

THE LEGAL MAMA'S
FULL MOON RITUAL
PLANNER
&
BULLET JOURNAL FOR
YOUR BUSINESS

reflect + release



Full Moon Journal

Illumination

What didn't work for you this month? Reflect within (do a body scan) and be honest about what needs change now. The full moon's light allows us to illuminate our true feelings and focus on the reality of the matter.

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Forgiveness

What circumstances, situations, or people (including yourself!) need to be forgiven now to allow you to move on to the next thing? Holding on to it places negative feelings in your path and blocks the way to your goals.

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Release

What are your current limiting beliefs? If you don't let them go now, where will you be next month? List them here, write them on a scrap of paper, and set them on fire. Let them go!

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Celebration

The full moon brings with it the results of our efforts and the intentions we set with the New Moon. When you release what doesn't work, remember to celebrate the successes too! What were your successes this month?

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