

MOON PHASES CHEAT SHEET



LIVING WITH THE MOON'S RHYTHMS



MOON PHASE	DURATION	ENERGY	THEMES	MOOD	ACTIONS	ASK YOURSELF
 New Moon	-1 day	At its lowest	Intuition	Quiet, Reflective	Conserve energy, stretch legs, set clear intentions for the upcoming cycle, and define the project or goal.	What new thing do I want to start? What's my next big dream?
 Waxing Crescent	+6.4 days	Gradually increasing	Planning & Preparation	Inspired, Eager	Craft a specific action plan, research, and make informed decisions. Initiate first steps toward your goals.	"What's my first step?" "How can I get ready?"
 First Quarter	-1 day	On the rise	Taking action	Active, Determined	Tackle challenges as you work toward your goals.	"What's holding me back?" "Am I progressing as intended?"
 Waxing Gibbous	+6.4 days	High, but not peak	Optimization & Refinement	Motivated, Patient	Reflect on progress, identify inefficiencies, make necessary adjustments, and take decisive action.	"What can I do better?" "What changes should I make to move forward?"
 Full Moon	-1 day	At its peak	Evaluation & Celebration	Emotional, Creative, Fulfilled	Be creative, feel and express emotions, review achievements, celebrate milestones.	"What milestones have I achieved?" "What emotions and insights have surfaced?"
 Waning Gibbous	+6.4 days	Gradually decreasing	Gratitude & Contribution	Grateful, Reflective	Keep working on ongoing projects, recognize successes, express gratitude, share your insights/experiences, no new starts.	"What am I most grateful for?" "How can I share or give back to those around me?"
 Last Quarter	-1 day	Lowering more	Release & Renewal	Reflective, Calm	Slow down, introspect, let go of what isn't working, and create space for new possibilities.	"What no longer serves me that I can leave behind?" "How have I evolved through this cycle?"
 Waning Crescent	+6.4 days	Nearing its lowest	Rest & Reset	Accepting, Restful	Complete tasks, declutter mentally and physically, rest, and rejuvenate for the upcoming cycle.	"How can I best reset for the next cycle?" "What lessons/projects will I carry forward?"

Cheat The Moon

Brendan G. Carr



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