



JANUARY MOON MAGICK MANIFESTATION WORKBOOK

@MODERNMAGICKALFAMILY

Moon Magick Manifestation Workbook

Welcome to the Moon Magick Manifestation Workbook—your guide to harnessing the power of the moon's phases for intentional living and manifestation. Whether you are new to moon magick or looking to deepen your practice, this workbook offers practical tools, rituals, and journaling prompts for aligning with lunar energy.



What's Included:

Understanding the Moons

January Moon Overview

Moon Phase Planner

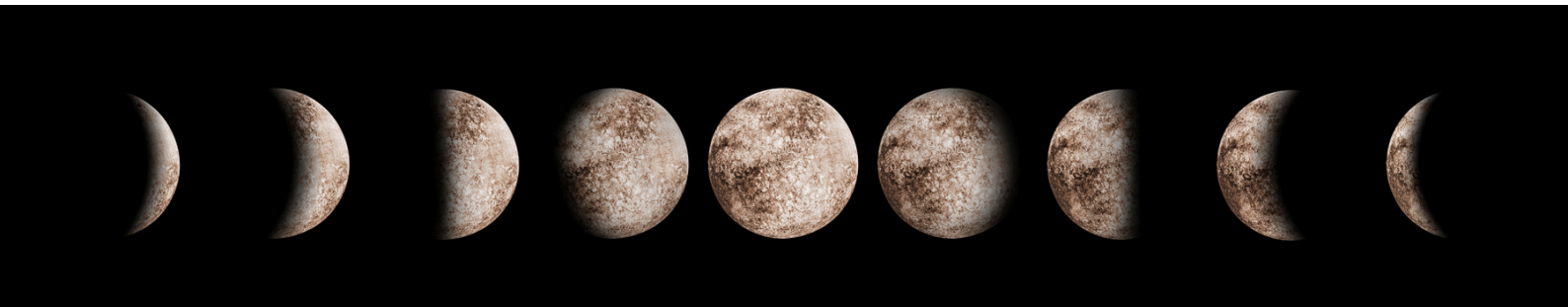
Moon Phase Tarot Spreads

2025 Moon Calendars

Importance of Moon Magick

The moon phases are a powerful guide for living a more intentional and magical life. Each phase of the Moon carries its own unique energy, offering us a dynamic cycle to align with for manifestation. The New Moon invites new beginnings and setting intentions, while the Waxing Moon is ideal for building momentum and attracting growth. The Full Moon illuminates our goals, amplifying manifestation energy, and the Waning Moon encourages release and reflection. By recognizing the energies each phase offers and knowing when to harness them, the Moon becomes a powerful tool to manifesting our ideal life.

Every month brings a unique energy and astrological sign that will make your manifestations even more powerful. This added layer of focus helps you tailor your manifestations, enhancing their power by syncing with the celestial and seasonal influences shaping that moment.





The Wolf Moon

The Wolf Moon, the first Full Moon of the year, invites us to focus on strength, resilience, and the power of community. Named after the howling of wolves during cold winter nights, this moon symbolizes the bonds that hold us together and the collective strength of our "pack." It is a time to reflect on your connection to your family, friends, and community, and to consider how you can support and uplift one another. The Wolf Moon also reminds us of the importance of perseverance through challenges, encouraging us to tap into our inner strength and face the year ahead with courage and determination.



The Full Moon in Cancer

The Moon in Cancer is a time to embrace emotions, nurture connections, and prioritize home and family life. Cancer, ruled by the Moon itself, is deeply intuitive and focused on creating a safe, comforting space. When the

Moon is in this watery sign, emotions may rise to the surface, offering a powerful opportunity for reflection and healing. It's a time to honor your inner world, listen to your heart, and tend to the needs of those closest to you.





Understanding the Moons



Monthly Moons

Each month features a unique moon, often tied to seasonal themes and energies. These moons align with astrological signs as the moon moves through the zodiac, influencing how you connect with its power. The astrological sign the moon is in can enhance or shift its energy.

