

# BLUE SKY HEALING HEALING MOON PLANNER

BLUE SKY HEALING  
MOON ESSENCE  
AURA SPRAY

REFLECT, CLARITY, SERENE

cleansing bath - what am i grateful for

CLEANING & ORGANISING  
NETTI POT & CLEAN EATING

kinesiology balance

courage & motivation

BLUE SKY  
HEALING  
SUN ESSENCE  
AURA SPRAY

FLOWER ESSENCES FOR  
GROWTH & CHANGE

ACTION GROWTH

TRUST, PROTECTION, SAFE,  
GO WITHIN FOR ANSWERS

go deeper with meditation

REIKI  
DEEPER UNDERSTANDING  
CLEAR INTENTIONS  
PATH FOR GROWTH

blue sky healing  
clearing spray

CHARGE CRYSTALS  
GRATITUDE JOURNAL  
REASSESS & ADJUST GOALS



PLANNING  
SOCIAL FUN!  
CREATIVE

blue sky healing  
sky essence aura spray

PLAYFUL, UPLIFTED, SUPPORTED

EXFOLIATE  
EAR CANDLES  
GUA SHA &  
ESSENTIAL OILS

REST  
GROUNDING

BLUE SKY HEALING  
EARTH ESSENCE  
AURA SPRAY

kinesiology balance  
awareness & change

SET INTENTIONS WITH RITUAL  
WRITE GOALS  
AFFIRMATIONS



CENTRED, GROUNDED, BOUNDARIES

cleansing bath - bath salts

what do i need to let go of

bushwalks & time in nature

FIRE RITUAL FOR LETTING GO

REST