



30 – DAYS LUNAR LIVING

CHALLENGE



LM MAGAZINE BY SARA FERNANDES

WELCOME!

January Moon Cycle Challenge: Aligning Your Life with the Moon's Phases

January is a time for fresh starts and resolutions, and the moon's natural rhythm offers a beautiful framework for reflection, intention-setting, and action. This January Moon Cycle Challenge invites you to embrace the phases of the moon as a guide for personal growth and mindful living. Each phase offers specific prompts and activities to help you create a more intentional, fulfilling month.



My commitment

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I, _____, commit to dedicating the next thirty days to explore aligning my habits and intentions with the moon phases. I promise to approach each day's challenge with an open mind, curiosity, and the courage to dream big.

I understand that this journey is about progress, not perfection, and I give myself permission to embrace every insight, breakthrough, and even the moments of uncertainty along the way.

By taking this step, I will be fostering reflection, growth, and mindful action throughout the month. I am ready to discover what makes my heart light up and take action toward living a more aligned and purposeful life!

date:

signature:

Monthly Planner

I start my challenge on the:

MON.

TUE.

WED,

THUR.

FRI.

SAT.

SUN.





















Day 14

EVALUATE PROGRESS

Prompt:

- Reflect on the past week. What progress have you made?
Celebrate your small wins.





















