

Month _____

| Sunday | Monday | Tuesday | Wednesday |
|--------|--------|---------|-----------|
|--------|--------|---------|-----------|

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|---------------------------------------------------------------------------------|--|--|--|
| 3 THINGS TO FOCUS ON THIS MONTH/MOON CYCLE: 1. _____ 2. _____ 3. _____ | | | |
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*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 |
|----------|--------|----------|
| | | |
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| | | |

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: _____