



Full Moon Gratitude Guide

Let's reflect on the past two weeks – since the first phase of this moon began. Answer the following questions then set aside some time to burn and release this paper – transmuting the energy.

- What are some of the lower energies you wish to release? Example: Negative thoughts, emotions, disappointments, etc?
- What do you want to celebrate this month? Example: Goals, dreams, visions that came to fruition:
- What, if anything, would you like to focus on for the coming moon cycle?
- Create an uplifting mantra or gratitude statement to use during the next two weeks (waning phase):