

2022 new moon and full moon schedule

Think of the new moon as an empty bucket that day by day gets more and more full.

Write down a goal for each new moon that you would like to accomplish by the next full moon.

In the 1st column write 3 things to add, and in the 2nd column write 3 things to release to reach that goal.

JANUARY



Goal: _____

FEBRUARY



Goal: _____

MARCH



Goal: _____

APRIL



Goal: _____

MAY



Goal: _____

JUNE



Goal: _____

JULY



Goal: _____

AUGUST



Goal: _____

SEPTEMBER



Goal: _____

OCTOBER



Goal: _____

NOVEMBER



Goal: _____

DECEMBER



Goal: _____

