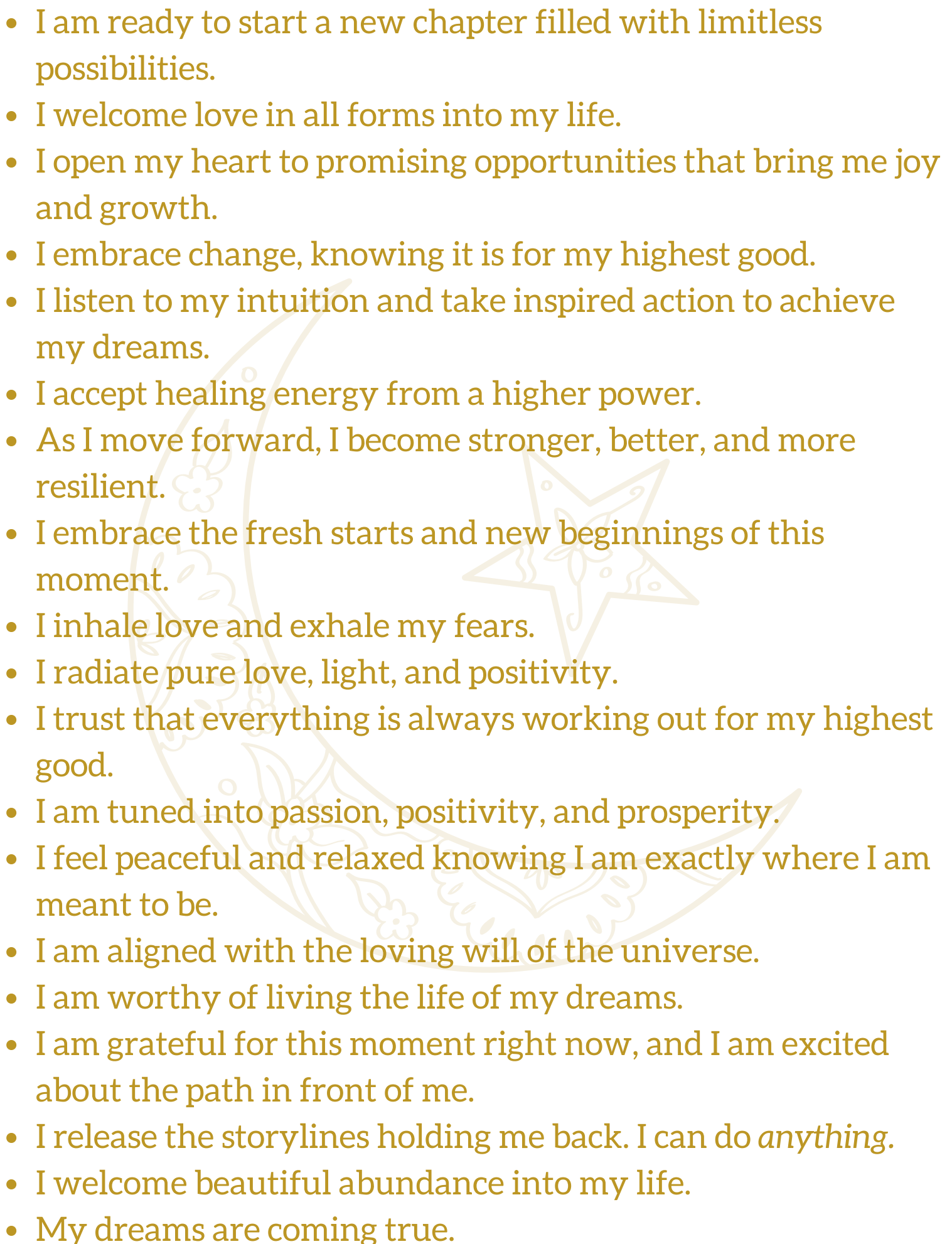




NEW MOON AFFIRMATIONS

- I release what no longer serves me to make space for new beginnings.
- I release the old and heavy. I embrace the new and fresh.
- I am open to receiving everything I could ever dream of and more.
- My mind is free of resistance and open to all possibilities.
- I plant seeds of abundance throughout my inner and outer worlds.
- I embrace my ability to create anything I want in this life.
- I can create the life of my dreams.
- I release the burdens of my past and allow my soul to move forward without limitations.
- I open my heart to receive beautiful miracles and unlimited blessings.
- I make space for love, abundance, and prosperity to flow to and through me.
- I am ready and willing to receive all of the miracles and magic coming my way.
- I courageously walk through every door of opportunity.
- I am fearless in the pursuit of what sets my soul on fire.
- Incredible breakthroughs are at my fingertips.
- I focus my vision on creating the future I desire.
- I am motivated, focused, and committed.



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- I am ready to start a new chapter filled with limitless possibilities.
 - I welcome love in all forms into my life.
 - I open my heart to promising opportunities that bring me joy and growth.
 - I embrace change, knowing it is for my highest good.
 - I listen to my intuition and take inspired action to achieve my dreams.
 - I accept healing energy from a higher power.
 - As I move forward, I become stronger, better, and more resilient.
 - I embrace the fresh starts and new beginnings of this moment.
 - I inhale love and exhale my fears.
 - I radiate pure love, light, and positivity.
 - I trust that everything is always working out for my highest good.
 - I am tuned into passion, positivity, and prosperity.
 - I feel peaceful and relaxed knowing I am exactly where I am meant to be.
 - I am aligned with the loving will of the universe.
 - I am worthy of living the life of my dreams.
 - I am grateful for this moment right now, and I am excited about the path in front of me.
 - I release the storylines holding me back. I can do *anything*.
 - I welcome beautiful abundance into my life.
 - My dreams are coming true.

NEW MOON JOURNAL PROMPTS

- What are three goals I want to accomplish this month?
- What emotions and thought patterns do I want to release?
- What limiting beliefs do I want to let go of?
- What new, reframed beliefs am I embracing?
- Finish this sentence: *"I am setting the intention to . . ."*
- What am I manifesting in my life right now?
- What does my heart truly desire?
- What does my soul need to move forward?
- What practices can I do to cultivate and create a beautiful inner world for myself?
- What boundaries am I setting to support my growth and well-being?
- What is the truest, most beautiful life I can imagine for myself?
- What dreams and desires have been placed in my heart?
- When I imagine my dreams and desires coming true, what emotions do I feel?
- How will I live each day as though all my dreams and desires are already mine? How can I bring the positive feelings of having everything I want into the present moment?
- Write a welcome letter to all of your beautiful dreams, desires, and manifestations.
- Write a goodbye letter to anything that no longer serves or supports your well-being.
- Imagine that you are planting three seeds that will grow and bloom in the next month. What are you planting?
- Describe the dream life you want to create for yourself as if you already have it. Express true joy, awe, and gratitude for how everything worked out perfectly for you.

