

WHERE AM I NOW?

★ INNER MOON WHEEL ★



My overall season right now feels like: _____

Why? _____

What does this phase need from me? _____



*Don't choose where you think you should be.
Notice where you actually are.*



My Life Has More Than One Moon



MY WORK / PURPOSE

My phase: _____

Because: _____



MY RELATIONSHIPS

My phase: _____

Because: _____



MY SPIRITUAL LIFE

My phase: _____

Because: _____



MY CREATIVITY

My phase: _____

Because: _____



MY HOME & DAILY LIFE

My phase: _____

Because: _____



MY INNER SELF

My phase: _____

Because: _____

What Do I Notice?

Where am I
growing?

Where am I
reaching fullness?

Where am I
releasing?

Where do I
need rest?



*I do not have to be in
the same season everywhere.*





The Phase I Resist

THE LUNAR PHASE I FEEL MOST RESISTANT TO IS:

- | | |
|--|---|
| ☐  New Moon — Beginning | ☐  Full Moon — Being seen / celebrating |
| ☐  Waxing Crescent — Growing | ☐  Waning Gibbous — Reflecting |
| ☐  First Quarter — Acting | ☐  Last Quarter — Releasing |
| ☐  Waxing Gibbous — Refining | ☐  Waning Crescent — Resting |

★ What about this phase makes me uncomfortable?

★ What do I usually do when I reach this part of a cycle?

★ Do I rush through it, avoid it, become stuck in it, or try to skip it completely?

★ What might I believe about this phase?

WHAT MIGHT THIS PHASE BE TRYING TO TEACH ME?

*Sometimes the part of the cycle we resist
has the most to teach us.*

What Does This Season Need?

My current inner phase: _____



1. BEGIN

Silence
• dreaming •
possibility



2. GROW

Encouragement
• nurturing •
consistency



3. ACT

Courage
• decisions •
movement



4. REFINE

Patience
• adjustment •
persistence



5. ILLUMINATE

Celebration
• honesty •
gratitude



6. REFLECT

Perspective
• integration •
understanding



7. RELEASE

Boundaries
• endings •
space



8. REST

Quiet
• surrender •
restoration



What do I need more of right now?



What do I need less of?



What am I trying to force?

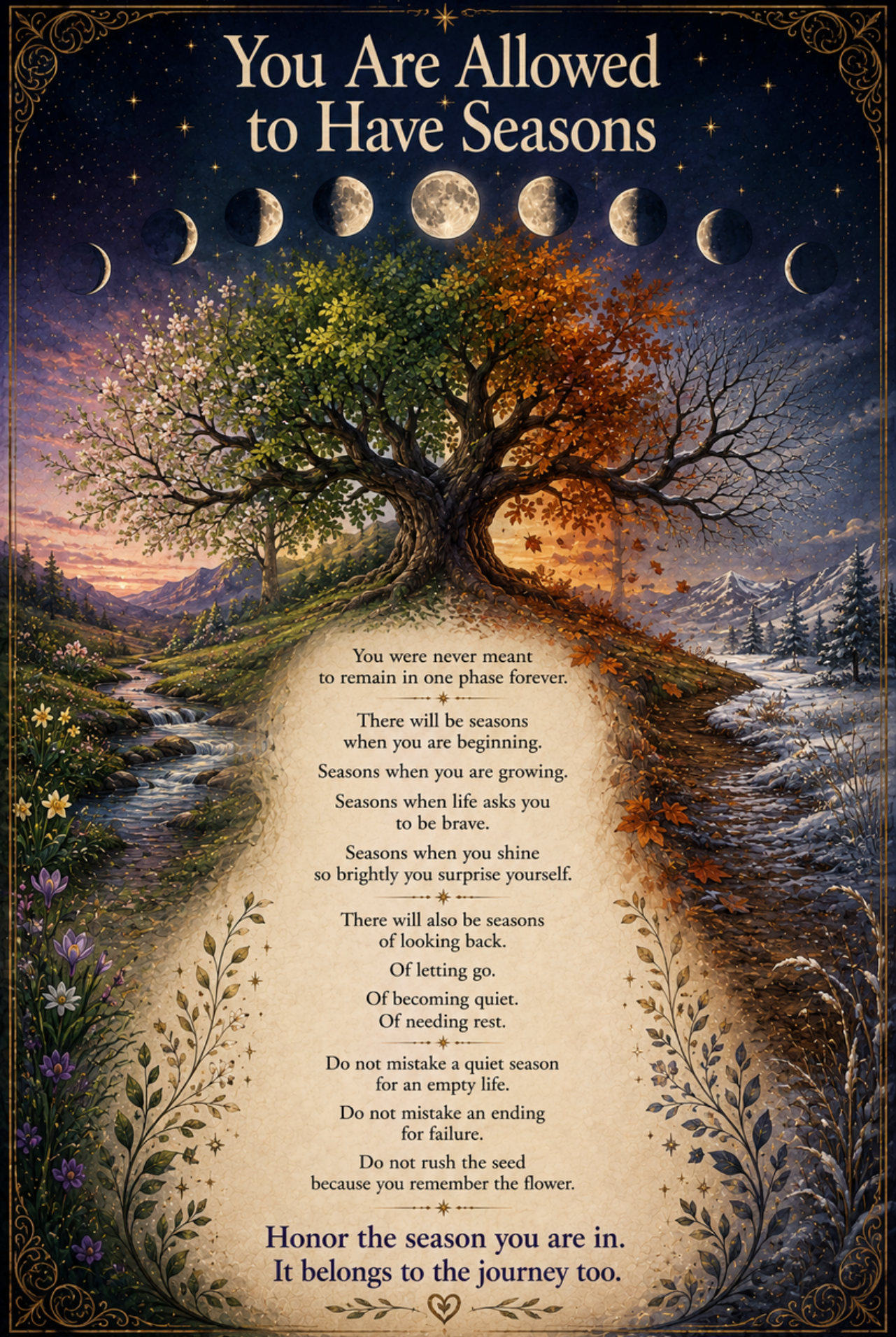


What would it look like to cooperate with this season instead?

One Way I Will Honor My Current Season

Right now, I give myself permission to...





You Are Allowed to Have Seasons

You were never meant
to remain in one phase forever.

There will be seasons
when you are beginning.
Seasons when you are growing.
Seasons when life asks you
to be brave.
Seasons when you shine
so brightly you surprise yourself.

There will also be seasons
of looking back.
Of letting go.
Of becoming quiet.
Of needing rest.

Do not mistake a quiet season
for an empty life.
Do not mistake an ending
for failure.

Do not rush the seed
because you remember the flower.

Honor the season you are in.
It belongs to the journey too.