

# Full Moon Journal Prompts: Illumination, Release, and Transformation

## Setting the Circle: Grounding & Intention

- Where am I now—emotionally, mentally, spiritually—and what phrase captures my current state?
- What do I most want to invite into my life this lunar cycle? Describe it in vivid, sensory detail.
- Which small ritual or daily habit will remind me of this intention over the next month?
- What fears or doubts arise when I imagine stepping toward this intention? Name them without judgment.

## Reflecting the Past: Release & Shadow Work

- What patterns from the last cycle no longer serve me? List specific behaviors, thoughts, or relationships.
- Which memory or belief feels heavy tonight? If it had a voice, what would it say—and how do I respond?
- What part of myself am I ready to forgive? Write a brief forgiveness letter to that part.
- What old promise or identity am I ready to let go of? How will my life shift if I release it?

## Illuminating the Self: Awareness & Inner Light

- What strengths have shown up quietly for me this month? Describe moments when they appeared.
- Which hidden desire is trying to get my attention? What small step would honor that desire?
- Where did I feel most alive recently? What elements of that moment can I recreate?
- What lesson did my body teach me this cycle? How can I meet its needs more kindly?



## Cosmic Patterns: Planetary & Elemental Influences

- Which planetary influence feels strong or relevant to me right now (e.g., Mercury, Venus, Saturn)? How does it show up in my life?
- Which element—earth, water, air, fire—resonates with my current mood? How can I use it in a ritual or practice?
- How do cycles in nature mirror patterns in my life? Name one parallel and its meaning.
- If my life were a constellation, what pattern would it form tonight?

## Alchemical Transformation: Reframe & Transmute

- What fear or wound can I reframe as fuel for growth? Write the original thought and a new empowering version.
- What ritual, symbolic action, or small creative practice would help me transmute pain into purpose?
- What resource—skill, person, idea—can I call on to support this transformation?
- Imagine the lesson I need to learn as a stone. How can I polish it into a gem?

## Energetic Body & Chakras: Balance & Healing

- Which chakra feels especially active or blocked? Describe sensations or images that arise.
- What color, scent, or sound would soothe my energetic body tonight? How will I use it?
- What movement or breath practice would help restore balance? Write a short sequence to try.
- What message does my subtle body want me to hear? Listen and record the response.

## Esoteric & Hermetic Insights: Symbols & Synchronicity

- What symbol or dream has recurred recently? Explore its possible meanings and personal relevance.
- What synchronicity or coincidence felt like a sign? What might it be pointing toward?
- Which myth, archetype, or deity calls to me under this moon? How can I honor that relationship?
- How does the principle “as above, so below” show up in my life right now?



## Mindset & Personal Development: Goals & Growth

- What one mindset shift would most accelerate my growth this month? Write a plan to practice it daily.
- What measurable, realistic goal do I want to achieve by the next full moon? Break it into three steps.
- What habit drains my energy and which habit energizes me? How will I reduce the first and increase the second?
- Who is my mentor, inner or outer, and what would they advise me to do tonight?

## Practical Magic: Tools, Spells & Cottage Witchery

- What simple spell or charm could support my intention? Describe materials, words, and timing.
- Which herbs, crystals, or kitchen correspondences feel aligned with my goal? How will I use them?
- What household object can I consecrate as a talisman? Write a short blessing for it.
- What boundaries do I need to set to preserve my energy this cycle? How will I communicate them?

## Integration & Forward Momentum: Closing the Circle

- What one sentence will I carry forward as my full-moon mantra? Repeat it three times and note how it lands.
- What small celebration will I give myself for progress made, however small?
- What will I do in the first three days after this moon to honor my intention and keep momentum?
- How will I check in with myself at the next full moon to see what shifted?

Use these prompts as stand-alone reflections or weave them into a longer ritual. Let the moonlight reveal what's ready to be seen, released, and transformed—one brave journal page at a time.

