
**NEW MOON &
FULL MOON
MANIFESTATION
JOURNAL**

HUMAN DESIGN PSYCHOLOGIST

New Moon

Manifesting Checklist

Within 10 hours after the time of the New Moon (or up to two days after), follow these steps:



Make a gratitude list of 10 things you are truly grateful for. Feel the gratitude move through your heart.



Believing ANYTHING is possible, ask yourself what your heart truly & strongly desires. Try to narrow it down to 1-10 things/experiences.



Tune into the magic of the current New Moon & the characteristics of the zodiac sign & Human Design Gate it is in.



Write down your desires as worded intentions. Use statements such as: I am, I can, I have, I know, I choose, or I intend.



Imagine what having your heart's desires would look like in your reality & feel like in your body.



Declare your intentions out loud to the Universe.

Full Moon

Manifesting Checklist

Within 24 hours before & 24 hours after the time of the Full Moon, follow these steps:



Let go of anything in your life that is in the way of you manifesting what you desire.



Tap into the energy of the zodiac sign & the Human Design Gate the current Full Moon is in.



Make sure your energetic & emotional vibrations align with your desires (by asking “What does the frequency of my desire feel like?” & tuning into that).



Write your intentions as gratitude statements, as if they have already occurred.



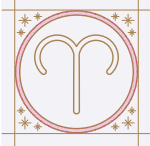
Bring the energy of fullness, satisfaction, pleasure, & gratitude that the Full Moon offers into your heart.



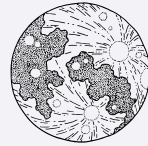
Declare your gratitude statements out loud to the Universe, as if they have already happened.

New
Moons

Full
Moons



Aries Full Moon



FULL MOON RELEASE

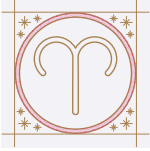
The Aries Full Moon favors the release of anything that no longer serves you around Aries-related themes:

- Any patterns keeping you in fear & anger
- Difficulties with impulsiveness or recklessness
- When you need something to happen FAST
- When you want to light a fire under yourself to get something done or start something new
- When you need help getting something off the ground or started
- Overcoming setbacks so you can have victory
- Anything related to sports & exercise
- When you want to be the best at something, win, or do well at something
- When you want to carve out your own unique path in life or be a trailblazer
- Any troubles or worries with the head, face, brain, or hair

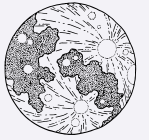
MY ARIES FULL MOON RELEASE STATEMENTS:

I now completely and totally let go of...

AND SO IT IS!



Aries Full Moon

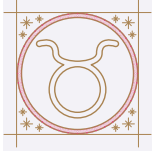


FULL MOON GRATITUDE STATEMENTS

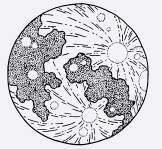
The energy of the Aries Full Moon also favors calling in more abundance into your life:

- *Re-write the intentions you made at the last New Moon as gratitude statements, **as if they have already happened**, by stating “Thank you for...” or “I am so thankful and grateful now that...”*
- *Add any other gratitude statements of things that you're wanting to manifest.*

THANK YOU! THANK YOU! THANK YOU! THANK YOU!



Taurus Full Moon



FULL MOON RELEASE

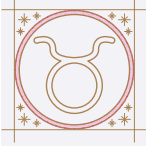
The Taurus Full Moon favors the release of anything that no longer serves you around Taurus-related themes:

- Anything blocking you from attaining of financial stability & abundance
- Anything blocking you from feeling emotionally secure/safe & valuing/accepting yourself
- Having a healthy relationship with food
- Being able to live more in sync with nature & natural rhythms
- Setting & maintaining healthy boundaries
- Improving your quality of life
- Letting go of a poverty mentality
- Having patience & perseverance
- Being able to follow through on plans you make
- Being more reliable or attracting reliable people into your life
- Any troubles or worries with the throat, chin, neck, voice, or thyroid

MY TAURUS FULL MOON RELEASE STATEMENTS:

I now completely and totally let go of...

AND SO IT IS!



Taurus Full Moon

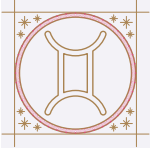


FULL MOON GRATITUDE STATEMENTS

The energy of the Taurus Full Moon also favors calling in more abundance into your life:

- *Re-write the intentions you made at the last New Moon as gratitude statements, **as if they have already happened**, by stating “Thank you for...” or “I am so thankful and grateful now that...”*
- *Add any other gratitude statements of things that you're wanting to manifest.*

THANK YOU! THANK YOU! THANK YOU! THANK YOU!



