

NEW

B E G I N

MOON





This workbook is here to help guide you. Let it feel easeful (dare I say fun), not daunting, a way to check in each month and focus on what's important to you right now in this moment. What do you desire?

Maybe you do all of these exercises. Maybe you pick one that really resonates that you know you have time for. Maybe you use this every New Moon, maybe it serves you better to do the 1st of each month (except the wishes). The Collective is always choose your own adventure... know yourself and what you're capable of, know when you can do more and you're making excuses, know when you need to do less so you can really accomplish what you set forth. Practice patience, commitment, curiosity.

Every month I think about where I want to level up in my life and then I pick meditations, steps and practices that will support me on my journey. Sometimes it's something tangible like prosperity (feeling = financial freedom), sometimes it's more embodied like raising my self worth, for you it may be getting more connected to your partner which would have a different set of action steps.

This is meant to be another tool in your toolbox to support you and help you to navigate The Collective (if you're a member) and your personal journey with co-creation.

You get to create your reality. Let's begin.

- Read through CLARITY in The Art of Magnetism module (for members).
- Complete below. Don't feel obligated to fill all the space. Figure out what works for you in terms of commitment. Do you! ;)
- First think big picture for your life this month. How do you want to feel? What are the top desired *feelings* you want to cultivate?

- 1.
- 2.
- 3.
- 4.
- 5.

With your desired feeling in mind, think about 2-4 areas of your life you want to **focus** on this month for co-creation? (ie; career, finances, love, community, well-being, etc...)

- 1.
- 2.
- 3.
- 4.

What are 3-5 action steps you can take this month for each *focus* towards the feelings you want to cultivate? Make them achievable.

Focus: _____

Steps:

- 1.
- 2.



3.

4.

Focus: _____

Steps:

1.

2.

3.

4.

Focus: _____

Steps:

1.

2.

3.

4.



Focus _____

Steps:

- 1.
- 2.
- 3.
- 4.

Members: what energetics would support you in your intentions? Pick one or a few tools to explore from ENERGETICS that would support your desires. You could also grab practices from The Art of Magnetism, Resources, Boundaries or Shadow, etc.. depending on what you're working on. Choose your allies.

Members: what would you like to explore from your chart this month? Maybe it is in line with your intentions or just a curiosity. (ie; 30 days of focusing on my Strategy, unpacking my Self Center, digging into #2 in The Meeting Ground, etc...

Members: check in with The Transits if you feel called and haven't already.
Maybe that's your only intention for the month, to let the sun guide your focus.

Consider getting yourself an accountability buddy, especially if you have an open will power center or set yourself up with a rewards system each week to help keep you on track. What might that look like?

MAKE YOUR WISHES!!!!

The first 8 hours are the most potent for making wishes though you can continue to write out up to 10 wishes (no more, but it's good to make more than one, even if they are varied around the same overarching theme) in the 40 hours following. Take the time to tune into what feels correct for you to call in right now. Word your wishes in a way in which they feel harmonious and aligned with your desired FEELING.



In the week before the next New Moon. Check in from the month before.

How did it go? What worked? What didn't? Anything you want to carry over? Anything you learned that you want to note? Any amendments to how you work this next month?

One of my favorite things from the Moon Lists by Leigh Patterson is “taking inventory of the you of now. A survey of present interests, curiosities, recurring themes... a short list of some front burner items.”

Example:

1. *Black garlic powder*
2. *Marshmallow Root Cold Infusions*
3. *Borage moisturizer*
4. *The Great Believers*
5. *Psychic gifts in my chart*

Yours:

- 1.
- 2.
- 3.
- 4.
- 5.

Artwork: Page 2: Shihori Obata