Month	Moon Name	Associated Energy	Astrological Sign Examples
January	Wolf Moon	Reflection, inner strength	Cancer, Leo
February	Snow Moon	Purity, renewal, endurance	Virgo, Libra
March	Worm Moon	Growth, transformation, new beginnings	Scorpio, Sagittarius
April	Pink Moon	Blooming, love, creativity	Capricorn, Aquarius
May	Flower Moon	Abundance, fertility, celebration	Pisces, Aries
June	Strawberry Moon	Gratitude, sweetness, fulfillment	Taurus, Gemini
July	Buck Moon	Strength, leadership, vitality	Cancer, Leo
August	Sturgeon Moon	Wisdom, intuition, perseverance	Virgo, Libra
September	Harvest Moon	Completion, gratitude, abundance	Scorpio, Sagittarius
October	Hunter's Moon	Preparation, focus, determination	Capricorn, Aquarius
November	Beaver Moon	Hard work, community, stability	Pisces, Aries
December	Cold Moon	Reflection, rest, spiritual depth	Taurus, Gemini

Moon Phases & Meaning

Moon Phases aligned with Manifestation

Meaning

How to Embrace It

New Moon

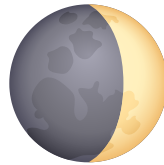
New moons are about new beginnings, planting new seeds, and envisioning new possibilities



- Set intentions for the month.
- Write or draw your dreams.
- Meditate on what you want to manifest.

Waxing Crescent

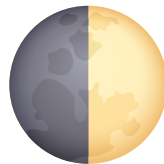
A phase for building momentum and taking the first steps toward your goals.



- Create a vision board.
- Take small, meaningful actions toward your goals.
- Journal about your progress.

First Quarter

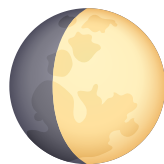
A time to face obstacles, make decisions, and stay committed to your intentions.



- Reevaluate your plans and adjust as needed.
- Practice perseverance.
- Use affirmations to stay motivated.

Waxing Gibbous

A phase for fine-tuning your efforts and preparing for success.



- Reflect on what's working and what isn't.
- Focus on aligning actions with your goals.
- Practice gratitude for progress.

Full Moon

A time of illumination, peak energy, and manifesting results.



- Celebrate your achievements.
- Release what no longer serves you.
- Perform gratitude and release rituals.

Moon Phases & Meaning

Moon Phases aligned with Release

Meaning

How to Embrace It

Waning Gibbous

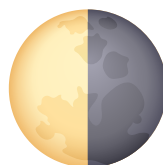
A phase for appreciating blessings, sharing wisdom, and giving back.



- Practice acts of kindness.
- Reflect on lessons learned.
- Share your insights with others.

Last Quarter

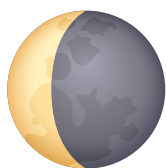
A time to let go of what's no longer needed and prepare for rest and renewal.



- Declutter your space or mind.
- Perform a forgiveness ritual.
- Focus on self-care and releasing stress.

Waning Crescent

A phase for deep rest, introspection, and surrendering to the flow of life.



- Power down and practice self-care
- Integrate lessons learned during the previous lunar cycle
- Tie up any lingering loose ends.

Crying Moon

A time for release of any negative energy, people, situations, or emotions that do not serve us.



- Let go of negativity
- Practice shadow work
- Release things you don't want

Dark Moon

Dark Moons are best for resting, relaxation, and focusing on self-care.



- Rest and relax.
- Make plenty of time for self-care
- Prepare for the new lunar cycle ahead.



Moon Phase Planner



New Moon Manifest



New moons are about new beginnings, planting new seeds, and envisioning new possibilities

DATE:

SIGN:



Write Your Intentions, Dreams, Wishes, Desires:

Your Mantra:

New Moon

Manifest



1/2 - 3 days after the dark moon.

Focus on your goals and manifestations for this lunar cycle.

DATE:

SIGN:

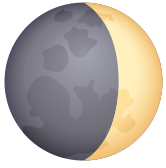


What Do I Want to Manifest?

What New Project Do I Want to Begin?

What Seeds Am I Planning Right Now Towards My Bigger Goals?

Waxing Crescent *Action*



3-7 days after the new moon.

The waxing crescent is a time to refine your goals and plans and take inspired action. toward your goals.

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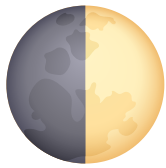


What Are My Next Steps? What Opportunities Are Speaking to Me?

What Are My Intentions / Goals for These Next Steps?

What Can I Do To Increase My Trust In The Universe?

First Quarter Commit



7-10 days after the new moon.

The first quarter is the moon phase that starts to increase energy and illuminate any challenges to the seeds planted during your new moon ritual.

During this time, raise your vibration and speak intentions and affirmations to support your manifestation and overcome any obstacles.

SIGN:



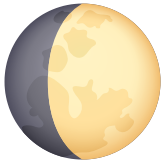
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What Challenges Are Presenting Themselves?

What Affirmations or Intentions Can Help Me Overcome These Challenges?

What Are My Priorities to Act Upon Right Now?

