

30-Day Moon Alignment Journal

Align your days with lunar rhythm, reflection, and gentle rituals.



A soulful companion for intention, action, gratitude, and release.

Day 1 — New Moon

- Lunar Light Pulse

What new intention am I ready to set for this cycle?

Your reflections

Day 2 — New Moon

- Lunar Light Pulse

What seed of possibility feels alive within me?

Your reflections

Day 3 — Waxing Crescent

● Lunar Light Pulse

What tiny step can I take today toward my dream?

Your reflections

Day 4 — Waxing Crescent

● Lunar Light Pulse

Where do I feel the spark of new energy?

Your reflections

Day 5 — Waxing Crescent

● Lunar Light Pulse

What support or resources would help my vision grow?

Your reflections

Day 6 — Waxing Crescent

● Lunar Light Pulse

What fear is blocking me from moving forward?

Your reflections

Day 7 — First Quarter

● Lunar Light Pulse

What challenge am I facing that calls for courage?

Your reflections

Day 8 — First Quarter

● Lunar Light Pulse

What action can I take today that proves my commitment?

Your reflections

● Lunar Light Pulse

● Lunar Light Pulse

What old pattern do I need to break to move forward?

Your reflections

Day 10 — Waxing Gibbous

- Lunar Light Pulse

Where do I see progress already happening?

Your reflections

- Lunar Light Pulse

- Lunar Light Pulse

○ Lunar Light Pulse

○ Lunar Light Pulse

What adjustments feel necessary to realign with my goals?

Your reflections

- Lunar Light Pulse

- Lunar Light Pulse

- Lunar Light Pulse

- Lunar Light Pulse

Day 18 — Waning Gibbous

- Lunar Light Pulse

What wisdom have I gained during this cycle?

Your reflections

○ Lunar Light Pulse

Your reflections

Day 20 — Waning Gibbous

○ Lunar Light Pulse

How can I share what I've learned with others?

Your reflections

- Lunar Light Pulse

Day 22 — Last Quarter

● Lunar Light Pulse

What no longer serves me that I must release?

Your reflections

Day 23 — Last Quarter

● Lunar Light Pulse

Where do I need to practice forgiveness?

Your reflections

● Lunar Light Pulse

● Lunar Light Pulse

What habits or patterns are draining my energy?

Your reflections

Day 25 — Last Quarter

● Lunar Light Pulse

How can I simplify my life to make room for joy?

Your reflections

Day 26 — Waning Crescent

- Lunar Light Pulse

Where in my life do I need more rest?

Your reflections

Day 27 — Waning Crescent

- Lunar Light Pulse

How can I nurture my spirit with gentleness today?

Your reflections

Day 28 — Waning Crescent

● Lunar Light Pulse

What would renewal look like for me right now?

Your reflections

Day 29 — Waning Crescent

- Lunar Light Pulse

What is preparing to be reborn in my life?

Your reflections

Day 30 — New Moon

- Lunar Light Pulse

What am I ready to surrender as the cycle completes?

Your reflections

Cycle Complete — Begin Again

Thank you for journaling with the Moon.

Carry forward what served you, release what did not, and meet the next New Moon with a clear heart. If this journal supported you, share it with someone who needs a little light tonight.

