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New and full moon journal

New moon · Choose a beginning

Choose an action small enough to do on an ordinary day. You can use any date that gives you time to pause.

Date and time zone

What do I want to make room for?

What is one small action I can take?

When and where will I take it?

When will I review what happened?

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Full moon review

Review one action

Write what you actually did before interpreting it. Choose a small change you can try next.

Date and time zone

What did I intend to do?

What did I actually do?

What helped? What got in the way?

What will I continue, change, or stop?

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