

MOON JOURNAL PROMPTS

Reflect. Release. Realign.



THE MOON DOESN'T ASK YOU TO BE PERFECT—SHE ASKS YOU TO BE PRESENT.

Journaling with the lunar phases gives your inner voice a rhythm, a cycle, and a safe place to land. These prompts are designed to help you realign with your emotional truth, release what's no longer serving you, and reconnect with your glow —phase by phase.

Use these pages during each moon phase, or whenever you feel the pull. Your words are your ritual.



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Please don't steal the glow.

● NEW MOON

Theme: Intention + Stillness

- What do I want to invite into my life right now?
- What am I ready to begin, even if I feel unready?
- What would it look like to start again—with grace?
- What fear can I name, acknowledge, and move through?

● FIRST QUARTER MOON

Theme: Action + Resistance

- *Where am I holding back—and why?*
- *What step have I been avoiding?*
- *If I trusted myself completely, what would I do next?*
- *What support do I need to move forward with ease?*

● FULL MOON

Theme: Emotions + Truth

- *What am I feeling most intensely right now?*
- *What is being illuminated that I've been avoiding?*
- *What truth am I finally ready to speak or admit?*
- *What do I need to release—even if it's hard?*

● WANING MOON

Theme: Reflection + Healing

- *What am I tired of carrying?*
- *What lesson did this past cycle bring me?*
- *What can I forgive in myself—and in others?*
- *What boundaries do I need to reinforce or revisit?*

🌙 **Thank you for trusting your words to the moon.**

This journal is your ritual. Your reset. Your reminder that you're allowed to feel, release, and rise—on your own terms.

Come back to these prompts anytime you need to realign with yourself, your cycle, or your glow.

— Voguegenics



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✨ Journals, rituals, affirmations, and emotional clarity—Voguegenics-style.



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