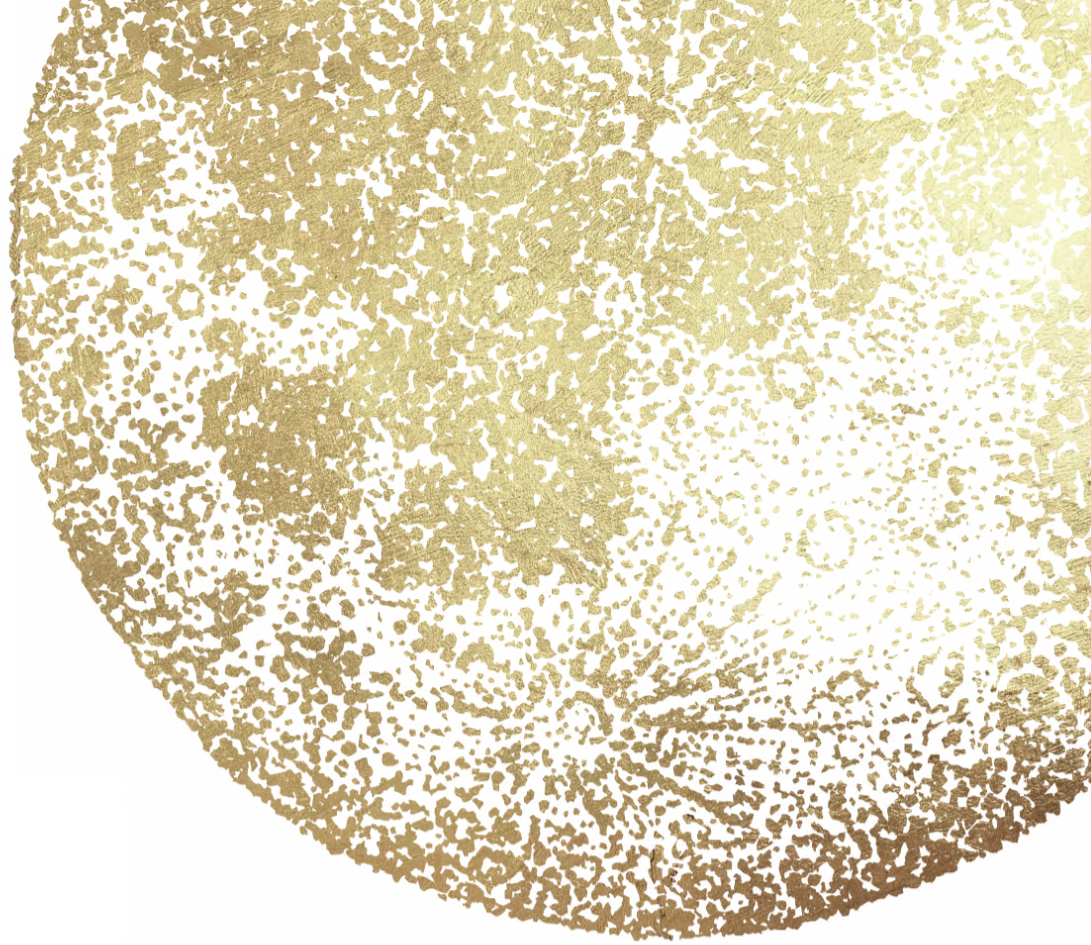


# NEW MOON IN ARIES



## TAKE ACTION.

What action are you pledging to take to make your life better this month? Choose 3 things you promise yourself that you will do in the coming four weeks to move closer to your goals.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## HAVE SOME FUN!

Write down 3 fun things you will do for yourself this month.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## MAKE A 12-MONTH PLAN.

Do It Now! Describe your life as you would like to be in 12 months' time...

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Do you want to be single or attached?

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Where will you be working?

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How much will you be earning?

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## BE COURAGEOUS.

Name one thing you're scared of doing that you can commit to doing in the coming month – just do it!

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Which self-care habits will you have made regular in your life?

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## FOCUS ON YOU.

What would you love to do if you have more time?

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Now from what you've written, be sure to choose one thing you can do within the next 24 hours!

Signed

Date:

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