



# The Lunar Ritual Checklist for the Busy, the Burnt-Out, and the Bold

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# Moon Phase



- ☐ New Moon
- ☐ Waxing Moon
- ☐ Full Moon
- ☐ Waning Moon



## Today's Intention:

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## What I'm Ready to Release:

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## Hydration Check:

- ☐ Drank water today
- ☐ Took a mindful moment
- ☐ Nourished my body (bonus: moon smoothie, latte, or bath)



## Ritual Touchpoints (Check all that apply):

- ☐ Lit a candle
- ☐ Pulled a card or journaled
- ☐ Took a ritual bath
- ☐ Played a moon-themed playlist
- ☐ Took a deep breath & sat with myself



## Reflections / Messages From the Moon:



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