

Month _____

Sunday	Monday	Tuesday	Wednesday
3 THINGS TO FOCUS ON THIS MONTH/MOON CYCLE: 1. _____ 2. _____ 3. _____			

*These are the desires and experiences I am co creating with the Universe.
Thank you Great Spirit, for manifesting the following for me:*



Monthly Affirmation: _____

Month _____ 2019

Thursday	Friday	Saturday

New Moon

Intentions:

My Self Care List &

Essential Oils to use:

Moon Cycle Check-In

New Moon: _____

Half Moon (1st quarter) _____

Full Moon: _____

Last Quarter: _____