

# Intention Journal

Use the moon as your guide



By Dana Palmer

I hope you are reading this with great excitement and enthusiasm. Following the moon is something I have grown to love and feel passionate about and I hope you find it serving you as much as it serves me.

There are a few things you need to know to get started.

- One of the first things you need to do is find a way to know what the moon cycle is for your area. I use an app called The Moon. Find whatever works for you, it just needs to let you know what the phase of the moon is for each day.
- Each phase of the moon varies between 3-4 days. I have included 4 journaling days for each phase, so there will be some phases that you will use all of the daily prompts and some that you will have one used day in your journal.
- With each day's work, it is important to take the time each morning and evening to deliberately work on yourself. Even if just for 5-10 min. This will be the key to your success and to the most profound changes.
- It is also very beneficial to set a reminder multiple times throughout the day, for sure at midday, to remind you of what you are focusing on for the day.
- I highly suggest finding time each morning or evening, depending on the phase, to at least step outside and look at the moon for a few minutes. It is amazing what happens when you actually feel the energy of the moon, not to mention it all starts to make more sense.
- I have included, on the next page, guidance for your morning and evening meditation and journaling. Do the best that you can. If you skip a day, that is okay, just start with the new day. Consistency is the key.
- For those of you that are new to this kind of work, your mind may give you some resistance. It normally does when we try something new. If your mind wanders, or doesn't give you answers, don't stop! Don't give up! That just means it is that much more important. Your brain will do what it can to keep things hidden. If you find yourself in this place or saying, "I don't know", then you can use this as your indicator to stick with it even more. This means that you will need to be more consistent than ever to uncover the things getting in your way. Don't take "I don't know" for an answer. Take the time needed to answer the questions honestly so you can see what is really going on.

## **As you begin each MORNING reflection session...**

Take a deep breath in through your nose, out through your nose  
Continue this breath work as you allow yourself to start the new day with intention  
Allow yourself to become present with what you are feeling  
Breathe into the center of your body  
Read the Focus and the Question for the day  
Close your eyes and breath slowly for 60 seconds  
Open your eyes  
Write in your journal, no filter

## **As you begin each EVENING reflection session...**

Sit quietly  
Review your focus and intention  
Close your eyes  
Take a deep breath in through your nose, out through your nose  
Continue this breath work as you allow yourself to reflect on the days intention  
Allow yourself to become present with what you are feeling  
Breathe into the center of your body  
Breathe into the feeling that came up today  
Find the feelings location in your body  
Be present with the emotion and the physical feeling  
Breathe into the feeling  
Exhale and release the emotion  
Honor what feelings are still there  
Take a deep breath  
Open your eyes with a new sense of awareness  
Write, if needed

Enjoy and embrace this process!

Dana

## New Moon, New Beginning



Moon is positioned between the earth and the sun, illuminated side facing away from the earth. New Moon symbolizes a New Beginning.  
Create a New Beginning.

### Day 1 - Date:

**Intention:** Write your intention.

**Focus:** Set intention for this moon cycle (28 days), create a peaceful space.

**Daily Question:** What do I need to do today to create the space for my intention?

**My Plan:** What action(s) do I need to take today to bring me closer to the fulfillment of my intention?

What do I need to think to be able to take the above action?

### Day 2 - Date:

**Intention:** Write your intention.

**Focus:** The REAL reason I choose this intention.

**Daily Question:** Is my reason for this intention coming from a place of growth, service, and love?

**My Plan:** What action(s) do I need to take today to bring me closer to the fulfillment of my intention?

What do I need to think to be able to take the above action?

### **Day 3 - Date:**

**Intention:** Write your intention.

**Focus:** Excitement and commitment for my new intention.

**Daily Question:** Do I feel enough excitement and commitment for my intention? If not, how can I change it to make this so?

**My Plan:** What action(s) do I need to take today to bring me closer to the fulfillment of my intention?

What do I need to think to be able to take the above action?

