My lunar journal

One intention, four pauses and the things that stay with you. Return to these pages at your own pace.

Write in the fields with a compatible PDF reader, or print and fill in by hand.

The cycle I am observing

The intention I am carrying

New moon

What would I like to begin?

Waxing moon

What small step can I take?

Full moon

What can I see more clearly?

Waning moon

What can I let go of?

The phases are symbolic prompts, not deadlines. This journal is not a calendar: find current dates in Karmagick's Moon path.

Gathering the cycle

Read back without looking for a perfect result. One thing you noticed is enough to begin the next page.

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Date of this pause

A gesture I would repeat

Something I did not expect

What I am taking into the next cycle

What I am leaving on this page