

# Journal

Date: / /

Astrological Event: Full Moon in Cancer 2023

**1. What emotional or physical baggage do you want to release at this time to help you feel more safe and secure?**

**2. What tangible aspect of one of your goal's has come to life that you can appreciate and celebrate, and what are your emotions trying to tell you as you appreciate and celebrate that goal?**

**3. How does it make you feel to know that you are seen by Spirit, and how might it change your life for the better if you allowed yourself to believe in something greater than yourself?**

**Key Take-Away:**