

# ■ Glow With The Flow: Moon Cycle Cheat Sheet for Soulpreneurs

*Align Your Business, Body, and Brilliance With the Lunar Rhythms*

## ■ New Moon – The Dreamer / The Initiator

Business Energy: Planting seeds, intention setting, quiet creation. Best for vision mapping, journaling, and calling in your next cycle. Born under this moon: you're coded for beginnings and innovation. Mantra: "I don't wait for permission — I begin."

## ■ Waxing Crescent – The Builder / The Believer

Business Energy: Taking small, aligned steps. Best for content creation and collaborations. Born under this moon: you thrive on momentum. Mantra: "Progress over perfection."

## ■ First Quarter – The Challenger / The Decision Maker

Business Energy: Taking bold action, facing resistance, building strength. Born under this moon: you're a trailblazer. Mantra: "Pressure builds diamonds."

## ■ Waxing Gibbous – The Refiner / The Alchemist

Business Energy: Adjusting, improving, refining. Best for strategy tweaks and nurturing clients. Born under this moon: you turn potential into mastery. Mantra: "Excellence is my devotion."

## ■ Full Moon – The Magnet / The Performer

Business Energy: Visibility, celebration, and receiving. Best for launches and manifestation. Born under this moon: you're a radiant leader. Mantra: "I shine, therefore I serve."

## ■ Waning Gibbous – The Teacher / The Integrator

Business Energy: Sharing wisdom, evaluating results, refining systems. Born under this moon: you're a wisdom keeper. Mantra: "I turn divine downloads into daily devotion."

## ■ Last Quarter – The Releaser / The Realist

Business Energy: Releasing what no longer fits, pruning for growth. Born under this moon: you're a truth-teller. Mantra: "I make space for miracles."

## ■ Waning Crescent – The Mystic / The Visionary

Business Energy: Rest, renewal, dreaming the next evolution. Born under this moon: you're a seer. Mantra: "I rest to rise."

### ■ How to Use This in Business

1. Check your natal moon phase using your astrology or Human Design chart.
2. Align your work rhythm to the current moon phase — plan, create, and rest accordingly.
3. When your natal and current moon phases match, that's your energetic sweet spot for launches or pivots.
4. Remember: The Moon teaches cyclical business — you're not behind, you're in rhythm.