## New Moon Worksheet – June 25, 2025



Dear moon traveler,

On June 25th it's a new moon. A moment to turn inward and reflect on what you already have.

Task 1: What am I content with in my life?							
Take a moment to reflect and write your thoughts:							

Task 2: What small moment of joy do I cherish?	
Take a moment to reflect and write your thoughts:	
Task 3: What can I do today to feel gratitude?	
Take a moment to reflect and write your thoughts:	
Take a moment to renect and write your thoughts.	

Be gentle with yourself. You are enough.