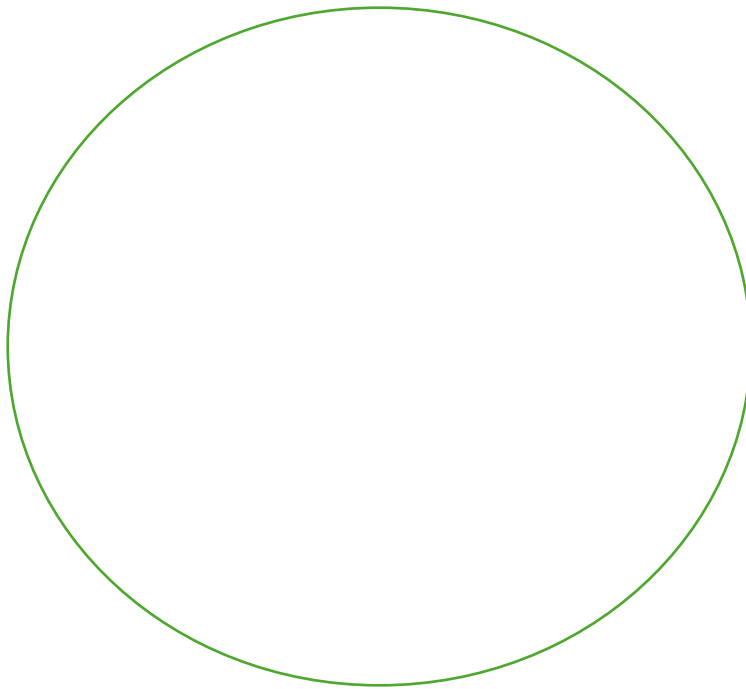


New Moon Worksheet – What do I trust? (Adults)



1. Writing Exercise: Circle of Trust

Draw a circle on a sheet of paper. In the middle, write: **"I trust in..."** Fill the circle with words or sentences that strengthen your trust — people, memories, feelings, or nature.



2. Nature Moment: Trust in Life

Go outside and find a stone, leaf, or branch. Hold it in your hand and ask yourself: **What does nature teach me about trust?** Write down what this symbol means to you.

3. Ritual: Words to the Fire

Write a sentence on a small piece of paper about something you want to trust more in. If there's something you want to let go of that blocks your trust, write that too. Burn the paper or bury it in the earth as a symbol of release.

What do I want to trust more?

I want to let go of what blocks my trust."
