

Moon Phase Reflection Guide

In harnessing the power of the moon, we recommend observing the moon phase in conjunction with its current sign. Match the phase with the sign below to create a custom journaling topic or action prompt for your business and life.

- *Ex. The full moon in Virgo encourages taking action around critical thinking and routines in your work.*

MOON PHASE PROMPTS

NEW MOON ●

The new moon is the restart of the monthly cycle and a new start. It's the time to set new intentions and goals. The lowest energetic point of the month, it's a great time to internally reflect and plan for the month ahead.

- What do you want to feel this month?
- What do you want to take action on?
- How can you lay the groundwork?

FIRST QUARTER MOON ◐

After setting intentions with the new moon, you begin to implement action in order for your intentions to begin to take shape. Stay the course and explore this intention.

- How can I continue to commit to my intention for this month?
- What shifts, routines, and/or commitments can I make?

FULL MOON ○

Halfway through the monthly cycle, this is the month's creative and productive peak for many. Revisit your intention — are you looking to double down and continue to commit to it, or are you looking to reevaluate?

- What can I recommit to for the rest of this month?
- What do I want to accomplish during this creative and productive time?
- Is there anything I want to let go of for the rest of this month?

THIRD QUARTER MOON ◑

Taking place about a week before the new moon and restart of the monthly cycle, this is a time to tie up loose ends and let go of what wasn't achieved.

- Where can I push through and take final action?
- How can I honor my energy in the last week of this cycle?

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To further personalize your moon phase reflections, you can match the phase with the sign of the current moon. Cafe Astrology and iLuna are great resources to source the current sign of the moon.

SIGN SUMMARIES

CAPRICORN

Practical, ambitious, disciplined

AQUARIUS

Independent, progressive, unconventional

PISCES

Sensitive, observant, creative

ARIES

Assertive, impulsive, leader

TAURUS

Resourceful, sensual, productive

GEMINI

Curious, fickle, restless

CANCER

Nurturing, empathetic, kind

LEO

Expressive, loyal, brave

VIRGO

Analytical, perfectionist, calm

LIBRA

Balanced, indecisive, harmony

SCORPIO

Mysterious, intense, loyal

SAGITTARIUS

Adventurous, upbeat, honest

SIGN ELEMENTS

ARIES, LEO & SAGITTARIUS are fire signs. They are expressive, intuitive, and opinionated. They ask how you can follow your intuition and what you're excited about.

PISCES, CANCER & SCORPIO are water signs. They are calm, feeling, and nurturing. They ask what will help your ideas flow, and what feels the most imaginative.

AQUARIUS, GEMINI & LIBRA are air signs. They are curious, communicative, and cerebral. They ask what will help you voice your ideas, and how to think big.

CAPRICORN, TAURUS & VIRGO are earth signs. They are practical, grounded, and cautious. They ask how you can be more realistic, and how you can set down roots.

SIGN MODALITIES

ARIES, CANCER, LIBRA & CAPRICORN are cardinal signs. They occur at the beginning of a season, and initiate action.

TAURUS, LEO, SCORPIO & AQUARIUS are fixed signs. They occur in the middle of a season, and stabilize or regulate action.

GEMINI, VIRGO, SAGITTARIUS & PISCES are mutable signs. They mark the end of a season, and let go of the season at hand and lay the groundwork for the next season.