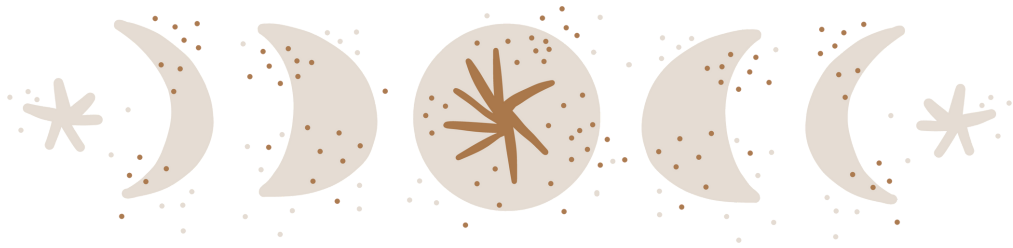




## Full Moon Journal Prompts

- What about my life am I grateful for right now?
- What has happened in the past month that I feel most grateful for?
- What obstacles and challenges have taught me meaningful life lessons recently?
- What do I appreciate about my own mind, body, and spirit?
- What positive qualities do I possess that I especially love about myself?
- What about this time of year makes me feel most grateful?
- What's one of my favorite memories from the past month? What do I appreciate most about that moment in time?
- How does abundance show up in my daily life?
- Even if I'm not where I ultimately want to end up, in what ways am I exactly where I'm meant to be in this moment?
- What have I manifested recently?
- What big miracles have shown up for me in the past month?
- What tiny miracles show up in my world every single day?
- What signs and synchronicities have shown up in my outer world?
- In what ways does the Universe speak to me?



## Full Moon Journal Prompts

- What evidence do I see in my life of the Universe always looking out for me? What are some visible and non-visible signs of the Universe's love?
- What are 10 positive affirmations that my soul most needs to hear in this moment?
- What does it mean to me to pause and surrender?
- Why is it important for me to take time to simply pause and just be?
- What are my favorite creative practices?
- How can I express my creative energy in a fun and soul-nourishing way?
- What do I love most about my life right now, exactly as it is?
- What do I love most about myself right now, exactly as I am?