



## 🌕 14-Day Self-Love & Forgiveness Journaling From Full Moon Release to New Moon Renewal 🌑

*This 14-day journey is designed to help you deepen self-love, release self-judgment, and align with renewal as the New Moon approaches. Each day includes three guiding questions: the first builds awareness, the second helps explore it further, and the third offers a shift toward healing. Be gentle with yourself, trust the process, and know that each reflection brings you closer to inner peace.*

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### 🌟 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 Full 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: Uncovering & Releasing Self-Judgment

### Day 1:

- What patterns or habits in my life feel out of alignment with Love?
- Where does it show up in my body when I feel out of alignment?
- What is one small, loving action I can take today to realign with Love?

### Day 2:

- In what ways have I expected perfection from myself?
- How has this belief shaped my actions and emotions?
- How can I offer myself more grace and acceptance today?

### Day 3:

- Where in my life have I withheld love from myself?
- What fears or beliefs have kept me from embracing self-love?
- What would it feel like to give myself the love I seek from others?

### Day 4:

- What is one memory from my past where I struggled with self-forgiveness?
- How has that experience shaped the way I treat myself today?
- What is one loving thing I can do today to bring healing to that past version of me?

### Day 5:

- What feels hardest about forgiving myself right now?
- What fear or belief might be keeping me from letting go?
- If I chose to release that fear, how might my life feel different?

### Day 6:

- Where have I let mistakes define my worth?
- How has this belief shaped the way I see myself or treat myself?
- What would it feel like to see myself through Love's eyes?

### Day 7:

- When I think about forgiving myself, what emotions come up?
- What does this part of me need to feel safe, seen, and accepted?
- How can I offer that love and reassurance to myself today?



## ● Week 2: Reframing & Inviting Miracles

### Day 8:

- If I let go of self-judgment, how would I describe myself with love?
- What old stories about who I am no longer feel true?
- What is one way I can affirm my true worth today?

### Day 9:

- What do I believe I must "earn" in order to be worthy?
- Where did this belief come from?
- How can I remind myself that my worth is already complete?

### Day 10:

- Where in my life do I cling to guilt?
- What am I afraid will happen if I let it go?
- What new freedom awaits me if I release this guilt?

### Day 11:

- What would self-forgiveness look like in my daily life?
- What resistance comes up when I imagine this shift?
- What's one gentle way I can show myself kindness today?

### Day 12:

- What is one thing I appreciate about myself today?
- Why is it important for me to acknowledge my growth?
- How can I celebrate myself in a meaningful way?

### Day 13:

- What has surprised me about my answers to these journal prompts so far?
- How has my view of myself changed?
- How can I carry this awareness forward into my daily life?

### Day 14 (New Moon Eve):

- What new belief about myself am I ready to nurture under the New Moon?
- How can I support this belief so it grows stronger within me?
- What intention will guide me as I step into my healed, whole self?



## ☀ Encouragement

Self-love and forgiveness are not about excusing the past—they are about freeing yourself from the weight of it. Each day, you are shifting your perception, softening self-judgment, and making space for more love. Be patient, trust your journey, and know that even the smallest shift in awareness is a step toward healing.

**You are worthy. You are loved. You are already whole.**