### **Day 4 - Date:**

**Intention:** Write your intention.

**Focus:** Follow through with my set actions.

**Daily Question:** Am I following through with the actions I set each day? If not, look closely at your thoughts since those are always the reason.

**My Plan:** What action(s) do I need to take today to bring me closer to the fulfillment of my intention?

What do I need to think to be able to take the above action?

## Waxing Crescent, Refine and Organize



Waxing (becoming more illuminated) crescent moon is starting to reflect the energy of the sun in the shape of a crescent. The energy is slowly starting to increase.

With focus and purpose, start to increase the energy you put toward your intention.

### Day 1 - Date:

**Intention:** Write your intention.

**Focus:** Refine your intention to make it more specific.

**Daily Question:** Is my intention specific enough or does it need to be reworded to better fit my purpose?

**My Plan:** What action(s) do I need to take today to bring me closer to the fulfillment of my intention?

What do I need to think to be able to take the above action?

### Day 2 - Date:

**Intention:** Write your intention.

**Focus:** Organize what you need to for your intention.

**Daily Question:** What do I need to organize today for my intention (my mind, my calendar, my space, etc.)?

**My Plan:** What action(s) do I need to take today to bring me closer to the fulfillment of my intention?

What do I need to think to be able to take the above action?

### **Day 3 - Date:**

**Intention:** Write your intention.

**Focus:** I am ready to implement what I need to make my intention happen.

**Daily Question:** How am I going to make sure I have breaks throughout the day in order to slow down and review my intention?

**My Plan:** What action(s) do I need to take today to bring me closer to the fulfillment of my intention?

What do I need to think to be able to take the above action?

### **Day 4 - Date:**

**Intention:** Write your intention.

**Focus:** Pay close attention to what may be overwhelming you.

**Daily Question:** What is my overwhelm trying to uncover?

**My Plan:** What action(s) do I need to take today to bring me closer to the fulfillment of my intention?

What do I need to think to be able to take the above action?

## Waxing Half Moon, Act



Also known as the First Quarter, the shadow of the moon on itself is starting to decrease even more, increasing the amount of light we see. As the moon's energy starts to increase even more, so should yours. Use this energy to be even more productive.

### Day 1 - Date:

**Intention:** Write your intention.

**Focus:** Taking inspired action, being mindful.

**Daily Question:** Am I being mindful enough about my intention?

**My Plan:** What action(s) do I need to take today to bring me closer to the fulfillment of my intention?

What do I need to think to be able to take the above action?

### Day 2 - Date:

**Intention:** Write your intention.

**Focus:** Be clear in communication, stay committed.

**Daily Question:** How can I more clearly communicate my commitment to my intention, to myself or to others?

**My Plan:** What action(s) do I need to take today to bring me closer to the fulfillment of my intention?

What do I need to think to be able to take the above action?



### **Day 3 - Date:**

**Intention:** Write your intention.

**Focus:** Moving forward mindfully

**Daily Question:** How can I move forward mindfully toward my intention today?

**My Plan:** What action(s) do I need to take today to bring me closer to the fulfillment of my intention?

What do I need to think to be able to take the above action?

### **Day 4 - Date:**

**Intention:** Write your intention.

**Focus:** Focus more on your commitment.

**Daily Question:** What is trying to get in the way of your commitment to your intention? What are you going to do about it today?

**My Plan:** What action(s) do I need to take today to bring me closer to the fulfillment of my intention?

What do I need to think to be able to take the above action?

## Waxing Gibbous, Trust and Resilience



Slightly smaller than a full circle, the waxing gibbous moon begins to rise during the day. Giving an increase in energy, receiving energy from both the moon and the sun. Use it to your advantage as you stay flexible and surround yourself with positive influences.

### Day 1 - Date:

**Intention:** Write your intention.

**Focus:** Trust that everything is working out well

**Daily Question:** What have I seen working out well since I have implemented my new intention?

**My Plan:** What action(s) do I need to take today to bring me closer to the fulfillment of my intention?

What do I need to think to be able to take the above action?

