

Full Moon Reflection & Release Worksheet

Theme: Clarity, Renewal, and Letting Go

The Full Moon is a powerful reflection, release, and renewal time. Use this time to tune into your emotions, identify what no longer serves you, and set intentions for how you want to feel in the future.

Take a deep breath, center yourself, and begin writing from a place of honesty and self-compassion.

How do you feel right now?

(Write freely about your emotions, thoughts, and recurring patterns.)

 **Write Here:**

What are you ready to let go of?

(Are emotions, relationships, habits, or heavy or stagnant thoughts?)

 **Write Here:**

How do you want to feel?

(Describe the emotions and energy you want to cultivate.)

 **Write Here:**

What can you do to align with these feelings?

(Consider boundaries, self-care, mindset shifts, or small actions that support your growth.)

 **Write Here:**

Acknowledge and appreciate your journey.

(Reflect on how far you've come and express gratitude for your growth.)

 **Write Here:**

 **Let go. Trust the process. Step into renewal.** 