

# Full Moon Worksheet

## F U L L M O O N I N A Q U A R I U S

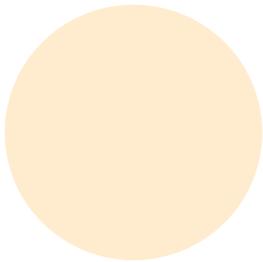
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### INSIGHT

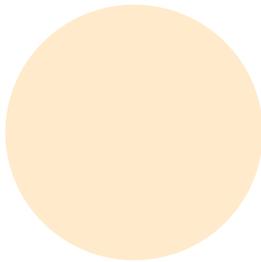
This Full Moon we are asked to ensure we are caring for own well-being in balance with the nurturing of others. Our own inspirations and inner knowings can often take a back seat in our lives as relationships and relationship dynamics come to the forefront. Here we are called into addressing the balance so that energy doesn't build as conflict in our bodies and minds. And that we don't lose our enthusiasm for tending our own garden of Being through addressing our own needs, self-commitments and responding to those inklings of higher knowledge and greater Awareness.

### QUALITIES:

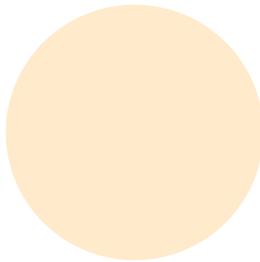
Write down in each circle the quality or textures you are now coming to realise you are expressing in these areas of your life. Your Inner Self Talk.



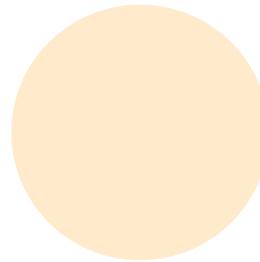
WELL-BEING



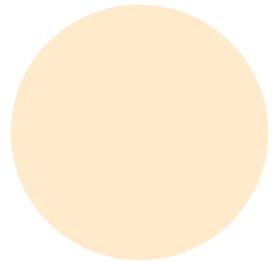
CREATIVITY



INNER BEING



WORK

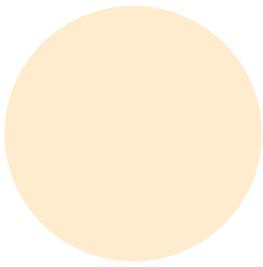


RELATIONSHIPS

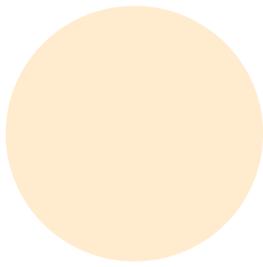
Reflect on - what kind of signals are you seeing you are sending out in how you communicate with those around you? Write down at least three Insights.

*This section is about bringing into conscious awareness what you are asking of others verbally and no verbally - ie your expectations, any hidden motivations, wants and needs for comfort, security, past, pain.*

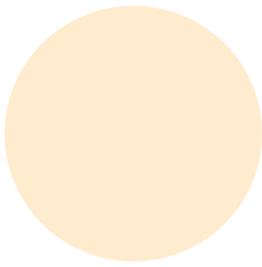
Reflect on what the motivations are behind your communications in these areas of your life are. Write them down in each circle.



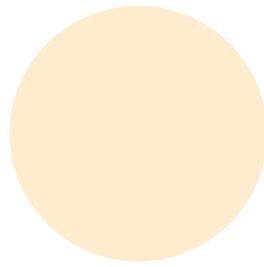
WELL-BEING



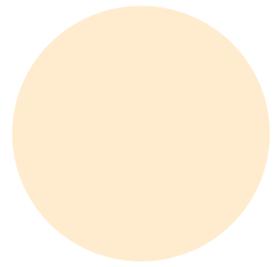
CREATIVITY



INNER BEING



WORK



RELATIONSHIPS

#### INTENTIONS: HOW ARE THEY?

From your New Moon Worksheet you named three Intentions for the month ahead. Check in on each one you wrote and write down below where you have reached in each one.

#### AFFIRMATION:

Your key learning over the last month, or key rising knowing that you crafted into an New Moon Affirmation. Write it down again - you can also refine it if necessary.