### Day 2 - Date:

**Intention:** Write your intention.

**Focus:** Surround yourself with positive influences

**Daily Question:** What influences bring a positive result? Which ones don't? How can I remove the negative ones today?

**My Plan:** What action(s) do I need to take today to bring me closer to the fulfillment of my intention?

What do I need to think to be able to take the above action?

### **Day 3 - Date:**

**Intention:** Write your intention.

**Focus:** Have fun, enjoy the process.

**Daily Question:** What can I do to be more light-hearted and enjoy the process of my intention?

**My Plan:** What action(s) do I need to take today to bring me closer to the fulfillment of my intention?

What do I need to think to be able to take the above action?

### **Day 4 - Date:**

**Intention:** Write your intention.

**Focus:** Protect yourself from outside influences. Pay attention to your inner guidance.

**Daily Question:** How do you need to limit outside opinions or influences that you know aren't serving you?

**My Plan:** What action(s) do I need to take today to bring me closer to the fulfillment of my intention?

What do I need to think to be able to take the above action?

## Full Moon, Celebrate and Forgive



The side of the moon facing the earth is fully luminated. The brightness causes all that aware to be in awe. The fully illuminated moon is usually visible from sunset to sunrise. Whatever state your energy is in, will be amplified. Good becomes better, bad becomes worse.

Put your full energy into your intention, take time to celebrate.

### Day 1 - Date:

**Intention:** Write your intention.

**Focus:** Pay close attention to the beauty and majesty of what is taking place in your life.

**Daily Question:** How can I show thanks for what has unfolded so far in regard to my intention?

**My Plan:** What action(s) do I need to take today to bring me closer to the fulfillment of my intention?

What do I need to think to be able to take the above action?

### Day 2 - Date:

**Intention:** Write your intention.

**Focus:** Let go of what fears are holding you back.

**Daily Question:** What are the deep fears that keep creeping in and blocking you? How have they served you? How are things going to change now that you are releasing them?

**My Plan:** What action(s) do I need to take today to bring me closer to the fulfillment of my intention?

What do I need to think to be able to take the above action?

### **Day 3 - Date:**

**Intention:** Write your intention.

**Focus:** Celebrate what is taking place and what you expect to happen.

**Daily Question:** How will you celebrate today? Even if you just celebrate the ability to set an intention? Make it meaningful.

**My Plan:** What action(s) do I need to take today to bring me closer to the fulfillment of my intention?

What do I need to think to be able to take the above action?

### **Day 4 - Date:**

**Intention:** Write your intention.

**Focus:** Harness your energy.

**Daily Question:** What do you need to do today to harness your energy, so you can keep your energy focused on your intention?

**My Plan:** What action(s) do I need to take today to bring me closer to the fulfillment of my intention?

What do I need to think to be able to take the above action?

## Waning Gibbous, Receive and Gratitude



The luminosity of the moon starts to decrease. As the energy of the moon starts to decrease, it begins to rise later in the evening. The energy slows down a little giving you more time to focus on letting go in a deeper way as you involve gratitude for what has been achieved.

### Day 1 - Date:

**Intention:** Write your intention.

**Focus:** Gratitude for what you have learned so far in the process of your intention.

**Daily Question:** What is something you have encountered, after setting this intention, that you weren't too happy about at it in whatever way you need to in order to feel gratitude.

**My Plan:** What action(s) do I need to take today to bring me closer to the fulfillment of my intention?

What do I need to think to be able to take the above action?

### Day 2 - Date:

**Intention:** Write your intention.

**Focus:** Abundance Mindset

**Daily Question:** Where in my life do I have more than enough?

**My Plan:** What action(s) do I need to take today to bring me closer to the fulfillment of my intention?

What do I need to think to be able to take the above action?

### **Day 3 - Date:**

**Intention:** Write your intention.

**Focus:** Receiving

**Daily Question:** What fears or limitations do you need to release so that you can receive what you are asking for?  
How are you getting in your own way?

