











# MOON PHASE REFLECTION TOOL

## *Worksheet*

	MOON PHASE	ENERGY	BODY CHECK-IN	EMOTIONAL CHECK-IN	MESSAGE FROM THE MOON
	<b>NEW MOON</b>  DATE:				
	<b>WAXING CRESCENT MOON</b>  DATE:				
	<b>FIRST QUARTER MOON</b>  DATE:				
	<b>WAXING GIBBOUS MOON</b>  DATE:				

	MOON PHASE	ENERGY	BODY CHECK-IN	EMOTIONAL CHECK-IN	MESSAGE FROM THE MOON
	<div>FULL MOON</div> <div>DATE:</div>				
	<div>WANING GIBBOUS MOON</div> <div>DATE:</div>				
	<div>LAST QUARTER MOON</div> <div>DATE:</div>				
	<div>WANING CRESCENT MOON</div> <div>DATE:</div>				

# FEELINGS LIST

<b>ACCEPTING/OPEN</b> Calm Centred Content Fulfilled Patient Peaceful Present Relaxed Serene Trusting	<b>ANGRY/ANNOYED</b> Agitated Aggravated Bitter Contempt Cynical Disdainful Disgruntled Disturbed Edgy Exasperated Frustrated Furious Grouchy Hostile Impatient Irritated Irate Moody On edge Outraged Resentful Upset Vindictive	<b>CONNECTED/LOVING</b> Accepting Affectionate Caring Compassion Empathetic Fulfilled Present Safe Warm Worthy Curious Engaged Exploring Fascinated Interested Intrigued Involved Stimulated	<b>DISCONNECTED/NUMB</b> Aloof Bored Confused Distant Empty Indifferent Isolated Lethargic Listless Removed Resistant Shut down Uneasy Withdrawn	<b>FRAGILE</b> Helpless Sensitive Grateful Appreciative Blessed Delighted Fortunate Grace Humbled Lucky Moved Thankful Touched	<b>TENDER</b> Calm Caring Loving Reflective Self-Loving Serene Vulnerable Warm
<b>ALIVENESS/JOY</b> Amazed Awe Bliss Delighted Eager Ecstatic Enchanted Energised Excited Free Happy Inspired Invigorated Lively Passionate Playful Radiant Refreshed Rejuvenated Renewed Satisfied Thrilled Vibrant	<b>COURAGEOUS/POWERFUL</b> Adventurous Brave Capable Confident Daring Determined Free Grounded Proud Strong Worthy Valiant	<b>DESPAIR/SAD</b> Anguished Depressed Despondent Disappointed Discouraged Forlorn Gloomy Grieving Heartbroken Hopeless Lonely Longing Melancholy Sorrow Teary Unhappy Upset Weary Yearning	<b>EMBARRASSED/SHAME</b> Ashamed Humiliated Inhibited Mortified Self-conscious Useless Weak Worthless	<b>GUILT</b> Regret Remorseful Sorry	<b>STRESSED/TENSE</b> Anxious Burned out Cranky Depleted Edgy Exhausted Frazzled Overwhelmed Rattled Rejecting Restless Shaken Tight Weary Worn out
			<b>FEAR</b> Afraid Anxious Apprehensive Frightened Hesitant Nervous Panic Paralysed Scared Terrified Worried	<b>HOPEFUL</b> Encouraged Expectant Optimistic Trusting	<b>UNSETTLED/DOUBT</b> Apprehensive Concerned Dissatisfied Grouchy Hesitant Inhibited Perplexed Questioning Rejecting Reluctant Shocked Skeptical Suspicious Ungrounded Unsure Worried
				<b>POWERLESS</b> Impotent Incapable Resigned Trapped Victim	

## BODY SENSATIONS

ACHY	CONTRACTED	GENTLE	NUMB	SHAKY	SWEATY
AIRY	DIZZY	HARD	PAIN	SHIVERY	TENDER
BLOCKED	DRAINED	HEAVY	POUNDING	SLOW	TENSE
BREATHLESS	DULL	HOLLOW	PRICKLY	SMOOTH	THROBBING
BURNING	ELECTRIC	HOT	PULSING	SOFT	TIGHT
BUZZING	EMPTY	ICY	QUEASY	SORE	TINGLING
CLAMMY	EXPANDED	ITCHY	RADIATING	SPACEY	TREMBLY
CLENCHED	FLOWING	JUMPY	RELAXED	SPACIOUS	TWITCHY
COLD	FLUID	KNOTTED	RELEASING	SPARKLY	VIBRATING
CONSTRICTED	FLUTTERY	LIGHT	RIGID	STIFF	WARM
CONTAINED	FROZEN	LOOSE	SENSITIVE	STILL	WOBBLY
	FULL	NAUSEOUS	SETTLED	SUFFOCATED	WOODEN



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### *Soul Inquiry*

How did it feel to be attuned to the moon phases?

Have you become more aware of any connection of your energy levels with the moon phases?

Have you become more aware of any connection of your emotions and body with the moon phases?