

# NEW MOON RITUAL

While the new moon energy is present (within 3 days of the new moon) do this ritual to center, align, and set your intentions for the new cycle. To do this ritual print out this worksheet or copy it into your journal. Find a quiet space and listen to the guided audio that accompanies this worksheet and follow it's instructions. You will need a pen, this worksheet or a journal, a candle and a lighter.

SELF- REFLECTION

DESIRE

Desire in one sentence or word:

INTENTION 1

INTENTION 2

INTENTION 3