Waxing Gibbous *Refine*



10-15 days after the new moon.

Continue to refine your plans, take action, and speak positively to yourself. Put your trust in the Universe and know that your plans are coming to fruition.

DATE:

SIGN:



What Finishing Touches Do I Need to Add To My Projects?

What Inspired Action Can I Take Towards My Goals?

What Is The One Thing I Can Do Now and Trust It Is Right?

Full Moon Celebrate



15-18 days after the new moon.

The full moon is a time of illumination, peak energy, and manifesting results. Celebrate yourself and what you've accomplished so far.

DATE:

SIGN:



What Can I Celebrate Right Now?

What Do I Want to Learn Into More or Right Now?

What Am I Manifesting Right Now?

Waning Gibbous *Gratitude*



3-7 days after the full moon.

The waning gibbous is a time for appreciating blessings, sharing wisdom, and practicing gratitude.

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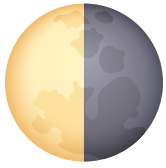


What Am I Grateful For?

How Can I Practice Random Acts of Kindness?

What Have I Learned About Myself?

Last Quarter *Release*



7-10 days after the full moon.

A time to release control, cleanse your energy, and put faith in the Universe. Turn your attention inwards, reflect, and meditation.

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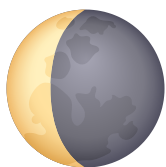
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What Do I Need To Release Control Of?

What Do I Need To Open To Receive?

What Manifested For Me?

Waning Crescent *Reflect*



10-15 days after the full moon.

Reflect on what you've learned during this lunar cycle. Focus on what you might want to differently next time. Tie up any lingering loose ends.

SIGN:



DATE:

What Can I Do For My Self Care?

What Came Up For Me That Needs Healing?

What Will I Do Differently Next Time?

Crying Moon *Banish*



15-18 days after the full moon.

A time for release of any negative energy, people, situations, or emotions that we need to let go of completely. Relax and take time for self-care if you're feeling depleted.

DATE:

SIGN:



What Habits No Longer Serve Me?

What Do I Need To Release From my Life?

What Space Do I Need to Create In My Life?

Dark Moon *Rest*



15-18 days after the full moon.

A phase for deep rest, introspection, and surrendering to the flow of life. Make plenty of time for self-care and prepare for the new lunar cycle ahead.

DATE:

SIGN:



What Did I Learn During This Lunar Cycle?

What Do I Need To Freshen Up In My Life?

What Do I Need to Take a Break From?

Moon Manifesting Notes

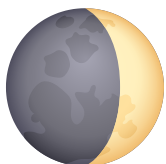
Month of: _____



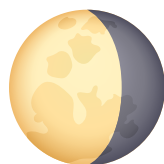
NEW MOON



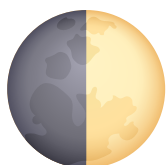
FULL MOON



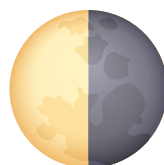
WAXING CRESCENT



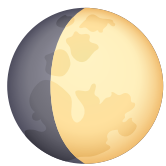
WANING GIBBOUS



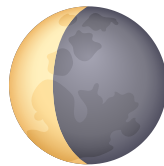
FIRST QUARTER



LAST QUARTER



WAXING GIBBOUS



WANING CRESCENT



Tarot Spreads



New Moon *Card Spread*

DATE:

DECK:

1

2

3

What do I want to bring into reality now?

What do I need to change for this to come through?

What is my next step?

Full Moon *Card Spread*

DATE:

DECK:

1

2

3

What do I need to let go of?

How can I let this go?

What is my most powerful next step to manifest my intentions?