Gemini Full Moon



FULL MOON RELEASE

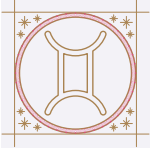
The Gemini Full Moon favors the release of anything that no longer serves you around Gemini-related themes:

- Any difficulties with: learning new things, gathering new information, & teaching others
- Being in the wrong place at the wrong time
- Any blocks to communicating clearly, effectively, & easily with others
- Any blocks or difficulties with methods of communication (i.e., email, text, phone, etc.) or communication devices (phone, computer)
- Difficulties with focusing or making decisions
- Any blocks to positive relationships with your siblings, cousins, uncles, aunts
- When you want a stimulating life full of changes
- When you need help adapting easily to changes
- Blocks in the areas of writing, editing, sharing information
- Any troubles or worries with the hands, arms, respiratory system (breathing, allergies) & nervous system regulation (anxiety, nervousness)

MY GEMINI FULL MOON RELEASE STATEMENTS:

I now completely and totally let go of...

AND SO IT IS!



Gemini Full Moon

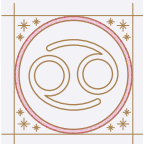


FULL MOON GRATITUDE STATEMENTS

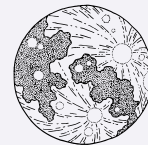
The energy of the Gemini Full Moon also favors calling in more abundance into your life:

- *Re-write the intentions you made at the last New Moon as gratitude statements, **as if they have already happened**, by stating “Thank you for...” or “I am so thankful and grateful now that...”*
- *Add any other gratitude statements of things that you're wanting to manifest.*

THANK YOU! THANK YOU! THANK YOU! THANK YOU!



Cancer Full Moon



FULL MOON RELEASE

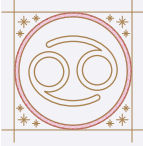
The Cancer Full Moon favors the release of anything that no longer serves you around Cancer-related themes:

- Anything standing in the way of having a happy home/family
- Family dynamics/karmic patterns
- Unhealthy patterns from childhood
- Any challenges with your mother/mother figures or your own mothering
- Fear of rejection
- Emotional struggles & mood swings getting in the way of having the life you want (depression, worry, feeling overwhelmed, being hypersensitive, anxiety, etc.)
- Any issues or sensitivities with food/eating
- Anything in the way of you loving & nurturing yourself
- Any troubles or worries with the breasts, chest, pancreas, stomach

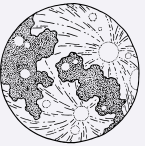
MY CANCER FULL MOON RELEASE STATEMENTS:

I now completely and totally let go of...

AND SO IT IS!



Cancer Full Moon

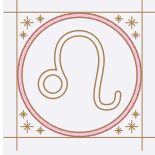


FULL MOON GRATITUDE STATEMENTS

The energy of the Cancer Full Moon also favors calling in more abundance into your life:

- *Re-write the intentions you made at the last New Moon as gratitude statements, **as if they have already happened**, by stating “Thank you for...” or “I am so thankful and grateful now that...”*
- *Add any other gratitude statements of things that you're wanting to manifest.*

THANK YOU! THANK YOU! THANK YOU! THANK YOU!



Leo Full Moon



FULL MOON RELEASE

The Leo Full Moon favors the release of anything that no longer serves you around Leo-related themes:

- Anything blocking your creativity
- Any issues with children (raising them, relationships with them and/or being able to conceive)
- Issues with feeling too much passion or not enough passion in your relationships, your career, creativity, or any other area of life
- Anything blocking you from enjoying your life/having fun & having fun with the work you do
- Excessive self-centeredness or arrogance
- Lack of self-esteem or self-confidence
- Stage fright/fear of competition
- Struggles with self-promotion
- Any negative thoughts or limiting beliefs about yourself
- Any troubles or worries with the back, spine, heart, inflammation, or exhaustion

MY LEO FULL MOON RELEASE STATEMENTS:

I now completely and totally let go of...

AND SO IT IS!



Leo Full Moon

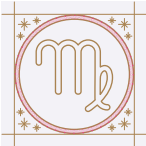


FULL MOON GRATITUDE STATEMENTS

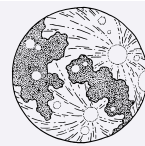
The energy of the Leo Full Moon also favors calling in more abundance into your life:

- *Re-write the intentions you made at the last New Moon as gratitude statements, **as if they have already happened**, by stating “Thank you for...” or “I am so thankful and grateful now that...”*
- *Add any other gratitude statements of things that you're wanting to manifest.*

THANK YOU! THANK YOU! THANK YOU! THANK YOU!



