

Journal

Date: / /

Astrological Event: New Moon in Leo 2023

1. If you had all the time in the world, what creative or pleasurable activity would you enjoy doing?

2. When you give yourself time to engage in pleasurable, joyful, or creative activities, how does this positively impact you?

3. What is one routine, habit, class, structure, program, or group you are interested in adopting or joining to help you start dabbling in this enjoyable activity?

Bonus: Add a to-do item to your calendar to make this happen.