**My Plan:** What action(s) do I need to take today to bring me closer to the fulfillment of my intention?

What do I need to think to be able to take the above action?

### **Day 4 - Date:**

**Intention:** Write your intention.

**Focus:** Simple pleasure

**Daily Question:** What can I do to appreciate the simple pleasures in my life today?

**My Plan:** What action(s) do I need to take today to bring me closer to the fulfillment of my intention?

What do I need to think to be able to take the above action?

## Waning Half Moon, Breathe and Self Care



The moon phases for this cycle are  $\frac{3}{4}$  of the way done. Begins to rise later, bringing it into the morning. The energy starts to become quiet and more reflective. Take this time to “Be with Yourself”. Listen and make last adjustments to your intention.

### Day 1 - Date:

**Intention:** Write your intention.

**Focus:** Breathe through resistance.

**Daily Question:** What have you been resisting since you have set this intention? What is the underlying fear of that resistance? How can you thank that fear so that you can be done with it?

**My Plan:** What action(s) do I need to take today to bring me closer to the fulfillment of my intention?

What do I need to think to be able to take the above action?

### Day 2 - Date:

**Intention:** Write your intention.

**Focus:** Pause and Adjust

**Daily Question:** Take time to pause today. What last adjustments do you need to make in your mind in regard to your intention? How can you move forward with even more determination?

**My Plan:** What action(s) do I need to take today to bring me closer to the fulfillment of my intention?

What do I need to think to be able to take the above action?



### **Day 3 - Date:**

**Intention:** Write your intention.

**Focus:** Self Care

**Daily Question:** How can you slow down today and listen to what your body wants? What is your body asking for? What is your soul asking for? How are you going to make these happen today?

**My Plan:** What action(s) do I need to take today to bring me closer to the fulfillment of my intention?

What do I need to think to be able to take the above action?

### **Day 4 - Date:**

**Intention:** Write your intention.

**Focus:** Love yourself

**Daily Question:** What ways is my body and soul asking me for more love? How can I show more love myself today?

**My Plan:** What action(s) do I need to take today to bring me closer to the fulfillment of my intention?

What do I need to think to be able to take the above action?

## Waning Crescent, Reflect and Restore



Luminosity of the moon has almost completely subsided. Visible right before sunrise, the energy is very quiet almost to the point of not being noticed. Don't add more to your to do list. This is a time slow way down and reflect. Give yourself permission to say no.

### Day 1 - Date:

**Intention:** Write your intention.

**Focus:** Slow down. Relax

**Daily Question:** What can I do today to slow down? How can I embrace slowing down?

**My Plan:** What action(s) do I need to take today to bring me closer to the fulfillment of my intention?

What do I need to think to be able to take the above action?

### Day 2 - Date:

**Intention:** Write your intention.

**Focus:** Continue to slow down, Reflect and Relax

**Daily Question:** Look back at your intention with love. How have you grown since setting it? How are you more aware? How can you look at what you've accomplished, regardless of how insignificant your ego tells you it is, and have gratitude?

**My Plan:** What action(s) do I need to take today to bring me closer to the fulfillment of my intention?

What do I need to think to be able to take the above action?

### **Day 3 - Date:**

**Intention:** Write your intention.

**Focus:** Personal Nourishment, Healing and Relaxation

**Daily Question:** What do I need to do on this last day of the moon cycle that will nourish my soul? What else is there that still needs healing? Just let it know you are aware of it. What way is my soul asking me to relax today?

**My Plan:** What action(s) do I need to take today to bring me closer to the fulfillment of my intention?

What do I need to think to be able to take the above action?

### **Day 4 - Date:**

**Intention:** Write your intention.

**Focus:** Simplify

**Daily Question:** Where do you need to simplify in your life? How are you going to make this happen?

**My Plan:** What action(s) do I need to take today to bring me closer to the fulfillment of my intention?

What do I need to think to be able to take the above action?

**The amazing thing is, you get to start this process again! Pick a new intention or stick with the same one but go into more depth.**

**Enjoy the blessings of the moon!**