

LUNAR JOURNAL

LIMITLESS LIVING BY LUNAR CYCLES



Welcome!

My name is Tammy Dungan, I am a Holistic Wellness Trainer and the Founder of the Limitless Ladies Network LLC. I am happy to share this free lunar journal with you as you navigate through the ups and downs of each lunar cycle so you can honor your natural rhythm for growth and transformation.



ABOUT ME

After three years of suffering from debilitating Lyme Disease and Spondyloarthritis that landed me in a wheelchair, I implemented holistic nutrition, lifestyle changes to successfully regain my strength, mobility, and well-being.

My struggles empowered me to learn all I could to serve women suffering from similar afflictions, just like you!

During my long battle with Lyme Disease and Spondyloarthritis, I struggled with sleep, stress, and self-care.

To reconnect with my body, mind & spirit, I began tracking the lunar cycles and it's profound impact on my daily mindset, energy, and sleep. It transformed my life, and I think it will yours too.

Tammy Dungan,

Founder, & Wellness Trainer



Lunar Journal

ALIGN YOUR LIFE WITH THE NATURAL RHYTHM OF LUNAR CYCLES

Journaling by the phases of the moon is one of the most powerful tools I've discovered for self-awareness, personal growth, and intentional living. When you track your emotions, energy, and experiences throughout the lunar cycle, you begin to notice patterns you never saw before.

The moon moves through eight distinct phases and one sacred time of healing every 29.5 days, and each phase carries unique energy. The New Moon invites you to set intentions and dream. The Waxing phases encourage action and momentum. The Full Moon illuminates what's working—and what's not. The Waning phases guide you into reflection, forgiveness, and rest, and the Dark Moon allows for deep healing.

By journaling through these phases, you learn how your body, mind, and emotions naturally ebb and flow. You discover when you're most creative, when you need rest, and when you're ready to take bold action. This awareness helps you work with your natural rhythms instead of against them.

Lunar journaling isn't just spiritual—it's practical. It helps you plan your goals, honor your need for rest, and release what no longer serves you. When you align with the moon, you align with yourself. And that's when transformation happens.



HOW TO USE THIS JOURNAL:

Welcome to your Limitless Lunar Journal! This workbook is designed to help you align with the natural rhythms of the moon and tap into your limitless potential.

Instructions:

- Track the current moon phase using a lunar calendar or app like the Moon App
- Choose one or more prompts that resonate with you during each phase
- Write freely without judgment—let your thoughts flow
- Revisit your entries at the end of the cycle to notice patterns and growth
- Be gentle with yourself—theres no right way to journal

Remember: You are limitless. Your potential is infinite. And the moon is here to guide you home; back to yourself.



PHASE 1: NEW MOON

New Beginnings, Fresh Start, Dream Big

Date: _____

Current Moon Phase: New Moon ●

Journal Prompts:

1. What new chapter am I ready to begin in my life right now? What does it look like, feel like, and why does it matter to me?

2. If I could create anything without limits or fear, what would I call into my life this lunar cycle? Dream big—there are no wrong answers.

3. What does being "limitless" mean to me in this season of my life? How can I embody that vision starting today?

My New Moon Intentions:

I am calling in:



PHASE 2: WAXING CRESCENT

Courage, Faith, Moving Forward

Date: _____

Current Moon Phase: Waxing Crescent 🌒

Journal Prompts:

1. What small, courageous step can I take today to move closer to my dreams? Even the smallest action counts.

2. Where in my life am I being called to have more faith—in myself, in the process, or in the universe? What would change if I truly believed it?

