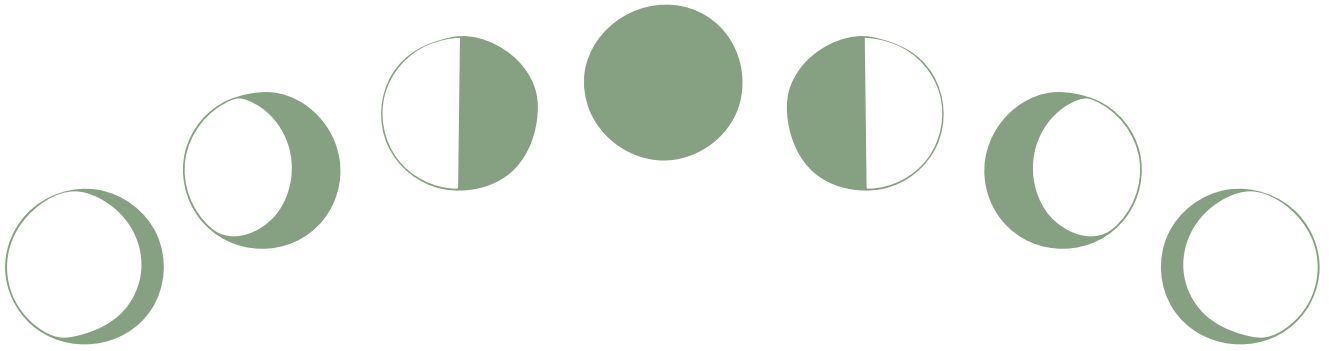


First Quarter Moon

Journal





What Is First Quarter Moon?

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

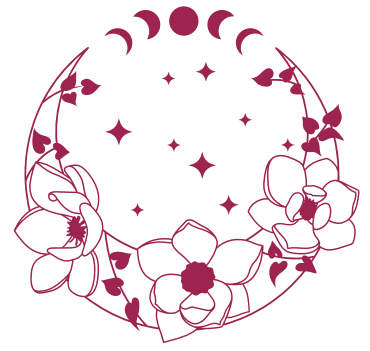
We're in the waxing phase and the energy is building. Ideas and inspiration are flowing.

However, because of the hard angle of the sun and moon during first quarter, you may find you start to have some doubts about what you can achieve and manifest. A mini-crisis or problem might get in your way. Imposter syndrome peaks.

During this fortnight between new moon and full moon is the best time to take action on your goals.

Move forward. Make decisions. Be open. Say "yes!".

First Quarter Moon Journalling Prompts



MY MAIN GOALS ARE...

THE THINGS MAKING ME DOUBT IF I CAN ACHIEVE THEM ARE...

THE REASONS THAT THESE MIGHT NOT BE ACCURATE ARE...

THINGS I CAN DO TO OVERCOME THESE OBSTACLES ARE...

First Quarter Moon Journalling Prompts



**WRITE YOUR GOALS AS IF YOU HAVE ACHIEVED THEM.
E.G. "I AM AN AUTHOR".**

**SOME THINGS I CAN SAY "NO" TO SO I HAVE MORE TIME TO
FOCUS ON MY GOALS ARE...**

**MY IMPOSTER SYNDROME IS TELLING ME THE FOLLOWING
THINGS...**

EVIDENCE THAT THIS ISN'T TRUE IS...

First Quarter Moon Journalling Prompts



**WRITE YOUR GOALS AS IF YOU HAVE ACHIEVED THEM.
E.G. "I AM AN AUTHOR".**

ARE YOUR HEAD AND HEART DISAGREEING? WHY?

WHAT IS YOUR INSTINCT TELLING YOU TO DO?

**ARE THERE ANY CONFLICTS YOU NEED TO RESOLVE? WHAT
ARE THEY? HOW CAN YOU DO THIS CONSTRUCTIVELY?**

First Quarter Moon Journalling Prompts If You Feel Out Of Alignment With Your Goals



A GOAL I'M FEELING OUT OF ALIGNMENT WITH IS...

SIGNS THAT I SHOULD KEEP PURSUING THIS GOAL ARE...

SIGNS THAT I SHOULD PAUSE THIS GOAL FOR NOW ARE...

SPEND TIME CONSIDERING WHETHER IT IS TIME TO LET THIS GOAL GO OR KEEP IT. WRITE YOUR THOUGHTS HERE.



CHECKLIST

First Quarter Moon

- My imposter syndrome is in check.
- I've said 'no' to things that distract from my goals.
- I'm taking action on my goals.
- I know which goals I need to pause on and the reasons are true.
- I have taken stock of the obstacles standing in the way of my goals and thought of strategies to get by them.
- I say 'yes' to opportunities.