

The
Lunar
Cycle
Daily Journal



By the

Montana
Mystic

The Lunar Cycle Workbook



Hi! I'm Heidi *the*
Montana Mystic

I'm a Spiritual Coach and I've dedicated my life to helping people (just like you) learn to love themselves and manifest the life they've always dreamed of.

My journey started over 10 years ago when I first discovered the amazing magical powers of living in alignment with the moon cycles.

Since then, I've dedicated my life to teaching and sharing the magical knowledge of natural wellness modalities that have incredible transformative spiritual and healing powers.

I'm excited to start this journey with you!

-Heidi

Montana
Mystic



The Lunar Cycle Workbook

What is a Lunar Cycle

The Lunar Cycle is the time it takes for the Moon to orbit the Earth, which is about 29.5 days.

It is divided into four phases: New Moon, Waxing Moon, Full Moon, and Waning Moon. The New Moon is associated with New beginnings, the waxing Moon with growth, the Full Moon with abundance and manifestation, and the Waning Moon with release and letting go.

Many people today use the phases of the Moon to guide their intentions, rituals, and decisions.

Why does this matter?

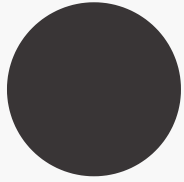
The Lunar Cycle has been recognized as a significant aspect of human life for centuries.

It is believed that the phases of the Moon can affect the tides, animals, and human behavior.

Many cultures throughout history have respected the Lunar Cycle for its influence on the natural world and human behavior.

By understanding the Lunar Cycle, people can align their actions with the natural rhythms of the Earth and tap into the energy of the Moon.

Moon Phases



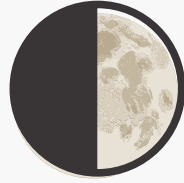
NEW MOON

This is the time of new beginnings. Be open. Spend some time dreaming big.



WAXING CRESCENT MOON

Now is the time to set intentions and send them out to the Universe.



FIRST QUARTER MOON

The moment to take action has arrived. Do not let obstacles stop you in your tracks.



WAXING GIBBOUS MOON

Your intentional actions are gaining momentum in this phase. Make sure you stay in alignment.



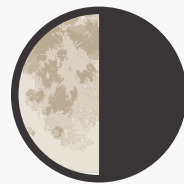
FULL MOON

A time to reap the reward of your hard work. Be sure to practice gratitude during this time.



WANING GIBBOUS MOON

Start integrating the new lessons you've learned and the experiences you've had into your psyche. Go inward and reflect.



LAST QUARTER MOON

Release and let go the things that no longer serve you.



WAXING CRESCENT MOON

A time for rest and restoration.

Monthly Moon Calendar

Use the calendar below to track the monthly moon cycle:

Month:

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	(31)				

Menstrual & Moon Tracker

1 - MOON PHASE

2 - MENSTRUAL CYCLE DAY

3 - MOOD (1-10)

The tracker is a large circle divided into three concentric rings. The outermost ring contains 28 small circles for tracking moon phases. The middle ring is divided into 31 segments for tracking menstrual cycle days, with numbers 1 through 31 arranged clockwise starting from the top. The innermost ring is divided into 10 segments for tracking mood, with numbers 1 through 10 arranged clockwise starting from the top. The numbers 1, 2, and 3 are printed in the center of the middle ring for the first three days.



Self Care Ideas

- Daily Journal
- Seed Cycling
- Herbal Tea
- Eating with the Seasons
- Yoga
- Sleep
- Walk in Nature
- Gua Shua
- Meditation
- Brain Tap
- Light Mask
- Detox Bath
- Massage
- Clean House
- Time with Friends
- Breathwork
- Buy Yourself Flowers
- Dance
- Sing
- Digital Detox
- Affirmations
- Coaching
- Therapy
- Kundalini Kriya
- Read a Book
- Plan a Getaway
- Do Something for the First Time
- Light a Candle
- Eat Fruits and Vegetables
- Fast
- Hug Someone
- Use Essential Oils
- Watch a Sunrise or Sunset
- Adult Coloring Book
- Paint
- Plant Something
- Get Nails Done
- Watch a Movie
- Go Out for Coffee
- Go to a Farmer's Market
- Watch the Clouds or Stars

Daily Lunar Reflections



Date :

Moon Phase:    
Phase:    

Moon Sign:      
Sign:      

Intention for today:

Mantra for the day:

Tomorrow for self-care I will

Three things I am grateful for today are:

Daily Reflection:

Goals & Intentions:

Daily Lunar Reflections



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Trust the *Phase*



You're in.

START LIVING IN
ALIGNMENT TODAY

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Mystic

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