

## the 8 Moon Phases Spread

the Third Quarter

With much out of my control, what self-limiting beliefs can be washed away?



the Waning Crescent

How can I best interpret what has unfolded during this past month?



the Waning Gibbous

Turning inward, the rest of the month, how shall I re-evaluate and adjust my intention?



the New Moon

What intention am I setting for the new month?



the Full Moon

What ritual would best support the manifestation of this intention?



the Waxing Crescent

What inner-confidence is required to support my intention?



the Waxing Gibbous

What actions are needed to hone in on and strengthen my intention?



the First Quarter

What is being reflected back to me about my intention?

