



NEW MOON WORKBOOK

Set intentions, plant the seeds for growth, discover a new way of living with more alignment & purpose, learn about the magic of the moon!



Introduction!

Welcome to opening yourself up to the magic of the new moon!

This workbook is your guide to align your body, mind, and spirit with the energy of this phase of the moon cycle.

The new moon symbolises renewal, introspection, and planting the seeds for new intentions.

This workbook will help you:

- Reflect on the past cycle.
- Set intentions for new beginnings.
- Cultivate stillness and inward focus.

Let this workbook support your journey of growth and transformation.

Namaste, Aimee, xo.



Reflection Questions

In this section, reflect on the past month. The last new moon was _____. Think about what has shifted and changed for you since then, and where you are with your intentions now.

01 What are three things I am ready to let go of?

01

02

03

02 What areas of my life feel ready for renewal?

03 How do I want to feel by the next new moon?

Gratitude & Intuition

Before you set your new moon intentions, take a moment to feel gratitude for all that is good in your life. Think about the people or things that make you happy. Write 3 down here:

01

02

03

When setting your New Moon intentions, it's important to make sure that these are aligned with your soul's true desires, and are not coming from a place of ego.

To do this, listen deeply to your intuition and notice the sensations that arise when you think about your intentions.

If the intention is coming from a place of fear, anxiety, envy or what you think you should want, then this is being driven by the ego. These will feel pressured, heavy and constrictive.

If the intention brings you pure joy, contentment, and are aligned with your deeper values, passions and sense of purpose, then these are soul-led. These will feel light and expansive.

Setting Your Intentions

Write down 3 intentions you wish to manifest this moon cycle. Ask yourself why you want this? Notice if you are simply trying to prove something, or whether the intention truly resonates with your inner purpose? Also acknowledge whether the intention will lead to sustained joy and growth, or is it likely to lead to fleeting satisfaction?

Things to ponder:

- What you want to call into your life.
- What habits or energies you would like to embody
- What seeds you are planting for your future self

01

02

03

You can achieve greater clarity on your intentions for the next moon cycle by:

Visualising them in your **mind**

Feeling them in your **body**

Affirming them in your **soul**

Manifesting your intentions

To really get a sense of living out your intentions, use the table below to write how you will visualise them in your mind, and feel them in your body. Then write an affirmation to cement the intention in your soul.



MIND | BODY | SOUL

Affirmation meditation

Take a comfortable seat or lie down. Close your eyes and visualise the dark sky of the new moon, like a blank canvas above you. Take 5 deep, expansive breaths in to your belly and begin to quieten your mind. Imagine planting seeds in fertile soil. Each seed represents the intention you wish to manifest. Repeat the following affirmations silently or aloud as you continue to breathe deeply:

“I am open to new possibilities.”

“I trust the process of growth and transformation.”

“I release the old and welcome the new with grace.”

I am grounded, focused, and open to change.”

Monthly Overview

For the Month of : _____

Each new moon occurs in a specific Zodiac sign, which has its own themes. The new moon always occurs when the sun and the moon are in the same Zodiac sign (e.g. if the month is January, and the sun is in Capricorn, then the new moon will also be in Capricorn). Use the spaces below to understand the specific energy of the new moon for the month you are completing this workbook.

This month the new moon is in

The main characteristics of _____ are:

- _____
- _____
- _____

The areas of my life I will look at this month are therefore:

- _____
- _____
- _____

Thank you!

Thank you so much for being a part of my community. I am so grateful to you.

I really do hope that you have enjoyed this workbook, and have found it useful in understanding how to set your intentions during the new moon phase.

It is my passion to serve my community and cultivate more health, harmony and happiness amongst us humans who are just trying to navigate this crazy thing called life!

Let's stay on this journey together.

Aimee Hill

T: 07808 - 663 -021

E: info@aimeehillmassageyoga.co.uk

L: Barnstaple, Fremington & Online

