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# Moon Journal

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A 30-Day Guided Journal



Hybrid

Created with LoomJournals

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# How to Use This Journal

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Welcome to your journal! Here are some tips to get the most out of it:

- 1 Set aside a few minutes each day to write
- 2 Be honest and write freely without judgment
- 3 Try to write at the same time each day to build a habit
- 4 Review your entries weekly to notice patterns

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- Note the current moon phase each day — use the hint for phase names
  - Rate your energy (1-10), mood (1-10), and sleep quality (1-5)
  - Write your moon reflection: how the phase resonates with your life right now
  - Set a clear intention for the lunar cycle and record any ritual you practiced
  - On full or new moon, note what you are grateful for and what you are ready to release



Scan for a detailed guide on how to use this journal

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Mood (1-10):

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