Virgo Full Moon



FULL MOON RELEASE

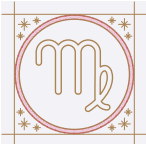
The Virgo Full Moon Eclipse favors the release of anything that no longer serves you around Virgo-related themes:

- Physical health
- Neglecting your body or health
- Daily habits & routines, particularly bad habits/routines that you are ready to change
- Problems with work
- Being overly critical or negative toward yourself, others, or in general
- Anything getting in the way of you having structure & organization to create success
- Worry, anxiety
- Workaholism
- Difficulty forgiving others
- Letting go of anything that lowers your vibration (i.e., unhealthy foods, people, thoughts, etc.)
- Any troubles or worries with weight, intestines, or digestion

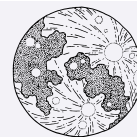
MY VIRGO FULL MOON RELEASE STATEMENTS:

I now completely and totally let go of...

AND SO IT IS!



Virgo Full Moon



FULL MOON GRATITUDE STATEMENTS

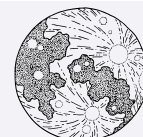
The energy of the Virgo Full Moon also favors calling in more abundance into your life:

- *Re-write the intentions you made at the last New Moon as gratitude statements, **as if they have already happened**, by stating “Thank you for...” or “I am so thankful and grateful now that...”*
- *Add any other gratitude statements of things that you're wanting to manifest.*

THANK YOU! THANK YOU! THANK YOU! THANK YOU!



Libra Full Moon



FULL MOON RELEASE

The Libra Full Moon favors the release of anything that no longer serves you around Libra-related themes:

- Anything blocking your ability to manifest ideal, soulmate partnerships (in love, business, etc.)
- Anything in the way of you having a happy marriage
- Ending a current relationship, letting go of unrequited love, seeking a divorce
- The experience of being surrounded by beauty & luxury
- Indecisiveness, being too dependent on others
- People-pleasing, not being able to say no or set boundaries
- Any area in which you feel unbalanced
- Any problems with your appearance
- Any troubles or worries with the lower back, adrenal fatigue, diabetes, kidneys

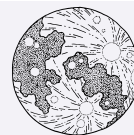
MY LIBRA FULL MOON RELEASE STATEMENTS:

I now completely and totally let go of...

AND SO IT IS!



Libra Full Moon



FULL MOON GRATITUDE STATEMENTS

The energy of the Libra Full Moon also favors calling in more abundance into your life:

- *Re-write the intentions you made at the last New Moon as gratitude statements, **as if they have already happened**, by stating “Thank you for...” or “I am so thankful and grateful now that...”*
- *Add any other gratitude statements of things that you're wanting to manifest.*

THANK YOU! THANK YOU! THANK YOU! THANK YOU!



Scorpio Full Moon



FULL MOON RELEASE

The Scorpio Full Moon favors the release of anything that no longer serves you around Scorpio-related themes:

- Feelings of resentment, jealousy, obsession, attachment, revenge, paranoia, & pessimism
- The power to transform ANYTHING, when you are seeking a total transformation or looking to restore something that has been ruined, turning around a hopeless situation
- Money at the asset level (i.e., real estate, stocks, savings, passive income)
- Increasing your net worth
- Soulmate relationships
- Sexual fulfillment, hormones, sex appeal
- Financial debts
- Problems with money & partnerships
- Any troubles or worries related to the rectum, colon, bladder, other organs of elimination, male/female reproductive parts

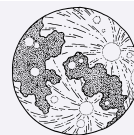
MY SCORPIO FULL MOON RELEASE STATEMENTS:

I now completely and totally let go of...

AND SO IT IS!



Scorpio Full Moon

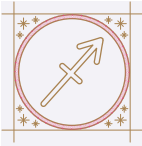


FULL MOON GRATITUDE STATEMENTS

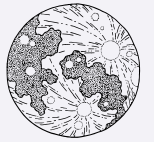
The energy of the Scorpio Full Moon also favors calling in more abundance into your life:

- *Re-write the intentions you made at the last New Moon as gratitude statements, **as if they have already happened**, by stating “Thank you for...” or “I am so thankful and grateful now that...”*
- *Add any other gratitude statements of things that you're wanting to manifest.*

THANK YOU! THANK YOU! THANK YOU! THANK YOU!



Sagittarius Full Moon



FULL MOON RELEASE

The Sagittarius Full Moon favors the release of anything that no longer serves you around Sagittarius-related themes:

- Anything blocking you from connecting to a Higher Power & having a deeper spiritual connection
- Too much or too little spontaneity & adventure in your life
- Any patterns of bad luck
- Any issues or problems with education
- Any issues with lack of assuming responsibility or being flaky
- Any troubles or worries with the lower back, hips, liver, thighs

MY SAGITTARIUS FULL MOON RELEASE STATEMENTS:

I now completely and totally let go of...

AND SO IT IS!



