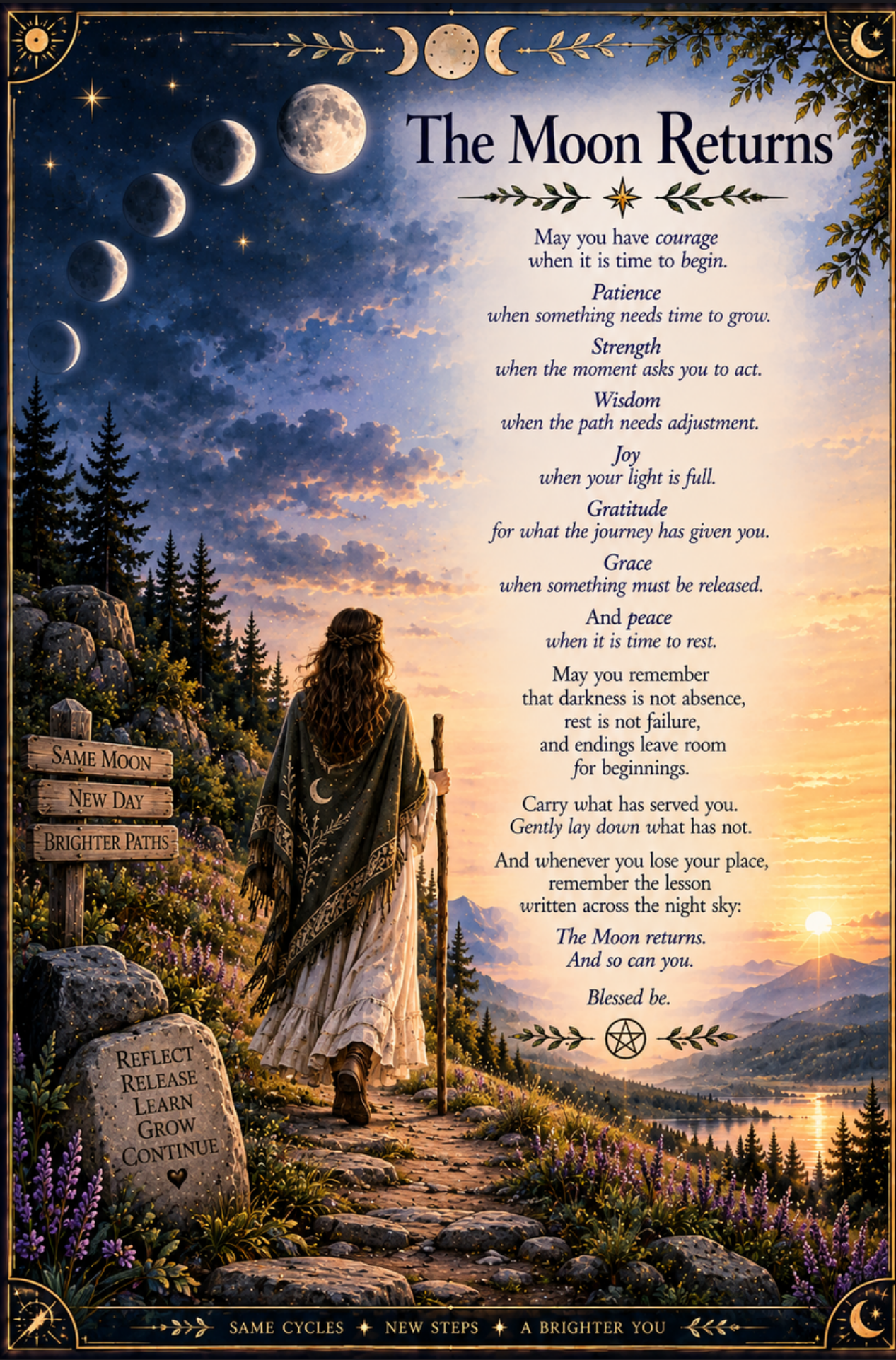


AS I BEGIN MONTH 7...

I want my daily practice to feel:

- | | | | | |
|---------------------------------------|------------------------------------|----------------------------------|-----------------------------------|--------------------------------------|
| ☐ Grounding | ☐ Simple | ☐ Magical | ☐ Peaceful | ☐ Flexible |
| ☐ Devotional | ☐ Connected | ☐ Joyful | ☐ Natural | ☐ Sustainable |
| ☐ Other: _____ | | | | |





The Moon Returns

May you have *courage*
when it is time to *begin*.

Patience
when something needs time to *grow*.

Strength
when the moment asks you to *act*.

Wisdom
when the path needs *adjustment*.

Joy
when your light is *full*.

Gratitude
for what the journey has given you.

Grace
when something must be *released*.

And *peace*
when it is time to *rest*.

May you remember
that darkness is not absence,
rest is not failure,
and endings leave room
for beginnings.

Carry what has served you.
Gently lay down what has not.

And whenever you lose your place,
remember the lesson
written across the night sky:

The Moon returns.
And so can you.

Blessed be.