3. What limiting belief am I ready to challenge this week? How can I replace it with a truth that empowers me?

My Action Steps:

This week I will:



PHASE 3: FIRST QUARTER

Commitment, Confidence, Challenges

Date: _____

Current Moon Phase: First Quarter 🌒

Journal Prompts:

1. What obstacles or challenges am I facing right now, and how can I navigate them with confidence and grace?

2. Where do I need to recommit to myself and my goals? What would it look like to show up fully, even when it's hard?

3. What does confidence feel like in my body? How can I cultivate more of that feeling in my daily life?

My Commitment:

I am committed to:



PHASE 4: WAXING GIBBOUS

Tweak, Hone, Adjust, Life Feels Bulging with Potential

Date: _____

Current Moon Phase: Waxing Gibbous 🌕

Journal Prompts:

1. What's working well in my life right now, and how can I refine it to make it even better?

2. Where do I need to make small adjustments to align more fully with my intentions? What needs tweaking or fine-tuning?

3. I can feel my potential expanding—what am I ready to step into fully? How can I prepare myself for what's coming?

My Refinements:

I am adjusting:



PHASE 5: FULL MOON

Forgiveness, Release, Gratitude

Date: _____

Current Moon Phase: Full Moon 🌕

Journal Prompts:

1. What am I ready to release—emotions, beliefs, relationships, or patterns—that no longer serve my highest good?

2. Who or what do I need to forgive (including myself) to move forward with a lighter heart?

3. What am I deeply grateful for at this moment? How has this lunar cycle blessed me, challenged me, or taught me?

My Full Moon Release:

I release:

I am grateful for:



PHASE 6: DISSEMINATING (WANING GIBBOUS)

Relax, Accept, Recharge

Date: _____

Current Moon Phase: Disseminating 🌔

Journal Prompts:

1. What lessons did this cycle teach me, and how can I integrate them into my life moving forward?

2. Where in my life do I need to practice acceptance—of myself, others, or circumstances beyond my control?

3. How can I give myself permission to rest and recharge without guilt? What does true relaxation look like for me?

My Self-Care Plan:

This week I will rest by:



PHASE 7: THIRD QUARTER (LAST QUARTER)

Re-evaluate, Balance, Trust

Date: _____

Current Moon Phase: Third Quarter 🌔

Journal Prompts:

1. What in my life needs to be re-evaluated or reconsidered? Am I still aligned with my values and intentions?

2. Where am I out of balance—in my work, relationships, self-care, or energy? What needs to shift to restore harmony?

3. What do I need to trust right now, even if I can't see the full picture? How can I surrender control and have faith in the process?

My Balance Check:

I am re-evaluating:

I trust:



PHASE 8: BALSAMIC (WANING CRESCENT)

Healing, Soothing, Surrender to the Divine, and start to Daydream Again!

Date: _____

Current Moon Phase: Balsamic 🌘

Journal Prompts:

1. What part of me needs healing right now—physically, emotionally, or spiritually? How can I offer myself compassion and self-care?

2. What am I ready to surrender to the universe, knowing it's beyond my control? How does it feel to let go and trust?

3. As I prepare for the next New Moon, what am I beginning to dream about? What whispers of possibility are stirring in my heart?

My Healing & Dreams:

I am healing:

I am dreaming of:



PHASE 9: DARK MOON

Deep Healing & Purging!

Date: _____

Current Moon Phase: Balsamic 🌑

Journal Prompts:

1. What wounds am I ready to finally release? What pain have I been carrying that no longer belongs to me?

2. What beliefs, patterns, or versions of myself am I shedding so I can step into my highest truth?

3. As the darkness holds me, what wisdom is being revealed? What am I learning in silence?

My Deep Release:

I am letting go of:

I am ready to heal:



LUNAR CYCLE REFLECTION

Cycle Start Date: _____

Cycle End Date: _____

What patterns did I notice throughout this lunar cycle?

How did my energy, emotions, and focus shift through the phases?

What was my biggest insight or breakthrough this cycle?

What am I most grateful for from this lunar journey?

CLOSING AFFIRMATION 🌙💛

I am limitless. I honor my natural rhythm. I trust the wisdom of the moon and the wisdom within me. I am aligned, empowered, and free.

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