

Journal

Date: / /

Astrological Event: New Moon in Virgo 2022

- 1. With Mars in Gemini, what are the two areas of focus where you'd most like to take action during the next 7 months to create your joyful, soul-aligned life?**
- 2. What is one area in your life where you are currently feeling fear that you are willing to lean into the energy of hopefulness and love, instead of fear?**
(then ask Spirit to help you release fear and find your way to love)
- 3. How do you feel in your body when you stretch yourself outside of your comfort zone in a good way versus when you stretch yourself outside of your comfort zone in a bad way?** (sometimes, stretching yourself is supportive to achieving your soul mission; other times it is painful and unaligned--this question is designed to help you feel the difference)

Key Take-Away: