

Aligned Rhythm



2026 Lunar Alignment Journal

Align with the natural rhythm of the lunar cycle through reflection, intention, and mindful action.

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Introduction

The moon moves through a repeating cycle of growth, illumination, release, and renewal. This journal is designed to help you pause and reflect at each stage, creating space to reconnect with yourself in a steady, supportive rhythm.

In the bonus guides section of the membership platform, you'll find a collection of tools to support your practice: reflection prompts, tracking pages, and ritual ideas. These are available as gentle guides, resources you can return to whenever you need clarity, inspiration, or a reset. There is no need to use all of them. Simply choose what feels helpful and aligned.

Each month, you'll move through the lunar cycle with dedicated journaling pages for four key moments:

-  New Moon – clarity and intention
-  First Quarter – noticing progress and challenges
-  Full Moon – reflection and release
-  Last Quarter – integration and adjustment

These pages are designed to help you check in with yourself regularly so your intentions don't get lost, and your growth doesn't go unnoticed.

You can also journal as you follow along with the guided audio for each New Moon and Full Moon. These recordings are there to support you in slowing down, tuning in, and deepening your experience of the practice.

By revisiting your intentions and reflections throughout the month, you begin to create a rhythm of awareness, one that supports meaningful, sustainable change over time.

You don't need any prior knowledge, perfect consistency, or elaborate rituals. Just a willingness to pause, reflect, and be honest with yourself. Begin where you are. There is no perfect way to do this—only your way.



2026 Lunar Year of the Horse

 New Moon	 First Quarter	 Full Moon	 Last Quarter
Feb 17th	Feb 24th	Mar 3rd	Mar 11th
Mar 19th	Mar 25th	Apr 2nd	Apr 10th
Apr 17th	Apr 24th	May 1st	May 9th
May 16th	May 23rd	May 31st	Jun 8th
Jun 15th	Jun 21st	Jun 30th	Jul 7th
Jul 14th	Jul 21st	Jul 29th	Aug 6th
Aug 12th	Aug 20th	Aug 28th	Sep 4th
Sep 11th	Sep 18th	Sep 26th	Oct 3rd
Oct 10th	Oct 18th	Oct 26th	Nov 1st
Nov 9th	Nov 17th	Nov 24th	Dec 1st
Dec 9th	Dec 17th	Dec 23rd	Dec 30th
Jan 7th	Jan 15th	Jan 22nd	Jan 29th

Vision

I trust the vision within me.
I am open to seeing clearly what is meant for me.



February 17th - New Moon Journaling

As the moon renews itself in darkness, this is a time to pause, reflect, and set intentions for what you wish to welcome into your life.

Self & Inner Growth
Health & Energy
Relationships & Connection
Vocation & Contribution
Creativity & Expression
Home & Environment
Money & Resources
Time & Freedom

Notice: What vision is quietly asking for my attention right now?

Where am I being invited to see beyond my current circumstances?

What would I allow myself to imagine if I trusted my inner guidance?

Knowing that my vision will unfold in its own time, I set these intentions for this cycle:

As I sit with this vision, I allow it to gently take shape without forcing clarity. I imagine what it feels like to live in alignment with what I see.



Inspired Action:
One small step I will take to honor this vision:

I will complete this by: _____ / _____ / _____

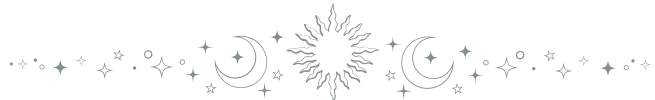
I trust what I am being shown.
Clarity comes as I stay open and present.
My vision is allowed to evolve and expand.

*And
so it is...*

February 24th - First Quarter Moon Journaling

As the moon grows brighter, this is a time for gentle action and noticing what begins to unfold from the intentions you set.

What is beginning to take shape as I hold this vision?



Waxing Moon Affirmations {Action • Growth • Momentum}

- I allow my vision to become clearer with time.
- I take small steps toward what I see.
- I trust myself to move forward without needing all the answers.
- I remain open to new perspectives.
- My vision is valid, even as it grows and changes.
- I notice what supports my clarity.
- I allow inspiration to guide me.
- I am willing to see new possibilities.
- Each step forward strengthens my vision.
- I trust the direction I am being led.

March 3rd - Full Moon Journaling

As the moon reaches its fullest expression, it is time to illuminate what has emerged, celebrate what is blooming, and release what is no longer aligned.

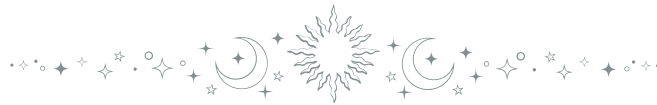


What has become clearer or more defined for me?

What insights or realizations have come forward?

Where am I seeing alignment or misalignment with my vision?

What am I ready to release that clouds my clarity?



What belief is limiting how clearly I see my path?

What truth am I choosing to trust? Integrate this truth by writing it 3 times:

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-
-

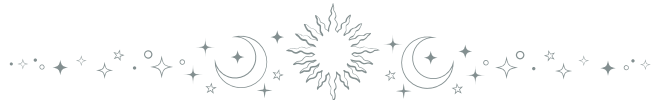
I release confusion and welcome clarity.
I trust what is becoming visible to me.
I allow my vision to guide me forward.

*And
so it is...*

March 11th - Last Quarter Moon Journaling

As the moon gently wanes, it is time to slow down and turn inward. Release what no longer serves you and create space for clarity, rest, and renewal.

What feels clear enough to carry forward, and what can I gently release?



Waning Moon Affirmations {Reflection · Release · Integration}

- I allow clarity to settle within me.
- I release the need to figure everything out.
- I trust what remains after letting go.
- I honor the vision that continues forward.
- I simplify what feels overwhelming.
- I allow space for what matters most.
- I trust the process of refinement.
- I release what no longer aligns.
- I feel grounded in what is true for me.
- I move forward with quiet confidence.

Intention

I move forward with clarity and purpose.
My intentions guide my energy and actions.



March 19th - New Moon Journaling

As the moon renews itself in darkness, this is a time to pause, reflect, and set intentions for what you wish to welcome into your life.

- Self & Inner Growth
- Health & Energy
- Relationships & Connection
- Vocation & Contribution
- Creativity & Expression
- Home & Environment
- Money & Resources
- Time & Freedom

Notice: What truly matters to me in this moment?

What feels aligned for this cycle?

Where am I ready to focus my energy more intentionally?

With clarity and presence, I set these intentions for this cycle:

As I hold this intention, I feel it anchoring into my daily life. I imagine how it shapes my choices, actions, and energy.



Inspired Action:
One aligned action I will take:

I will complete this by: _____ / _____ / _____

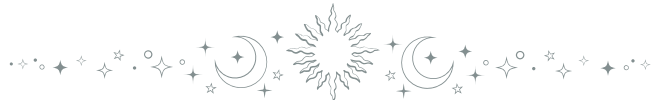
I am clear about what matters most.
My intentions guide my choices.
I trust myself to follow through.

*And
so it is...*

March 25th - First Quarter Moon Journaling

As the moon grows brighter, this is a time for gentle action and noticing what begins to unfold from the intentions you set.

How am I showing up in alignment with my intention?

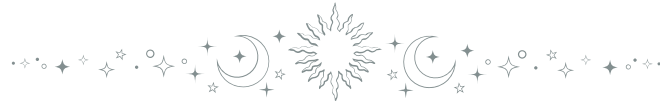


Waxing Moon Affirmations {Action • Growth • Momentum}

- I take steady, aligned action.
- My focus supports what I want to create.
- I return to my intention with ease.
- I trust small steps to create progress.
- I stay connected to what matters most.
- I move forward with clarity.
- I allow my actions to reflect my values.
- I remain present and intentional.
- I am building momentum.
- I trust the process of following through.

April 2nd - Full Moon Journaling

As the moon reaches its fullest expression, it is time to illuminate what has emerged, celebrate what is blooming, and release what is no longer aligned.

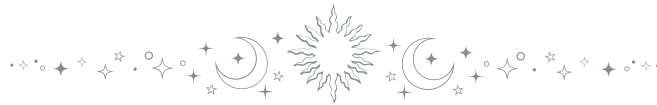


Where did I stay aligned with my intention?

What supported my focus and follow-through?

What challenged my consistency or clarity?

What am I ready to release that pulls me off course?



What belief makes it difficult to stay committed?

What truth will guide me forward? Integrate this truth by writing it 3 times:

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-
-

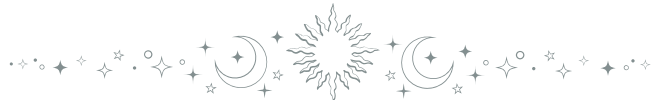
I release what distracts me from my path.
I return to what matters most.
I trust my ability to stay aligned.

*And
so it is...*

April 10th - Last Quarter Moon Journaling

As the moon gently wanes, it is time to slow down and turn inward. Release what no longer serves you and create space for clarity, rest, and renewal.

What patterns or habits supported or distracted my intention?



Waning Moon Affirmations {Reflection · Release · Integration}

- I learn from how I showed up.
- I refine my focus with awareness.
- I release what pulls me out of alignment.
- I strengthen what supports my intention.
- I move forward with greater clarity.
- I trust my ability to adjust.
- I honor the effort I gave.
- I let go of perfection.
- I carry forward what works.
- I begin again with intention.

Deserving

I am worthy and deserving.
I am ready to receive the good that is meant for me.



April 17th - New Moon Journaling

As the moon renews itself in darkness, this is a time to pause, reflect, and set intentions for what you wish to welcome into your life.

Self & Inner Growth
Health & Energy
Relationships & Connection
Vocation & Contribution
Creativity & Expression
Home & Environment
Money & Resources
Time & Freedom

Notice: What is present in my life right now?

Where in my life am I ready to believe I deserve more?

What limiting belief about my worth am I ready to release so I can receive more fully?

Knowing that I am truly deserving,
I set these intentions
for this lunar cycle:

As I hold these intentions under this
lunar cycle, I imagine them gently
unfolding in my life. What emotions
flow through me as
I see them taking shape?



Inspired Action:
One small act of self-honoring I will take to support my intentions:

I will complete this by: _____ / _____ / _____

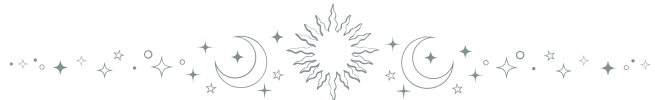
I welcome opportunities that support my growth and wellbeing.
I trust that my intentions are worthy of my energy and action.
I allow myself to receive what feels meaningful and supportive.

*And
so it is...*

April 24th - First Quarter Moon Journaling

As the moon grows brighter, this is a time for gentle action and noticing what begins to unfold from the intentions you set.

What is emerging that supports my intentions
and my belief that I am deserving?

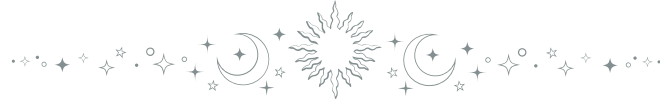


Waxing Moon Affirmations {Action · Growth · Momentum}

- I take small, meaningful steps toward the life I deserve.
- I am open to opportunities that support my growth and wellbeing.
- I trust that my intentions are worthy of my energy and action.
- I welcome progress, even when it unfolds slowly.
- I allow myself to pursue what feels meaningful and supportive.
- Each step I take affirms that my dreams and needs matter.
- I give myself permission to grow into the life I deserve.
- I am capable of creating positive change in my life.
- I move forward with confidence in my worth and potential.
- I welcome the support and opportunities that help my intentions grow.

May 1st - Full Moon Journaling

As the moon reaches its fullest expression, it is time to illuminate what has emerged, celebrate what is blooming, and release what is no longer aligned.

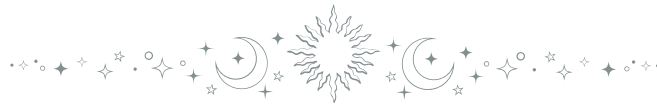


Where can I acknowledge or appreciate myself for the effort, growth, and courage I showed?

What did I welcome into my life during this cycle that reflects my intentions and deserving?

What emotions, insights, or patterns were illuminated for me during this lunar cycle?

What am I ready to surrender or release?
What keeps me from fully believing I am deserving?



I fully release this limiting belief now:

What truth am I choosing to believe? Integrate this truth by writing it 3 times:

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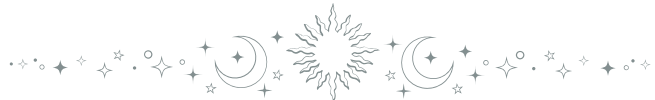
I release what no longer serves my worth.
I allow myself to rest and reflect with compassion.
I trust that what is meant for me will continue to unfold.

*And
so it is...*

May 9th - Last Quarter Moon Journaling

As the moon gently wanes, it is time to slow down and turn inward. Release what no longer serves you and create space for clarity, rest, and renewal.

What insights and lessons have come into my awareness that I want to carry forward and integrate?



Waning Moon Affirmations {Reflection · Release · Integration}

- I release the belief that I must earn my worth.
- I allow myself to rest and reflect with compassion.
- I honor the growth and effort I have made this cycle.
- I let go of doubts that limit my sense of deserving.
- I trust that what is meant for me will continue to unfold.
- I receive the lessons of this cycle with openness and gratitude.
- I gently release what no longer supports my wellbeing.
- I honor my worth by giving myself space to rest and integrate.
- I trust the natural rhythm of growth, reflection, and renewal.
- I carry forward the truth that I am deserving.

Love

I am open to giving and receiving love.
Love flows through my life in supportive and meaningful ways.



May 16th - New Moon Journaling

As the moon renews itself in darkness, this is a time to pause, reflect, and set intentions for what you wish to welcome into your life.

- Self & Inner Growth
- Health & Energy
- Relationships & Connection
- Vocation & Contribution
- Creativity & Expression
- Home & Environment
- Money & Resources
- Time & Freedom

Notice: I am ready to invite more love into these areas of life:

How can I deepen my relationship with myself?

What does love look and feel like for me right now?

With openness, I set these loving intentions:

I imagine myself surrounded by supportive, steady love—within and around me. I notice how it feels to be open, safe, and connected.



Inspired Action:

With openness, I set these intentions for greater love in my life:

I will complete this by: _____ / _____ / _____

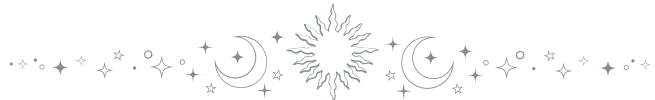
I am worthy of love and care.
I allow myself to give and receive love.
Love is present and available to me.

*And
so it is...*

May 23rd - First Quarter Moon Journaling

As the moon grows brighter, this is a time for gentle action and noticing what begins to unfold from the intentions you set.

Where am I noticing love growing or showing up?

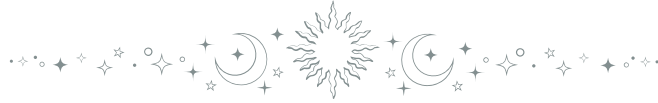


Waxing Moon Affirmations {Action · Growth · Momentum}

- I notice the love that surrounds me.
- I treat myself with kindness and compassion.
- I allow love to deepen in my relationships.
- I communicate with openness and care.
- I receive love without resistance.
- I create space for connection.
- I nurture what matters to me.
- I allow love to grow naturally.
- I am supported in meaningful ways.
- I trust the presence of love in my life.

May 31st - Full Moon Journaling

As the moon reaches its fullest expression, it is time to illuminate what has emerged, celebrate what is blooming, and release what is no longer aligned.

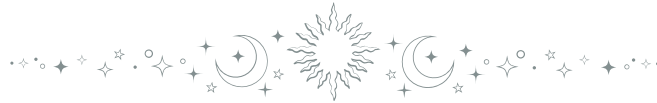


Where did I experience love this cycle?

How did I show love to myself and others?

What patterns or insights around love became visible?

What am I ready to release that blocks love?



I fully release this block to give or receive love now:

What truth am I choosing instead? Integrate this truth by writing it 3 times:

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-
-

I release fear around love.
I allow connection and support.
I trust the love that flows through my life.

*And
so it is...*

June 8th - Last Quarter Moon Journaling

As the moon gently wanes, it is time to slow down and turn inward. Release what no longer serves you and create space for clarity, rest, and renewal.

What feels aligned and what needs space or change?



Waning Moon Affirmations {Reflection • Release • Integration}

- I honor the love that supports me.
- I release what no longer feels aligned.
- I create space for healthy connection.
- I trust myself in relationships.
- I allow relationships to evolve naturally.
- I communicate with honesty and care.
- I respect my needs and boundaries.
- I carry forward what feels nourishing.
- I release what feels heavy.
- I trust the flow of love in my life.

Forgiveness

I allow space for forgiveness and healing.
I release what I no longer need to carry.



June 15th - New Moon Journaling

As the moon renews itself in darkness, this is a time to pause, reflect, and set intentions for what you wish to welcome into your life.

Self & Inner Growth
Health & Energy
Relationships & Connection
Vocation & Contribution
Creativity & Expression
Home & Environment
Money & Resources
Time & Freedom

Notice: What feels heavy or unresolved within me right now?

Where am I being invited to soften or let go?

What would forgiveness create space for in my life?

With openness, I set these intentions for this cycle:

I imagine what it feels like to be free from this weight. I allow myself to experience the lightness that forgiveness brings.



Inspired Action:
One step I will take toward forgiveness:

I will complete this by: _____ / _____ / _____

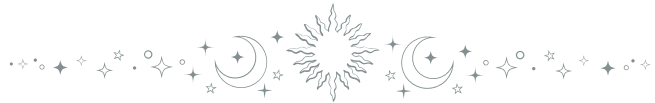
I am allowed to release the past.
I meet myself with compassion and understanding.
I create space for healing within me.

And so it is...

June 21st - First Quarter Moon Journaling

As the moon grows brighter, this is a time for gentle action and noticing what begins to unfold from the intentions you set.

Where am I noticing softening, release, or emotional shifts?

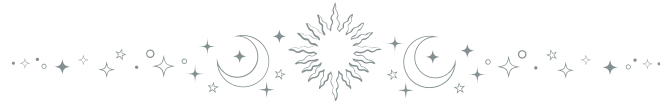


Waxing Moon Affirmations {Action • Growth • Momentum}

- I allow healing to unfold gently.
- I release the need to hold onto what has passed.
- Forgiveness creates space within me.
- I meet myself with compassion.
- I allow emotions to move through me.
- I am not defined by past experiences.
- I am allowed to move forward.
- I give myself permission to let go.
- I trust the process of healing.
- I choose peace over holding on.

June 30th - Full Moon Journaling

As the moon reaches its fullest expression, it is time to illuminate what has emerged, celebrate what is blooming, and release what is no longer aligned.

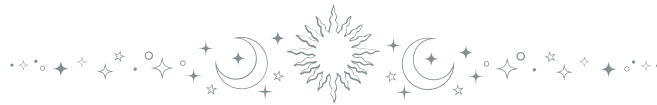


What emotions or truths have surfaced for me?

Where have I begun to soften or shift?

What feels lighter or more open?

What am I ready to release fully?



What belief keeps me holding onto the past? I release this belief now:

What truth supports my healing? Integrate this truth by writing it 3 times:

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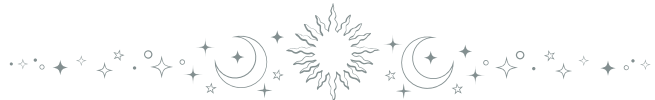
I release what no longer serves me.
I allow peace to replace what I carried.
I trust my ability to heal and move forward.

*And
so it is...*

July 7th - Last Quarter Moon Journaling

As the moon gently wanes, it is time to slow down and turn inward. Release what no longer serves you and create space for clarity, rest, and renewal.

What am I ready to fully let go of so I can move forward?



Waning Moon Affirmations {Reflection • Release • Integration}

- I release what I no longer need to carry.
- I allow space for peace within me.
- I trust myself to move forward.
- I soften where I once held tension.
- I choose compassion for myself and others.
- I honor my healing process.
- I let go of what has already passed.
- I create space for something new.
- I trust that I am ready to release.
- I move forward with lightness and clarity.

Expansion

I am open to growth and new possibilities.
I allow myself to expand beyond what feels familiar.



July 14th - New Moon Journaling

As the moon renews itself in darkness, this is a time to pause, reflect, and set intentions for what you wish to welcome into your life.

- Self & Inner Growth
- Health & Energy
- Relationships & Connection
- Vocation & Contribution
- Creativity & Expression
- Home & Environment
- Money & Resources
- Time & Freedom

Notice: Where am I being invited to grow?

What feels just outside my comfort zone?

What new possibility feels exciting or aligned?

With trust, I set these intentions for this cycle:

I imagine myself stepping into new spaces with openness and confidence. I notice what it feels like to expand beyond old limits.



Inspired Action:
One step I will take toward expansion:

I will complete this by: _____ / _____ / _____

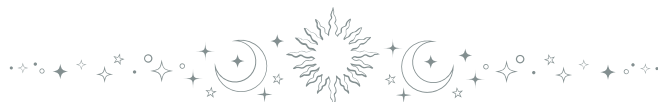
I am open to new possibilities.
I trust myself in new experiences.
I allow growth to unfold naturally.

*And
so it is...*

July 21st - First Quarter Moon Journaling

As the moon grows brighter, this is a time for gentle action and noticing what begins to unfold from the intentions you set.

Where am I stretching, growing, or trying something new?

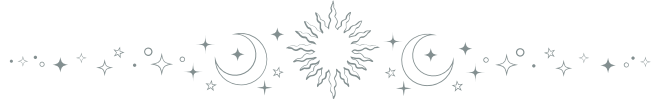


Waxing Moon Affirmations {Action • Growth • Momentum}

- I welcome growth into my life.
- I step beyond what feels limiting.
- I trust myself in new spaces.
- I am capable of more than I realize.
- I allow myself to expand gradually.
- I embrace new opportunities.
- I trust my ability to adapt.
- I am open to what is possible.
- I grow with each step I take.
- I allow my life to expand in meaningful ways.

July 29th - Full Moon Journaling

As the moon reaches its fullest expression, it is time to illuminate what has emerged, celebrate what is blooming, and release what is no longer aligned.

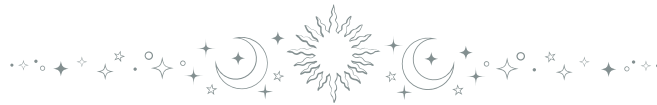


Where did I step outside my comfort zone?

What growth or change have I experienced?

What new awareness has come forward?

What am I ready to release that limits my expansion?



What belief keeps me playing small? I release this belief now:

What truth supports my growth? Integrate this truth by writing it 3 times:

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-
-

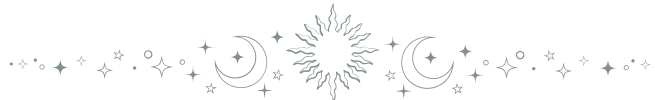
I release limitations I have outgrown.
I trust my ability to expand.
I allow myself to grow into new possibilities.

*And
so it is...*

August 6th - Last Quarter Moon Journaling

As the moon gently wanes, it is time to slow down and turn inward. Release what no longer serves you and create space for clarity, rest, and renewal.

What growth feels integrated, and what no longer fits?



Waning Moon Affirmations {Reflection • Release • Integration}

- I honor the growth I've experienced.
- I release what no longer aligns with who I am becoming.
- I trust my expansion.
- I allow myself to evolve naturally.
- I integrate what I've learned.
- I move forward with confidence.
- I simplify what feels overwhelming.
- I trust the direction I am growing in.
- I carry forward what supports me.
- I continue expanding at my own pace.

Gratitude

I notice and appreciate what is present in my life.
Gratitude grounds me in what is already here.



August 12th - New Moon Journaling

As the moon renews itself in darkness, this is a time to pause, reflect, and set intentions for what you wish to welcome into your life.

- Self & Inner Growth
- Health & Energy
- Relationships & Connection
- Vocation & Contribution
- Creativity & Expression
- Home & Environment
- Money & Resources
- Time & Freedom

Notice: What am I grateful for in this moment?

What often goes unnoticed that I can appreciate?

How does gratitude shift how I see my life?

With presence, I set these intentions
for this cycle:

I imagine moving through my days
with awareness and appreciation.
I notice how gratitude changes how
I feel and respond.



Inspired Action:
One way I will practice gratitude:

I will complete this by: _____ / _____ / _____

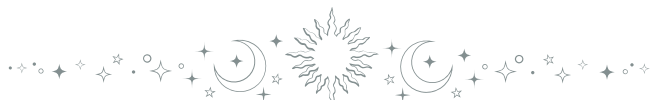
I notice the good in my life.
Gratitude brings me back to the present.
I appreciate what is already here.

*And
so it is...*

August 20th - First Quarter Moon Journaling

As the moon grows brighter, this is a time for gentle action and noticing what begins to unfold from the intentions you set.

Where am I noticing moments of appreciation or abundance?

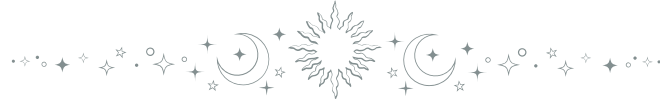


Waxing Moon Affirmations {Action • Growth • Momentum}

- I notice what is going well.
- I appreciate both small and meaningful moments.
- Gratitude expands my awareness.
- I allow appreciation to grow.
- I see abundance around me.
- I welcome more to be grateful for.
- I acknowledge what supports me.
- I find gratitude in everyday moments.
- I allow appreciation to shift my perspective.
- I feel grounded in what I have.

August 28th - Full Moon Journaling

As the moon reaches its fullest expression, it is time to illuminate what has emerged, celebrate what is blooming, and release what is no longer aligned.

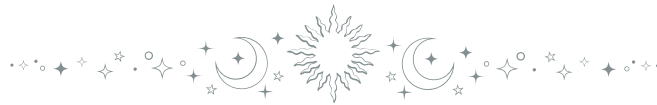


What moments brought me gratitude this cycle?

How did gratitude shift my experience?

What feels more abundant or supported?

What am I ready to release that blocks appreciation?



What belief keeps me focused on what is lacking? I release this belief now:

What truth supports appreciation? Integrate this truth by writing it 3 times:

-
-
-

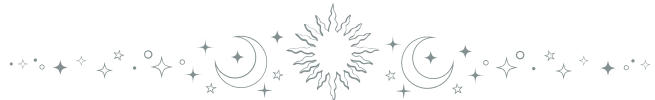
I release scarcity thinking.
I choose to notice what is present.
I trust there is enough.

*And
so it is...*

September 4th - Last Quarter Moon Journaling

As the moon gently wanes, it is time to slow down and turn inward. Release what no longer serves you and create space for clarity, rest, and renewal.

What appreciation feels steady and lasting within me?



Waning Moon Affirmations {Reflection • Release • Integration}

- I carry gratitude with me.
- I release the need to focus on what is missing.
- I trust what is already here.
- I allow appreciation to ground me.
- I notice what supports my life.
- I return to gratitude with ease.
- I feel content in the present moment.
- I carry forward a sense of enough.
- I trust in continued support.
- I remain open to appreciation.

Joy

I allow myself to experience joy.
Joy is available to me in simple and meaningful ways.



September 11th - New Moon Journaling

As the moon renews itself in darkness, this is a time to pause, reflect, and set intentions for what you wish to welcome into your life.

Self & Inner Growth
Health & Energy
Relationships & Connection
Vocation & Contribution
Creativity & Expression
Home & Environment
Money & Resources
Time & Freedom

Notice: What brings me genuine joy right now?

Where can I invite more lightness
into my life?

What have I been taking too
seriously?

With openness, I set these intentions
for this cycle:

I imagine moving through my days
with more ease and lightness. I
notice how it feels to allow joy to be
present.



Inspired Action:
One joyful action I will take:

I will complete this by: _____ / _____ / _____

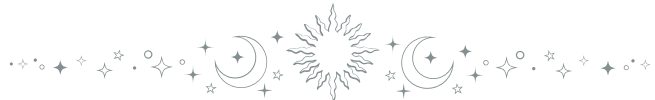
I allow joy into my life.
I create space for what feels good.
I am open to lightness and ease.

*And
so it is...*

September 18th - First Quarter Moon Journaling

As the moon grows brighter, this is a time for gentle action and noticing what begins to unfold from the intentions you set.

Where am I noticing moments of joy or lightness?

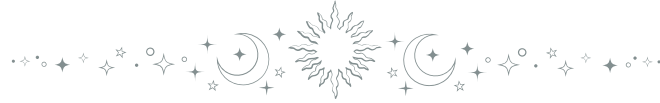


Waxing Moon Affirmations {Action • Growth • Momentum}

- I welcome joy into my life.
- I allow myself to feel light and open.
- Joy can be simple and present.
- I follow what feels good.
- I create space for enjoyment.
- I allow laughter and ease.
- I notice what lifts my energy.
- I choose moments of lightness.
- I let joy be enough.
- I allow myself to enjoy my life.

September 26th - Full Moon Journaling

As the moon reaches its fullest expression, it is time to illuminate what has emerged, celebrate what is blooming, and release what is no longer aligned.

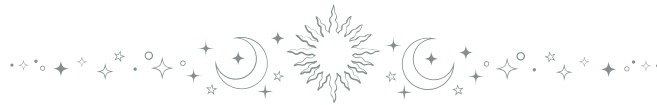


Where did I experience joy this cycle?

What helped me access or allow it?

What surprised me about joy?

What am I ready to release that limits joy?



What belief keeps me from fully allowing joy? I release this belief now:

What truth supports joy in my life? Integrate this truth by writing it 3 times:

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-
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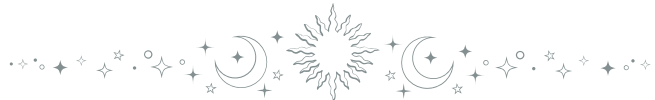
I release heaviness.
I allow joy to be present.
I trust joy has a place in my life.

*And
so it is...*

October 3rd - Last Quarter Moon Journaling

As the moon gently wanes, it is time to slow down and turn inward. Release what no longer serves you and create space for clarity, rest, and renewal.

What helps me return to joy more easily?



Waning Moon Affirmations {Reflection • Release • Integration}

- I remember what brings me joy.
- I release what dims my lightness.
- I trust joy to return.
- I allow ease into my life.
- I carry forward what feels good.
- I choose lightness when I can.
- I allow joy to be simple.
- I trust myself to create joyful moments.
- I remain open to joy.
- I let joy support me.

Trust

I trust myself and the unfolding of my life.
I allow things to develop in their own time.



October 10th - New Moon Journaling

As the moon renews itself in darkness, this is a time to pause, reflect, and set intentions for what you wish to welcome into your life.

Self & Inner Growth
Health & Energy
Relationships & Connection
Vocation & Contribution
Creativity & Expression
Home & Environment
Money & Resources
Time & Freedom

Notice: Where in my life am I being asked to trust more deeply?

What feels uncertain or unclear right now?

What would it look like to trust instead of control?

With openness, I set these intentions
for this cycle:

I imagine myself moving through
uncertainty with steadiness and
trust. I notice what it feels like to
release the need to control
outcomes.



Inspired Action:
One way I will practice trust:

I will complete this by: _____ / _____ / _____

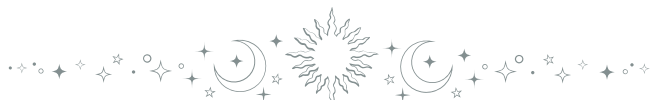
I trust myself to navigate what comes.
I allow life to unfold without forcing it.
I am supported even when I cannot see the full path.

*And
so it is...*

October 18th - First Quarter Moon Journaling

As the moon grows brighter, this is a time for gentle action and noticing what begins to unfold from the intentions you set.

Where am I practicing trust in my thoughts, choices, or actions?

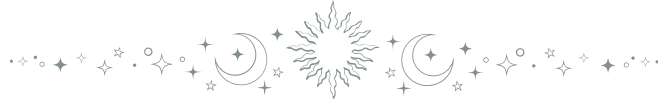


Waxing Moon Affirmations {Action • Growth • Momentum}

- I trust myself more each day.
- I release the need to control every outcome.
- I allow things to unfold naturally.
- I am supported in ways I may not always see.
- I trust the timing of my life.
- I move forward with quiet confidence.
- I listen to my inner guidance.
- I allow uncertainty without fear.
- I trust the path I am on.
- I am safe to trust myself.

October 26th - Full Moon Journaling

As the moon reaches its fullest expression, it is time to illuminate what has emerged, celebrate what is blooming, and release what is no longer aligned.

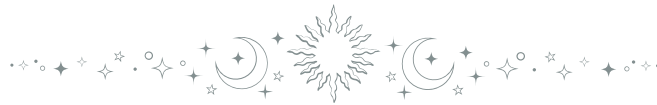


What has unfolded that I didn't expect?

Where did trust support me during this cycle?

What insights have come forward around control and surrender?

What am I ready to release that prevents me from trusting?



What belief makes it difficult for me to trust? I release this belief now:

What truth supports my ability to trust? Integrate this truth by writing it 3 times:

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-
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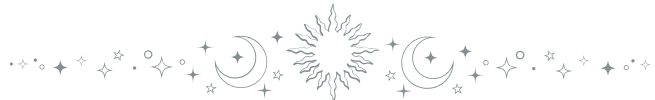
I release the need to control everything.
I trust what is unfolding.
I allow life to support me.

*And
so it is...*

November 1st - Last Quarter Moon Journaling

As the moon gently wanes, it is time to slow down and turn inward. Release what no longer serves you and create space for clarity, rest, and renewal.

What helped me feel grounded in trust, and what can I let go of?



Waning Moon Affirmations {Reflection • Release • Integration}

- I carry trust with me.
- I release fear around uncertainty.
- I trust what remains.
- I allow myself to feel supported.
- I move forward with steadiness.
- I trust the timing of my life.
- I release what I cannot control.
- I return to trust with ease.
- I allow things to unfold naturally.
- I trust myself moving forward.

Receiving

I am open to receiving what supports and nourishes me.
I allow myself to receive with ease and without resistance.



November 9th - New Moon Journaling

As the moon renews itself in darkness, this is a time to pause, reflect, and set intentions for what you wish to welcome into your life.

Self & Inner Growth
Health & Energy
Relationships & Connection
Vocation & Contribution
Creativity & Expression
Home & Environment
Money & Resources
Time & Freedom

Notice: Where in my life am I ready to receive more?

What have I been resisting or holding back from?

What would it feel like to receive fully and openly?

With openness, I set these intentions for this cycle:

I imagine myself receiving support, opportunities, and care with openness. I notice how it feels to allow things in without hesitation.



Inspired Action:
One way I will practice receiving:

I will complete this by: ____/____/____

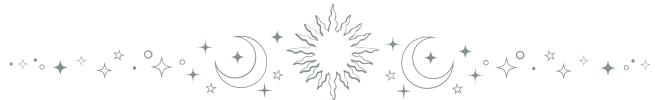
I am open to receiving.
I allow support into my life.
I am worthy of what comes to me.

*And
so it is...*

November 17th - First Quarter Moon Journaling

As the moon grows brighter, this is a time for gentle action and noticing what begins to unfold from the intentions you set.

Where am I noticing opportunities, support, or openness to receive?

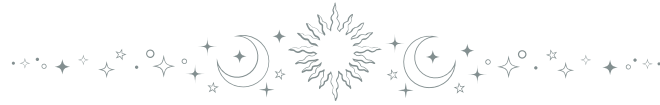


Waxing Moon Affirmations {Action • Growth • Momentum}

- I allow good things into my life.
- I receive without guilt or hesitation.
- I am open to support and connection.
- I trust what comes to me.
- I allow myself to accept help.
- I welcome opportunities.
- I receive what feels aligned.
- I am worthy of receiving.
- I allow life to support me.
- I remain open and receptive.

November 24th - Full Moon Journaling

As the moon reaches its fullest expression, it is time to illuminate what has emerged, celebrate what is blooming, and release what is no longer aligned.

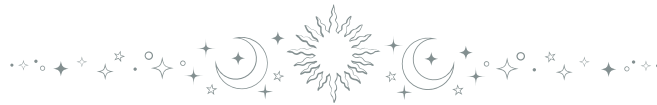


What have I received during this cycle?

Where did I allow or resist receiving?

What insights have come forward about openness and worthiness?

What am I ready to release that blocks receiving?



What belief prevents me from fully receiving? I release this belief now:

What truth allows me to receive fully? Integrate this truth by writing it 3 times:

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-
-

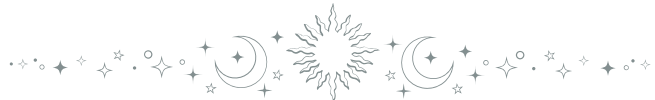
I release resistance to receiving.
I allow myself to accept what is offered.
I trust what comes into my life.

*And
so it is...*

December 1st - Last Quarter Moon Journaling

As the moon gently wanes, it is time to slow down and turn inward. Release what no longer serves you and create space for clarity, rest, and renewal.

What feels natural and aligned for me to receive moving forward?



Waning Moon Affirmations {Reflection • Release • Integration}

- I allow receiving to feel natural.
- I release hesitation.
- I trust what comes to me.
- I remain open and receptive.
- I carry forward a sense of worthiness.
- I allow life to support me.
- I accept what is meant for me.
- I feel at ease receiving.
- I trust the flow of giving and receiving.
- I remain open to what comes next.

Transformation

I am open to change and growth.
I allow myself to evolve into what I am becoming.



December 9th - New Moon Journaling

As the moon renews itself in darkness, this is a time to pause, reflect, and set intentions for what you wish to welcome into your life.

- Self & Inner Growth
- Health & Energy
- Relationships & Connection
- Vocation & Contribution
- Creativity & Expression
- Home & Environment
- Money & Resources
- Time & Freedom

Notice: What is ready to change or shift in my life?

What part of me is evolving or asking for attention?

What am I becoming?

With trust, I set these intentions for this cycle:

I imagine myself moving through change with openness and strength. I notice what it feels like to step into a new version of myself.



Inspired Action:
One step I will take to support my transformation:

I will complete this by: _____ / _____ / _____

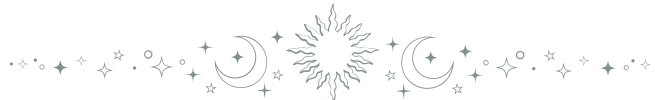
I am open to change.
I trust the process of transformation.
I allow myself to evolve.

*And
so it is...*

December 17th - First Quarter Moon Journaling

As the moon grows brighter, this is a time for gentle action and noticing what begins to unfold from the intentions you set.

Where am I noticing shifts, growth, or change within me?

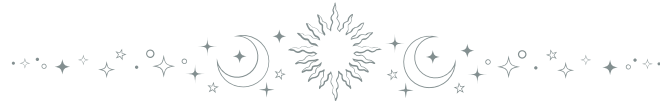


Waxing Moon Affirmations {Action • Growth • Momentum}

- I embrace change as part of growth.
- I allow myself to evolve naturally.
- I trust who I am becoming.
- I move through discomfort with awareness.
- I am supported in times of change.
- I release resistance to growth.
- I welcome transformation.
- I allow new ways of being to emerge.
- I trust my inner process.
- I grow with each experience.

December 23rd - Full Moon Journaling

As the moon reaches its fullest expression, it is time to illuminate what has emerged, celebrate what is blooming, and release what is no longer aligned.

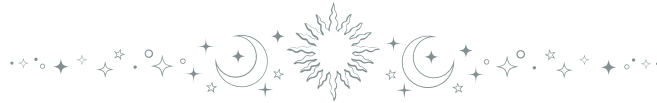


What has shifted within me during this cycle?

