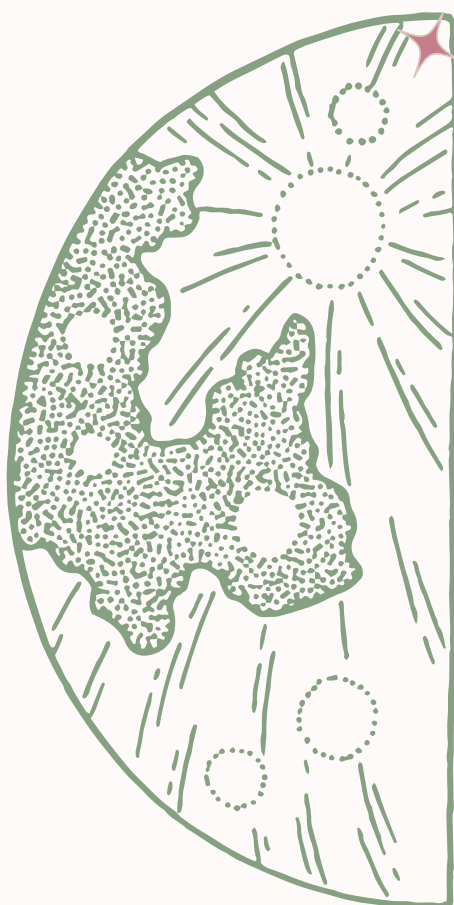
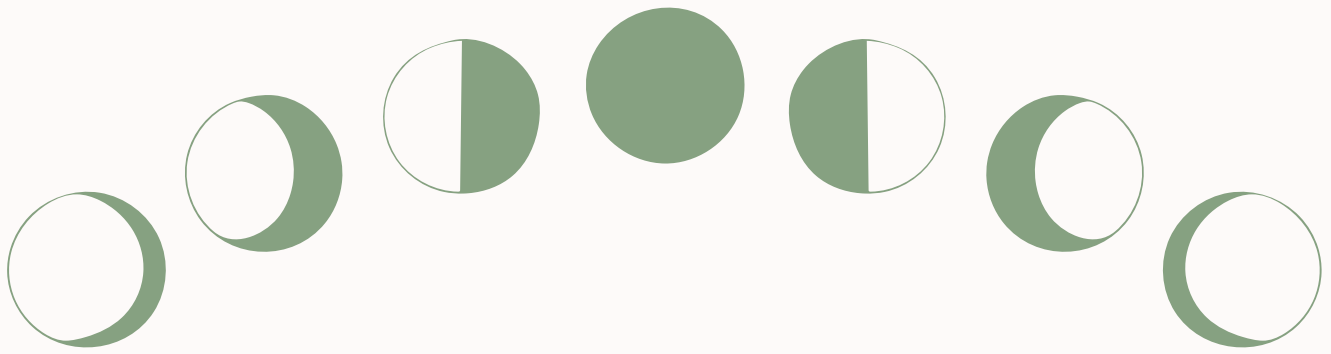


Last Quarter Moon

Journal





What Is Last Quarter Moon?

This is when the moon looks like a half moon but is a three quarters of the way through its monthly cycle.

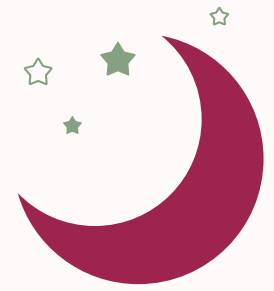
We're in the waning phase and the moon and its energy is getting smaller as we head towards the darkness of the new moon again. You may feel more inward and reflective at this time.

Because of the hard angle of the sun and moon during last quarter, you may find problems or mistakes surface. Face up to them.

During this time between full moon and new moon is the best time to reflect, heal, recuperate and release.

Surrender. Indulge in self-care. Make space.

Last Quarter Moon Journalling Prompts



MY MAIN PERSONAL BLOCKS ARE...

[Blank area for writing main personal blocks]

I FEEL THIS WAY BECAUSE...

[Lined area for writing reasons]

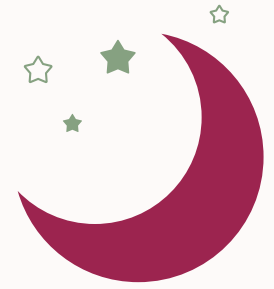
WAYS I CAN OVERCOME THEM ARE...

[Lined area for writing ways to overcome blocks]

PROOF THAT I CAN OVERCOME THE BLOCKS ARE...

[Lined area for writing proof of overcoming blocks]

Last Quarter Moon Journalling Prompts



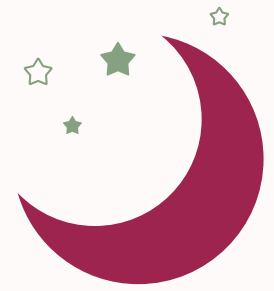
WRITE YOUR MAIN BAD HABITS AND TOXIC TRAITS

SOME WAYS I CAN GIVE THESE UP ARE...

THINGS THAT ARE STOPPING ME FROM GIVING THEM UP ARE...

IF I GIVE THEM UP I WILL FEEL...

Last Quarter Moon Journalling Prompts - Make Space Before New Moon



THINGS I WANT TO LET GO OF BEFORE NEW MOON ARE...

PROJECTS I STILL WANT TO TAKE INTO NEW MOON ARE...

PROBLEMS AND MISTAKES I NEED TO FACE UP TO ARE...

THINGS I NEED TO FINISH UP BEFORE NEW MOON ARE...



CHECKLIST

Last Quarter Moon

- I have decluttered my home.
- I've thought of ways to overcome my toxic traits and bad habits.
- I've indulged in self care.
- I've taken time to breathe and reflect.
- I've contemplated what's stopping me from reaching my highest potential.
- I've let go of things I don't need.
- I've finished what needs completed.

