



MOON RITUALS

Full Moon Worksheet

1. What is the current state of your friendships?

Think of your best friends, old friends and even budding relationships with new friends...

2. How would you like these relationships to look after some nurturing in the coming weeks?

If these relationships could grow and progress in the best way possible, what do they look like...

3. What are specific ways you could improve upon these friendships?

List some actionable steps that you could take within the next few weeks...

4. How could your friends show YOU support?

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!