



Journaling through the Moon Phases

The New Moon

Life: A New Beginning from a Transition or the Beginning of a Quest for Self-Discovery

Business: The Beginning of a Business Vision

Creative: The Beginning of Your Creation (which begins with an idea)

The Waxing Crescent

Life: Who Are You, Really?

Business: Identifying Your Unique Gifts and How They Can Be Expressed in Business

Creative: How Will This Project Reflect You and Your Perspectives?

The First Quarter

Life: Exploring Possibilities and Conquering the Yeah, Buts

Business: Exploring Possibilities and Overcoming Obstacles

Creative: Exploring Possibilities and Conquering Creative Blocks

The Waxing Gibbous

Life: Identifying Your Tribe and the Strength of a Support System

Business: Identifying Your Audience and Your Business Support Team

Creative: Identifying Your End-User and Your Creative Support Team

The Full Moon

Life: Identifying Your True Self and Claiming Your Authentic Voice

Business: Bringing Your Authentic Business Vision to Life

Creative: Stepping into Your Light and Expressing Your Creative Voice

The Waning Gibbous

Life: Creating a Bigger Vision of Your Authentic Life

Business: Crafting Your Unique Offers and How They Support the Bigger Vision

Creative: Designing Your Bigger Artistic Vision or Visioning a Creative Project

The Last Quarter

Life: Taking Baby Steps Toward Manifesting Your Authentic Life Vision

Business: Designing the Next Steps Toward Launching a Business Vision

Creative: Mapping Out the Steps Toward an Artistic Vision or Creative Project

The Waning Crescent

Life: Managing the Ebb and Flow of Emotion

Business: Managing the Ebb and Flow of Doing Business

Creativity: Managing the Ebb and Flow of the Creative Process (emotions, lulls, bursts)

The Blue Moon

Life: Celebrating Your Uniqueness and Honoring Your Personal Legacy

Business: Celebrating Your Signature Business and Honoring Your Professional Legacy

Creative: Celebrating Your Creative Expression and Your Artistic Thumbprint (Legacy)