What feels different in my thoughts, actions, or awareness?

What am I stepping into more fully?

What am I ready to release that no longer aligns?



What belief is holding me back from fully changing? I release this belief now:

What truth supports my transformation? Integrate this truth by writing it 3 times:

-
-
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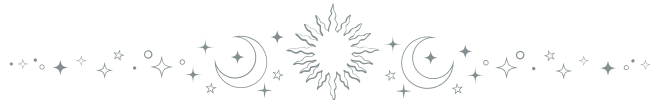
I release what I have outgrown.
I trust my evolution.
I allow change to support me.

*And
so it is...*

December 30th - Last Quarter Moon Journaling

As the moon gently wanes, it is time to slow down and turn inward. Release what no longer serves you and create space for clarity, rest, and renewal.

What parts of this transformation feel grounded and ready to carry forward?



Waning Moon Affirmations {Reflection • Release • Integration}

- I honor how I have changed.
- I release what no longer fits.
- I trust who I am becoming.
- I allow my growth to settle.
- I integrate what I've experienced.
- I move forward with clarity.
- I trust my evolution.
- I carry forward what feels aligned.
- I allow transformation to continue.
- I step forward as I am now.

Integration

I honor all that I have experienced and learned.
I allow my growth to settle and support me.



January 7th - New Moon Journaling

As the moon renews itself in darkness, this is a time to pause, reflect, and set intentions for what you wish to welcome into your life.

- Self & Inner Growth
- Health & Energy
- Relationships & Connection
- Vocation & Contribution
- Creativity & Expression
- Home & Environment
- Money & Resources
- Time & Freedom

Notice: What have I learned from this past lunar year?

What feels complete or ready to settle within me?

What am I ready to carry forward?

With awareness, I set these intentions
for this cycle:

I imagine my experiences gently
settling into clarity and
understanding. I notice what it feels
like to move forward with what I've
learned.



Inspired Action:
One way I will support integration:

I will complete this by: _____ / _____ / _____

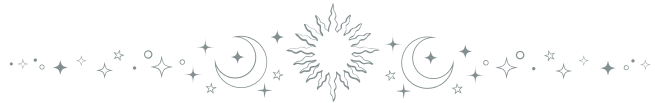
I honor my growth.
I allow my experiences to settle within me.
I trust what I have learned.

*And
so it is...*

January 15th - First Quarter Moon Journaling

As the moon grows brighter, this is a time for gentle action and noticing what begins to unfold from the intentions you set.

Where am I noticing clarity or understanding deepen?

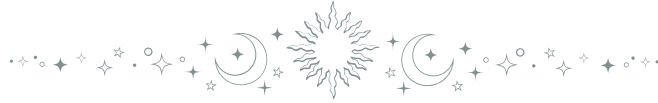


Waxing Moon Affirmations {Action • Growth • Momentum}

- I allow my experiences to integrate naturally.
- I honor the growth I've moved through.
- I trust the process I've been in.
- I carry forward what supports me.
- I allow understanding to deepen.
- I move forward with awareness.
- I trust what I have learned.
- I feel grounded in my experience.
- I allow clarity to grow.
- I integrate with patience and care.

January 22nd - Full Moon Journaling

As the moon reaches its fullest expression, it is time to illuminate what has emerged, celebrate what is blooming, and release what is no longer aligned.

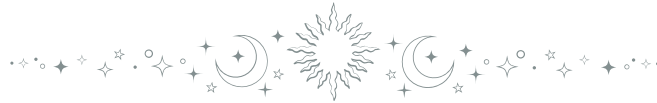


What feels clear as I reflect on this past year?

What growth can I acknowledge within myself?

What feels complete or resolved?

What am I ready to release as I move forward?



What belief keeps me from fully honoring my growth? I release this belief now:

What truth will I carry forward? Integrate this truth by writing it 3 times:

-
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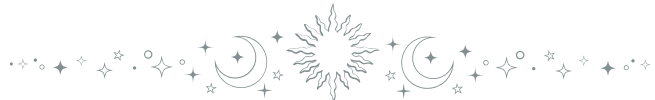
I honor what I have experienced.
I release what is complete.
I trust myself moving forward.

*And
so it is...*

January 29th - Last Quarter Moon Journaling

As the moon gently wanes, it is time to slow down and turn inward. Release what no longer serves you and create space for clarity, rest, and renewal.

What feels fully integrated, and what can I gently let go of?



Waning Moon Affirmations {Reflection • Release • Integration}

- I honor what has settled within me.
- I release what is complete.
- I trust what remains.
- I move forward with clarity.
- I allow space for what is next.
- I carry forward what supports me.
- I feel grounded in my growth.
- I trust the process I've moved through.
- I allow closure where it is needed.
- I step into the next cycle with awareness.

Closing Reflection

You have moved through a full cycle. Through intention and reflection, clarity and uncertainty, growth and release, you've taken time to pause, notice, and return to yourself again and again.

Honoring Your Rhythm

The moon will continue its cycle, just as you will continue yours. This practice was never about completing a journal perfectly. It was about building a relationship with yourself - one rooted in awareness, honesty, and trust.

Continuing the Practice

If this experience supported you, you're invited to continue the work. You can stay connected and deepen your practice through:

- Ongoing lunar journaling and guidance
- The Aligned Rhythm membership
- Coaching and deeper support
- Additional tools and resources

Visit: rachelegbert.com

A Final Invitation

If you have feedback around this program - how it supported you, what you'd like more of or less of - you're invited to share your experience. Your reflection not only helps this work grow and evolve, it helps others find their way to it as well. Share here: rachelegbert.com/share-your-experience

And So It Continues...

This is not the end of the cycle. It is simply a moment to pause, acknowledge, and begin again. When you're ready, the next cycle is waiting. Trust what has unfolded. Trust what is still becoming.

Stay Radiant,

