#### 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			

## Day 9 — First Quarter Lunar Light Pulse

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

Your reflections				

## Day 10 — Waxing Gibbous C Lunar Light Pulse

Where do I see progress already happening?

Your reflections				

## Day 11 — Waxing Gibbous C Lunar Light Pulse

What details can I refine to improve my journey?

Your reflections				

## Day 12 — Waxing Gibbous C Lunar Light Pulse

What distractions do I need to clear away?

Your reflections				

## Day 13 — Waxing Gibbous C Lunar Light Pulse

What adjustments feel necessary to realign with my goals?

Your reflections			

# Day 14 — Full Moon O Lunar Light Pulse

What truth is being illuminated in my life right now?

Your reflections				

## Day 15 — Full Moon O Lunar Light Pulse

What part of myself am I ready to celebrate?

Your reflections				

## Day 16 — Full Moon O Lunar Light Pulse

What emotional weight am I ready to release?

Your reflections			

### Day 17 — Full Moon O Lunar Light Pulse

How can I honor the fullness of this moment?

Your reflections			

## Day 18 — Waning Gibbous O Lunar Light Pulse

What wisdom have I gained during this cycle?

Your reflections				

## Day 19 — Waning Gibbous O Lunar Light Pulse

Who or what am I most grateful for today?

Your reflections				

## Day 20 — Waning Gibbous O Lunar Light Pulse

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

Your reflections				

## Day 21 — Waning Gibbous O Lunar Light Pulse

What gift do I have that the world needs now?

Your reflections				

### 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				

## Day 24 — Last Quarter 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.