

Worksheet for Women & Men

New Moon – February 28, 2025



🌙 Awakening Your Wisdom

Task 1. Your Moment of Wisdom

Think back to a moment when you made a decision that truly felt right. What happened? How did you know it was the right choice? Write or draw about this moment.

Task 2. Listening to Your Inner Voice

Take a few minutes to be still. Close your eyes and breathe in and out calmly. What thoughts or feelings come up? Write one sentence that reminds you of your own wisdom.

Task 3. Wisdom in Action

Draw a symbol that represents wisdom for you (for example, an owl, a tree, or the moon). Write down three words that describe your inner wisdom. How can you use this wisdom this week?