Sagittarius Full Moon

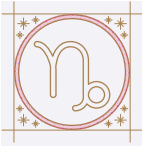


FULL MOON GRATITUDE STATEMENTS

The energy of the Sagittarius Full Moon also favors calling in more abundance into your life:

- *Re-write the intentions you made at the last New Moon as gratitude statements, **as if they have already happened**, by stating “Thank you for...” or “I am so thankful and grateful now that...”*
- *Add any other gratitude statements of things that you're wanting to manifest.*

THANK YOU! THANK YOU! THANK YOU! THANK YOU!



Capricorn Full Moon



FULL MOON RELEASE

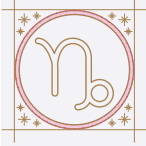
The Capricorn Full Moon favors the release of anything that no longer serves you around Capricorn-related themes:

- Anything blocking you from attaining more achievement or prestige in any area
- Anything blocking or sabotaging your success in your work/career
- Difficulties gaining recognition as an authority in any area
- Relationships with your father, father figures, or boss
- Being overly serious to the point of apathy, coldness, & inflexibility, which may be getting in your way
- Lack of discipline & focus
- Overworking/workaholism interfering with your mental or physical health
- Any troubles or worries with the teeth, bones, joints, skin

MY CAPRICORN FULL MOON RELEASE STATEMENTS:

I now completely and totally let go of...

AND SO IT IS!



Capricorn Full Moon

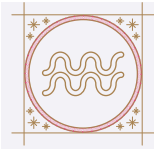


FULL MOON GRATITUDE STATEMENTS

The energy of the Capricorn Full Moon also favors calling in more abundance into your life:

- *Re-write the intentions you made at the last New Moon as gratitude statements, **as if they have already happened**, by stating “Thank you for...” or “I am so thankful and grateful now that...”*
- *Add any other gratitude statements of things that you're wanting to manifest.*

THANK YOU! THANK YOU! THANK YOU! THANK YOU!



Aquarius Full Moon



FULL MOON RELEASE

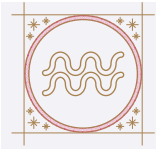
The Aquarius Full Moon favors the release of anything that no longer serves you around Aquarius-related themes:

- Anything in your way of feeling free & experiencing freedom
- When your life feels stuck or stagnant
- When you need a breakthrough
- Anything that blocks you from following or allowing your eccentric dreams and outlandish wishes
- Anything related to technology, inventions, innovation, the Internet, online business, social media, freelance work, etc.
- Any blocks from you being able to focus on future, long-term goals
- Friendship
- Humanitarian efforts
- Any troubles or worries with the calves or ankles

MY AQUARIUS FULL MOON RELEASE STATEMENTS:

I now completely and totally let go of...

AND SO IT IS!



Aquarius Full Moon

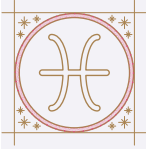


FULL MOON GRATITUDE STATEMENTS

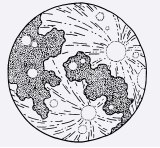
The energy of the Aquarius Full Moon also favors calling in more abundance into your life:

- *Re-write the intentions you made at the last New Moon as gratitude statements, **as if they have already happened**, by stating “Thank you for...” or “I am so thankful and grateful now that...”*
- *Add any other gratitude statements of things that you're wanting to manifest.*

THANK YOU! THANK YOU! THANK YOU! THANK YOU!



Pisces Full Moon



FULL MOON RELEASE

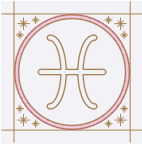
The Pisces Full Moon favors the release of anything that no longer serves you around Pisces-related themes:

- Anything related to endings, closure, wrapping things up, completion, & clearing out past attachments that no longer serve you
- Letting go of all physical & emotional baggage
- Visualizing your new self
- Forgiving & accepting whatever happened in the past
- Transmuting anger & hatred into love & gratitude
- Ending relationships that no longer serve a positive purpose in your life
- Healing anything
- Spirituality, creativity, intuition, & imagination
- Success in a healing or creative profession
- Anything in the way of your own joy & happiness
- Loving & being loved
- Any troubles or worries with the legs, lymphatic system, sleep, & addictions

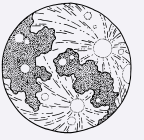
MY PISCES FULL MOON RELEASE STATEMENTS:

I now completely and totally let go of...

AND SO IT IS!



Pisces Full Moon



FULL MOON GRATITUDE STATEMENTS

The energy of the Pisces Full Moon also favors calling in more abundance into your life:

- *Re-write the intentions you made at the last New Moon as gratitude statements, **as if they have already happened**, by stating “Thank you for...” or “I am so thankful and grateful now that...”*
- *Add any other gratitude statements of things that you're wanting to manifest.*

THANK YOU! THANK YOU! THANK YOU! THANK YOU!



*Thank you so
much for your
purchase!*

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tips, follow us on
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