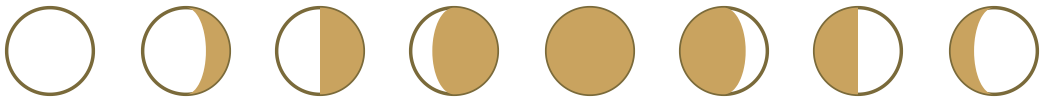
A PRINTABLE JOURNAL

The Moon Journal

One Page for Each Phase



by Teri

BEFORE YOU BEGIN

A Note Before You Begin

This journal is a tool for reflection, entertainment and personal insight. It is not medical, psychological, legal or financial advice, and it does not diagnose, predict or promise anything. If you are facing a real problem in one of those areas, please talk with a qualified professional. Nothing in these pages is required, and you always make your own choices.

— Teri

How to Use This Journal

This journal has one page for each of the eight phases of the Moon. Each page takes about ten minutes, and you can do it in a notebook if you would rather not print it.

The Moon takes about 29.5 days to move through all eight phases, and the four “in between” phases (the two crescents and the two gibbous Moons) each last about a week. The new moon, the quarters and the full moon are a few nights around one exact moment. To find tonight’s phase, look at the Moon, or use a moon phase calendar. If you are not sure which phase it is, pick the page closest to what you see. Nothing goes wrong if you are a day early or late.

Each page has the same four parts:

1. **What this phase is for.** One or two plain sentences on what people traditionally use this phase for.
2. **A prompt.** One question or one sentence to finish.
3. **Lines to write on.** Space for your own words.
4. **A check-in.** One line to come back to at the next phase.

You can go in order across a month, or open the page that matches tonight. Write in pencil if you like to change your mind.

The New Moon

WHAT THIS PHASE IS FOR

The new moon is the dark Moon, when its lit side faces away from us and it cannot be seen. Traditionally it is the night for choosing what to begin, quietly and in private.

WHEN

The night of the new moon, or within about three days of it.

YOUR PROMPT

Finish this sentence with something you could check on later: *"This new moon I begin ___."* Be specific. "I want more calm" is hard to check. "I will leave work by 6 p.m. three days this week" is easy to check.

WRITE IT HERE

CHECK-IN FOR THE NEXT PHASE

In about a week, look at what you wrote. Have you taken one small step?

The Waxing Crescent Moon

WHAT THIS PHASE IS FOR

The waxing crescent is the thin, growing Moon in the first week after the new moon. Traditionally it is the time for first small steps on what you chose.

WHEN

The first week after the new moon, in the evening. Look low in the west after sunset.

YOUR PROMPT

Finish this sentence with something you could do in fifteen minutes: *"One small step I am taking this week is ___."*

WRITE IT HERE

CHECK-IN FOR THE NEXT PHASE

Did you take the step? If not, what is the next smaller one?

The First Quarter Moon

WHAT THIS PHASE IS FOR

At the first quarter the Moon is half lit. Traditionally it is the time for working out what is in the way, and what to do about it.

WHEN

About a week after the new moon, when the Moon is half lit.

YOUR PROMPT

Finish both sentences with something specific: *"What is in my way is ___. My next step is ___."* For example: "I do not have the form" and "I will call the office tomorrow at nine."

WRITE IT HERE

CHECK-IN FOR THE NEXT PHASE

Is the obstacle still there, or is it a different problem now?

The Waxing Gibbous Moon

WHAT THIS PHASE IS FOR

The waxing gibbous is the Moon in the week before it is full, more than half lit and still growing. Traditionally it is the time for refining a plan, by cutting, clarifying or adding.

WHEN

The week before the full moon.

YOUR PROMPT

Finish this sentence with a change small enough to make tonight or tomorrow: *"One thing I will adjust is ___."* For example: "I will move the walk to the morning" or "I will cut the list to three items." If nothing needs adjusting, write *"I will keep ___ as it is."*

WRITE IT HERE

CHECK-IN FOR THE NEXT PHASE

Did the change help? Write one word for how it went.

The Full Moon

WHAT THIS PHASE IS FOR

At the full moon the whole face of the Moon is lit. Traditionally it is the time for looking back over the last two weeks, giving thanks, and letting go of something you have been carrying.

WHEN

Around the night of the full moon.

YOUR PROMPT

Step outside, or stand at a window where you can see the sky. Take three slow breaths while you look. Then finish both sentences:

- *"One thing I am thankful for is ___."*
- *"One thing I am ready to stop carrying is ___."* This might be a worry, a habit, or an argument you keep replaying.

When you are done, say "thank you" to the Moon, or to the night, and go back inside.

WRITE IT HERE

CHECK-IN FOR THE NEXT PHASE

A few days from now, notice whether you are still carrying the thing you named.

The Waning Gibbous Moon

WHAT THIS PHASE IS FOR

The waning gibbous is the Moon in the week after it was full, still more than half lit but shrinking. Traditionally it is the time for giving something back: thanks, something you learned, or a small gift.

WHEN

The week after the full moon.

YOUR PROMPT

Finish this sentence with something specific from this month: *"Thank you for ___."* For example: "the ride home on Tuesday" or "the way you listened." If the thanks is for a person, you can also send it to them as a message.

WRITE IT HERE

CHECK-IN FOR THE NEXT PHASE

Is there one more person or thing you want to thank before the month turns?

The Last Quarter Moon

WHAT THIS PHASE IS FOR

At the last quarter the Moon is half lit again, but on the opposite side from the first quarter. It rises around midnight and is up in the morning sky. Traditionally it is the time for setting down what you carry. Some astrologers call it the third quarter.

WHEN

About a week after the full moon, when the Moon is half lit.

YOUR PROMPT

Pick up a small object that stands for something you have been carrying, such as a coin, a key or a stone. Hold it for a few seconds and finish this sentence: *"I am putting down ___."* For example: "the argument from Sunday" or "the idea that I must answer every message today." Then set the object on a table or shelf and take your hand away.

WRITE IT HERE

CHECK-IN FOR THE NEXT PHASE

Do you still reach for the thing you set down? Write what you notice.

The Waning Crescent Moon

WHAT THIS PHASE IS FOR

The waning crescent is the thin Moon in the last week before the new moon, seen low in the east before sunrise. Traditionally it is a time for resting, and for leaving something undone on purpose.

WHEN

The last week before the new moon. Look for the thin crescent before sunrise.

YOUR PROMPT

Finish this sentence with something specific: *“One thing I will not do today is ___.”* For example: “check email before breakfast” or “say yes to a new request.” If you remember a dream, write a line or two about it.

WRITE IT HERE

CHECK-IN FOR THE NEXT PHASE

The next page is the new moon. Before you start it, write one thing from this month that you want to keep.

AFTER ALL EIGHT PAGES

A Month in Review

After you have been through all eight pages, take ten minutes with this last one.

1. Which prompt was easiest to answer? _____
2. Which was hardest? _____
3. What did you begin at the new moon, and where is it now?
4. What did you put down at the last quarter? _____
5. What do you want to carry into next month? _____

One Last Word

The Moon comes back to the new moon every 29.5 days, so you get to start again. You can use these pages every month, or only when you feel like it. For more about each phase, with longer rituals and the dates of the next new moons and full moons, you will find free guides, a blog and other tools at thenightlyoracle.com, along with a newsletter if you would like to hear from me. Thank you for spending a little time under the Moon.

— Teri

THE WRITER

About Teri

Teri writes about tarot, astrology, moon work, crystals and numerology at thenightlyoracle.com, where she keeps free guides, a blog and a newsletter. She likes plain words, small rituals and clear explanations that a beginner can follow without anyone’s help.