



● 14-Day Intention & Embodiment Journaling From New Moon to Full Moon 🌕

This 14-day journey is designed to help you nurture the intention you planted at the New Moon and carry it gently toward fullness. As the moon waxes, so too does your awareness, your trust, and your capacity to embody what is already true within you. Each day includes three questions: the first builds awareness, the second invites deeper reflection, and the third offers a loving shift toward integration.

🌱 *Be patient with your process. Growth doesn't always look like movement. Sometimes it looks like stillness, listening, or simply choosing again.*

☀️ *As part of this practice, we encourage you to **speak, write, or meditate on your intention each day**. Let it be your anchor. Let it shape your focus, and allow it to grow with you, in its own timing and wisdom.*

☀️ Preparing for Your Journaling Practice

Before you begin each day's journaling, take a few moments to ground yourself with the same four-part breath exercise we used in the New Moon Ceremony. This practice is inspired by Patricia Cota-Robles' book *The Violet Flame*:

- ① **Inhale:** "I am inbreathing Divine Love." (Visualize Divine Love flowing into your body.)
- ② **Hold:** "I am assimilating Divine Love." (See this love filling each cell of your body.)
- ③ **Exhale:** "I am expanding Divine Love." (Picture this love radiating into your auric field.)
- ④ **Hold:** "I am extending Divine Love." (Imagine Divine Love flowing out into the world, blessing all life.)

Repeat three times.

Remind yourself that **your Higher Self already holds the answers** to these journaling questions. Trust that what needs to arise will surface, and release any pressure to find the "right" response. Approach this practice with curiosity, love, and self-compassion.



Week 1: Nurturing the Intention

Day 1

- What intention did I set at the New Moon?
- Why does this intention matter to me?
- What is one small way I can live into it today?

Day 2

- What emotions have been showing up since I set this intention?
- How do I typically respond to these emotions? How do I label these emotions?
- How can I meet them with more compassion today?

Day 3

- Where in my life am I trying to control the outcome?
- What fear is underneath that desire to control?
- What would it feel like to trust instead?

Day 4

- What support do I need right now to stay connected to my intention?
- Where am I resisting asking for help?
- What's one way I can let support in today?

Day 5

- What distractions are pulling me away from presence?
- How do these distractions make me feel?
- What is one practice I can return to when I feel myself drifting?

Day 6

- What part of me still doubts I'm worthy of this intention?
- What is that part afraid might happen if I fully receive it?
- What truth would Love speak to that doubt?

Day 7

- What progress have I already made, even if it feels small?
- How can I celebrate my commitment to this path?
- What affirmation will help me stay grounded in trust?



Week 2: Embodying and Expanding

Day 8

- Where am I being invited to stretch beyond my comfort zone?
- What belief is asking to be rewritten?
- How can I move forward gently, without forcing?

Day 9

- What's been challenging about staying connected to my intention?
- What's been beautiful?
- What lesson is unfolding in both?

Day 10

- Where in my life do I still hold back my light?
- What story keeps me playing small?
- What's one way I can show up more fully today?

Day 11

- Who or what am I inspired by right now?
- What does that inspiration awaken in me?
- How can I channel that energy into my own life?

Day 12

- What does alignment feel like in my body, mind, and spirit?
- How do I know when I'm out of alignment?
- What helps me return to peace?

Day 13

- What do I need to release to prepare for the Full Moon?
- What am I still carrying that I no longer need?
- What does letting go look like now?

Day 14 (Full Moon Eve)

- How have I grown since the New Moon?
- What part of me is ready to be fully seen and honored?
- What truth am I ready to reflect back into the world like moonlight?



☀️ Encouragement

Living into your intention is not about striving or proving—it's about remembering. Each day you show up, you deepen your alignment with Love. Some days will feel clear and expansive. Others may feel quiet or uncertain. All of it belongs.

Trust that your intention is growing in ways you may not yet see. Trust that each breath, each question, each pause is a part of your unfolding.

You don't have to be perfect. You only have to be willing.

✨ You are in motion.

✨ You are in tune.

✨ You are already becoming Who you've always been.