



30-Day Lunar Rituals Playbook

Daily practices aligned with the Moon

A magical companion of 30 gentle rituals to guide you through intention, action,
gratitude, and release — one day at a time.

Days 1-2

Day 1

Light a candle and write one clear intention.

Day 2

Choose a symbol for your intention; sketch it.

Days 3-4

Day 3

Take a mindful walk; whisper your dream.

Day 4

Create a 3-item action list. Do one now.

Days 5-6

Day 5

Text someone supportive and share your goal.

Day 6

Declutter one space to invite new energy.

Days 7-8

Day 7

Name the obstacle. Write a brave action.

Day 8

Move your body for 10 minutes mindfully.

Days 9-10

Day 9

Rewrite a limiting belief into truth.

Day 10

Track progress: what's working?

Days 11-12

Day 11

Polish one detail you've delayed.

Day 12

Silence a distraction for a day.

Days 13-14

Day 13

Refine your plan; simplify steps.

Day 14

Sit under moonlight; list 5 truths.

Days 15-16

Day 15

Celebrate one win (small is perfect).

Day 16

Write what you're ready to release.

Days 17-18

Day 17

List 7 things you're grateful for.

Day 18

Share one insight with a friend.

Days 19-20

Day 19

Offer kindness without being asked.

Day 20

Teach a tiny lesson you learned.

Days 21-22

Day 21

Name a gift you carry. Use it soon.

Day 22

Identify a habit to release.

Days 23-24

Day 23

Write a forgiveness letter.

Day 24

Unfollow one draining input.

Days 25-26

Day 25

Schedule a joy moment.

Day 26

Block 30 minutes of rest.

Days 27-28

Day 27

Make tea; breathe slowly.

Day 28

Plan a gentle reset routine.

Days 29-30

Day 29

List 3 rebirth wishes.

Day 30

Surrender one worry to the Moon.

Cycle Complete — Carry the Light

Choose 3 rituals to repeat next moon cycle

Thank you for walking this 30-day path with the Moon. May these rituals support your heart, mind, and spirit.

Begin again when the New Moon rises.