

# Journal

Date: / /

Astrological Event: New Moon in Capricorn 2022

**1. Where are you ready to begin anew, and/or what new intention do you want to set for this new moon?**

**2. How can you turn this new intention into reality by implementing more structure, discipline, or routine in your life?**

**3. What reasonable boundary are you willing to put into place to help you stay on track to achieving your new intention?**

**Key Take-Away:**