

# New Moon Journal Prompts: Alchemy of Intention

## Seed & Soil — Planting Intentions

- What small seed do I want to plant tonight that could grow into something meaningful by the next new moon?
- Which area of my life feels like fertile soil right now (heart, work, home, spirit) and why?
- If I could plant one habit to nourish this area, what would it be and what tiny first step will I take?
- What word or short phrase will I use as my intention mantra this lunar cycle?

## Inner Alchemy — Transforming Patterns

- Which recurring pattern or story do I want to transmute this cycle?
- What limiting belief stands between me and the version of myself I want to become? How can I reframe it into a supportive truth?
- What fear is asking to be befriended rather than blamed? What would compassion toward that fear look like?
- Name one practical ritual that helps you dismantle old patterns (journaling, breath, movement). When will you do it?

## Elemental Mapping — Body, Mind, Spirit

- Which chakra or energy center feels out of balance and what simple action can you take to realign it?
- How does your body feel tonight? What message is it sending and how will you respond?
- What thought or belief do you want to feed this moon cycle? How will you remind yourself of it daily?
- Which creative or physical practice will you commit to for the coming weeks to honor your energy?



## Cosmic Correspondences — Planetary & Quantum Intentions

- Which planet or planetary quality (Mercury clarity, Venus love, Mars drive, Saturn discipline) do you want to work with this cycle?
- If you imagined your intention as a particle in a quantum field, how would you collapse it into reality? (One clear action, one clear focus.)
- What synchronicities or patterns have you noticed lately that feel like signals? How will you track or invite more of them?
- How will you align your schedule with cosmic rhythms (moon phases, planetary transits) this month?

## Cottage Witchery & Folk Magic — Practical Spells

- What simple household spell or charm could you create to support your intention (a jar, a tea, an intention cloth)? List materials and steps.
- Which herbs, stones, or candles will you choose and why? How will you consecrate them?
- What phrase, sigil, or tiny ritual will you perform when you need a boost during this cycle?
- How can you use scent, color, or texture at home to reinforce your intention daily?

## Hermetic & Esoteric Reflection — Inner Laws

- Which Hermetic principle (as above, correspondence, vibration, gender, rhythm, cause and effect, mentalism) speaks to your current work and how will you apply it?
- What hidden belief or inner symbol is guiding your choices right now? How can you bring it into conscious awareness?
- In what way does your inner world reflect your outer world currently? What one change inside could shift something outside?
- What truth do you want to anchor in your psyche this cycle?



## Psyche & Shadow Work — Illuminate the Hidden

- What emotion have you been avoiding? Give it a name, feel it fully, and write what it wants you to know.
- Which shadow trait, once integrated, might become a fierce ally? How will you begin to integrate it?
- Describe a recent trigger. What wound did it point to, and what small healing step can you take?
- What supportive boundary will you set this cycle to protect your energy and growth?

## Personal Development & Transformation — Goals & Growth

- What measurable, heart-led goal will you set for this lunar month? Break it into three weekly actions.
- How will you celebrate progress, not perfection, over the next four weeks?
- Who or what will support your growth? List three resources or people and one way to reach out.
- What inner quality (patience, courage, curiosity) do you want to strengthen and how will you practice it daily?

## Mystical Patterns & Reframing — New Perspectives

- What old meaning can you reframe into a more empowering one? Write both versions side by side.
- Where do you notice repetition in your life that might actually be a lesson in disguise?
- Imagine your life five moons from now if you fully embody this new intention. What does that look like, feel like, and smell like?
- What story about your future are you ready to edit tonight?

## Closing & Commitment — Sealing the Work

- Write a concise affirmation or vow that seals your intention for this moon. Repeat it aloud three times.
- What ritual will you perform to close this journaling session (breathwork, candle snuffing, water blessing)? Describe it in one line.
- How will you check in with yourself mid-cycle and at the next new moon? Set a date and time.
- One gratitude for this moment under the new moon. Say it, feel it, and carry it forward.