2025 Moon Phase Dates

January


First Quarter
6th
Aries


Full Moon
13th
Cancer


Last Quarter
18th
Libra


New Moon
29th
Aquarius

February


First Quarter
5th
Taurus


Full Moon
12th
Leo


Last Quarter
20th
Scorpio


New Moon
27th
Pisces

March


First Quarter
6th
Gemini


Full Moon
14th
Virgo


Last Quarter
22nd
Capricorn


New Moon
29th
Aries

April


First Quarter
5th
Cancer


Full Moon
13th
Libra


Last Quarter
21th
Aquarius


New Moon
27th
Taurus

May


First Quarter
4th
Leo


Full Moon
12th
Scorpio


Last Quarter
20th
Aquarius


New Moon
27th
Gemini

June


First Quarter
3rd
Virgo


Full Moon
11th
Sagittarius


Last Quarter
18th
Pisces


New Moon
25th
Cancer

July


First Quarter
2nd
Libra


Full Moon
10th
Capricorn


Last Quarter
18th
Taurus


New Moon
24th
Cancer

August


First Quarter
1st
Scorpio


Full Moon
9th
Aquarius


Last Quarter
16th
Taurus


New Moon
23rd
Virgo


First Quarter
31st
Sagittarius

September


Full Moon
7th
Pisces


First Quarter
14th
Gemini


New Moon
21st
Virgo


Last Quarter
29th
Capricorn

October


Full Moon
7th
Aries


First Quarter
13th
Cancer


New Moon
21st
Libra


Last Quarter
29th
Aquarius

November


Full Moon
5th
Taurus


First Quarter
12th
Leo


New Moon
20th
Scorpio



Last Quarter
28th
Pisces

December


Full Moon
4th
Gemini


First Quarter
11th
Virgo


New Moon
20th
Sagittarius


Last Quarter
27th
Pisces

2025 Astrological Dates

Planet Directs/Retrogrades

Mercury		
Direction	Date	Sign
Direct	Jan 01	Sagittarius
Retrograde	Mar 15	Aries
Direct	Apr 7	Pisces
Retrograde	Jul 18	Leo
Direct	Aug 11	Leo
Retrograde	Nov 09	Sagittarius
Direct	Nov 29	Scorpio

Jupiter		
Direction	Date	Sign
Direct	Feb 4	Gemini
Retrograde	Nov 11	Cancer

Uranus		
Direction	Date	Sign
Direct	Jan 30	Taurus
Retrograde	Sep 6	Gemini

Pluto		
Direction	Date	Sign
Direct	Jan 01	Capricorn
Retrograde	May 4	Aquarius
Direct	Oct 14	Capricorn

Venus		
Direction	Date	Sign
Direct	Jan 01	Aquarius
Retrograde	Mar 2	Aries
Direct	Apr 13	Pisces

Mars		
Direction	Date	Sign
Direct	Feb 24	Cancer

Saturn		
Direction	Date	Sign
Direct	Jan 01	Pisces
Retrograde	Jul 13	Aries
Direct	Nov 28	Pisces

Neptune		
Direction	Date	Sign
Direct	Jan 01	Pisces
Retrograde	Jul 04	Aries
Direct	Dec 10	Pisces

Meteor Showers	
Quadrantids	03-Jan-2025
Alpha Centauroids	08-Feb-2025
Eta Virginias	14-Mar-2025
Kappa Serpentis	05-Apr-2025
Lyrids	22-Apr-2025
Pi Puppis	23-Apr-2025
Eta Aquariids	06-May-2025
Eta Lyrids	09-May-2025
Botiids	28-Jun-2025
South. Delta Aquariids	30-Jul-2025
Alpha Capricornids	30-Jul-2025
South. Delta Aquariids	04-Aug-2025
Persids	12-Aug-2025
Kappa Cygnets	18-Aug-2025
Alpha Aurigids	31-Aug-2025
Capricorn ds	03-Oct-2025
Camelopardalis	06-Oct-2025
Draconis	08-Oct-2025
Orionids	21-Oct-2025
Northern Taurids	06-Nov-2025
Southern Taurids	06-Nov-2025
Leonidas	17-Nov-2025
Alpha Monocerotids	21-Nov-2025
Geminids	14-Dec-2025
Ursids	22-Dec-2025
Comae Berenicids	25-Dec-2025

2025 Calendar

January

Mo	Tu	We	Th	Fr	Sa	Su
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

February

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March

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24	25	26	27	28	29	30
31						

April

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28	29	30				

May

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19	20	21	22	23	24	25
26	27	28	29	30	31	

June

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23	24	25	26	27	28	29
30						

July

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7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

August

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11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

September

Mo	Tu	We	Th	Fr	Sa	Su
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8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

October

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		1	2	3	4	5
6	7	8	9	10	11	12
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20	21	22	23	24	25	26
27	28	29	30	31		

November

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10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

December

Mo	Tu	We	Th	Fr	Sa	Su
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

For More Magick



We hope you find joy, inspiration, and connection as you work through this magical workbook. It's designed to help you align with nature's rhythms, set powerful intentions, and infuse your daily life with meaning and enchantment. If you're looking to dive deeper into magickal practices, explore seasonal celebrations, or connect with more tools and guidance for intentional living, we invite you to visit our website. There, you'll find resources, curated products, and teachings to support your journey and help you embrace a truly magical lifestyle.

✨ Learn more at www.modernmagickalfamily.com and let the magic unfold!