

Lunar Cycle Self-Care Guide

In her 29.5 day cycle, Luna invites us to dive into new beginnings and move through our goals by setting intentions, creating action plans, and then releasing what no longer serves us, leaving room to always evolve and flow through life's cycles.

Below is a guide to the moon's phases and how to mindfully navigate through them and optimize your personal growth! *- @jnelsonwellness*

New Moon

At the beginning of the lunar cycle, when the moon is between the earth and sun, the new moon is our time to turn inward and listen to what our intuition wants us to take on next.

This is our Sacred Dreamer Phase. We can look at this phase like a blank slate where we can start a new project, revamp a current one or try something completely new that we are being called to do!

This is the chance to listen to our desires and honor them by taking a moment to write them down and make them into a reality.

**Action:** To harness the energy of a new moon it is helpful to take some time to yourself to sit down and meditate and journal what your intuition is calling you to do.

**Journal Prompts:**

• How am I feeling right now?

• What ideas/thoughts have been floating through my head?

• How can I nourish myself (mentally, emotionally, physically, spiritually)? • What is one goal I want to focus on for the next month (28 days)?

• What action steps can I take towards this goal?

• How will I feel once I reach this goal?

• Why will I feel that way?

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Waxing Crescent Moon

Now that you have set your intention the waxing crescent moon is an opportune time to focus on the details so you can implement your goal.

In this phase the moon is "waxing" out of being a new moon and is gaining her first light. This is the Graceful Warrior Phase where you can gain fresh momentum on your goal and use that energy to carry forth action steps.

**Action:** This phase is all about the details. During the new moon we took the time to listen to our intuition and set our intentions. Now as we look back through the journal prompts we can get a more detailed idea of how we want to fulfill that intention.

**Journal Prompt:** Hone in on one intention and ask yourself, what are three action steps I can take to get me closer to this goal?

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First Quarter Moon

Naturally as your intention grows and evolves you will come up across challenges or "perceived" obstacles.

When the moon is exactly half illuminated, it is time for decision making. As we continue through the Graceful Warrior Phase it is important to nourish and nurture yourself so you can operate at your fullest and be clear on how to move forward and not burnout.

**Action:** In this phase is it important to stay grounded and remember why you set this intention. You can go back to your first journal prompts on how you will feel once you’ve reached this goal to remind yourself why it is important to you and the drive behind your intention.

**Journal Prompt:** What are things I do that fill my cup and what helps me stay focused on what I want to achieve?

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Waxing Gibbous Moon

At this phase you may feel like you have too much going on and may be losing focus. As the full moon phase is near this is a great time to refine and refocus so you can prepare for your intention to take flight!

**Action:** By now you have probably been checking a lot off your to do list. In this phase something you can check off is taking time for self-care. Whether that is taking a bath, going on a long walk, crafting, or getting some quality friend time, take a moment to step back and reap in all the hard work you have been doing.

**Journal Prompt:** When do I feel most happy? What are ways I can take care of myself to ensure I maintain that happiness?

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Full Moon

The full moon phase is chalk full of energy and richness! This is the Lover/Mother Phase, a time to celebrate, cleanse and release.

Full moons are all often a heavy emotionally charged time as we are reaching a peak in our goal and may be seeing how it is shifting, evolving and/or coming to a culmination. This is the time to check in to see how you may be feeling stuck and what you want to release in order to make room for your intention to continue to grow and to stay true to your path.

**Action:** This is a great time to gather with friends and ceremoniously dance, celebrate, release excess energy, and then hold space for each other to check in with what is no longer serving you so you can move forward with a clear mind, body and spirit. You can also do this practice on your own!

**Journal Prompt:** As I continue to move closer to my goal, what can I release that is no longer serving me (thoughts, emotions, self-limiting beliefs, behaviors, etc.)?

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Waning Gibbous Moon

Now that the celebrations of the full moon have settled this is the time to move forward with what is working and share what you have learned.

**Action:** The waning gibbous phase is a great time to share what you have learned with your friends, community, loved ones and the world! Now that you have set your intention, followed action steps and released what is no longer serving you, you can now share your process!

**Journal Prompt:** What have I learned in this cycle so far and what would I want to share about my process so far with others?

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Last Quarter Moon

Just as in the first quarter moon, the last quarter is a time of decision making. But now is the time to make any adjustments to the original goal. The big thing to remember here is that everything is a process and allowing time to evolve and transform your intention is the key to making the magic happen!

**Action:** Now is the time to create space. As you continue to check off your to do list, allow yourself to edit those to dos and make sure you feel the space to enjoy the process and not be stuck on one certain outcome.

**Journal Prompt:** What unexpected blessings have occurred in this cycle that I am grateful for?

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Waning Crescent Moon

As we reach the final phase in the cycle it is all about surrender. Surrender like vulnerability is a strength that allows the magic of things we may be holding back to flourish and take on a new life!

This is the Wild Woman phase! The phase where we continue to release and express ourselves through our thoughts and actions.

It is also important to not overthink in this phase and instead trust in the process and lead with the simplest answer. When we surrender the outcome to the universe, we allow all the magic to unfold. Although intentions and actions are a major part of manifesting there then comes the time to let your palm open and give that energy to the universe so the energy can come back to you.

**Action:** Continue to practice self-care. Continue to do things that help you release. Take baths, eat healthy food, drink lots of water, dance, move, draw and journal! And as you release what is no longer serving you, continue to picture, imagine and feel what it feels like to have the goal you set be achieved and let that feeling guide you closer to the life you want to live.

**Journal Prompt:** What can I confidently let go of that will serve me better tomorrow?

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