

## 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.

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#### 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.

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### 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?



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