



MOON RITUALS

Full Moon Worksheet

1. How can I be open to seemingly bad circumstances turning out for the greatest good?

Find proof in my past when the universe presented seemingly bad circumstances that turned out for the better...

2. What people, plans or beliefs have I had to release, whether I wanted to or not?

This isn't about forgetting or erasing, this is about acknowledgement and learning...

3. How do my losses have the potential to create space in my life for great gains and growth?

Turn the "negative" things on their heads...

4. What is an affirmation that will help me stay open to challenges, changes and blessings?

Feel free to post this answer in [Grief Resilience](#) or [The Witch's Den](#)! Remember to use **#FullMoon**

Thank you for sharing your moon phase journey with us!