

NEW MOON WORKSHEET

GET S	SEXY
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What would getting sexier look like to	
you?	
Who is the sexiest person you know?	

Would it be appropriate to get closer to them? YES / NO

Are you willing to admit to one fantasy you can carry out this month? YES / NO

INVEST WISELY

Name one debt you are going to pay off this
month
Are you happy with your salary? YES / NO
If not, what are you going to do about that?
Do you need to pay off your credit cards or
use them less?
How is your mortgage doing - Do you need to
seek advice?
Thing of one thing you could
invest

MAKE INNER PEACE

Who do you have grudges against?
Are you willing to work on it all month and forgive them at the
time of the next Full Moon?
If not, why not?
What would forgiveness look like?

DROP GRUDGES

Are you going through anything that involves such feelings?

Maybe, a power struggle with someone?_____Are you willing to let it GO?
YES / NO

If not, be honest.

What does holding on to this upset bring you? There is always a pay off in our upsets!

BREATHE Do it mindfully.

Use the thumb of the right hand to close the right nostril, and the ring finger of the right hand to close the left nostril. Gently inhale through the left nostril. Then close the left nostril and exhale through the right nostril. Repeat.

From what you have written, choose one thing you can do within the next 24 hrs.

