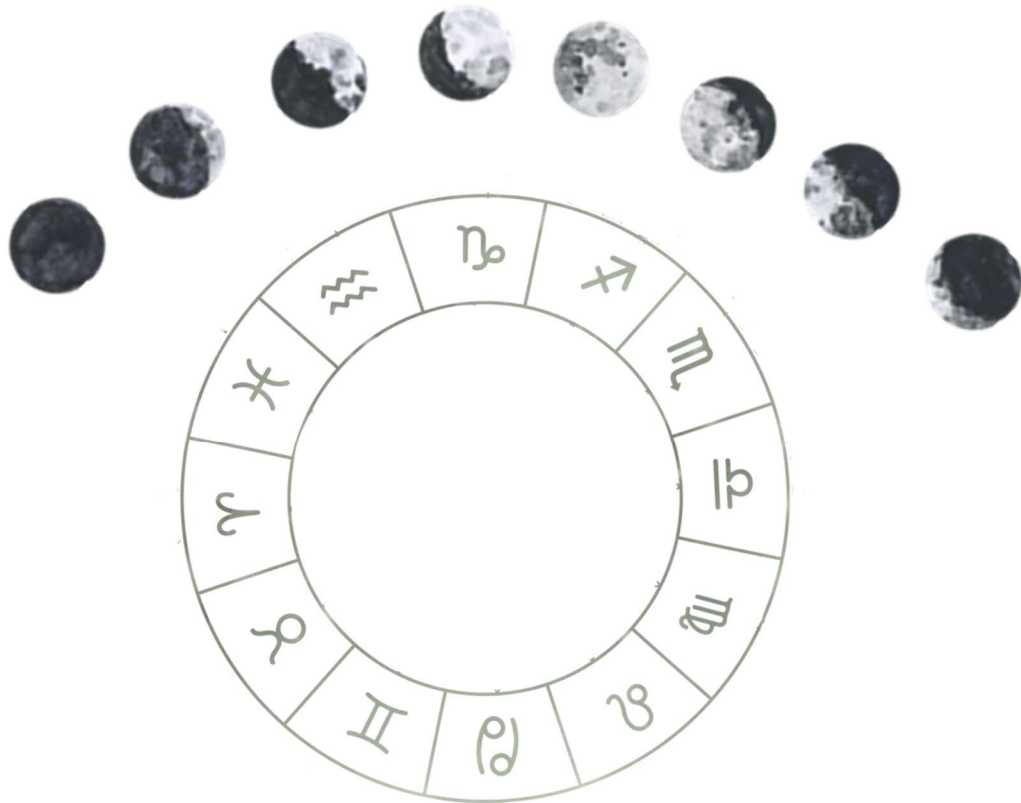


**MANIFEST YOUR NEW MOON DREAMS
WITH DAILY INTENTIONS
TO MAXIMIZE YOUR MOJO**



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AUNTIEMOON.COM

2025

WHY DO WE SET INTENTIONS AT THE NEW MOON?

The New Moon is the primary astrological marker to start something new or to take a fresh approach to projects or personal goals. Once during each lunar cycle, the Moon rises with the Sun.

Because the moon is unseen during the New Moon phase, this time can be thought of as the womb and birth phase of the lunar cycle. The seeds planted in this fertile period hold great potential and are “charged” with the qualities of the zodiac sign of the New Moon.

By setting intentions at the New Moon, you’re not just making a wish. You’re connecting your personal growth to the lunar rhythm. This practice helps you remain mindful, purposeful, and in tune with cycles of change. It puts you “in tune with the Moon,” as they say.

As the phases of the Moon grow in percentage of light, your intentions grow with possibility. BUT you must DO the work. It’s not magic. It takes effort on your part to accomplish your goal.

Two weeks after the New Moon, the Moon reaches its greatest light. The Full Moon becomes a metaphor for illumination and the greatest growth achieved since you stated your intentions.

In the two weeks following the Full Moon, the light begins to dim. This is our signal to begin the process of releasing what we have accomplished so far. We may share what we’ve learned with others. We come to accept that, even if everything we wanted was not accomplished, it still brought us growth and understanding.

HOW TO USE THIS WORKBOOK

Do you make New Moon wishes or set intentions for every lunation and then let them drift away or be forgotten? Working with Daily Intentions can help you stick to your plan, accomplish your goals, and realize your dream.

This New Moon workbook takes you way beyond forming a New Moon wish or intention. Every day of the lunation becomes a support system for your New Moon dream. Using the Moon’s sign and phase each day will keep you connected, encouraging you to take a tiny step toward reaching your New Moon dream.

As we work through each sign and phase of the lunation, we will learn a lot about making a dream come true. I’ll show you how to make progress on a daily basis by working with Daily Intentions.

If you find that you fall off the New Moon wagon, use the daily prompts to get back on track. Start any time. The dream is always there.

4 EASY STEPS TO WORKING WITH THE SIGNS, THE PHASES, AND YOUR NEW MOON INTENTION

First things first. You need a **lunar calendar**, an app, or some other way to know which sign and what phase the Moon is in on any day of the month. You can also check the current moon sign and phase at <https://mooncalendar.astro-seek.com/>

What's the difference between working with the Moon sign and Moon Phase?

Working with the **moon phase** focuses on the universal rhythm of the lunar cycle (e.g., the New Moon as a time for beginnings), while working with the **moon sign** tailors those intentions to the specific zodiac energy the Moon is in (e.g., New Moon in Scorpio vs. New Moon in Taurus). **The phase gives the timing and purpose, while the sign gives the flavor and focus.**

1. Decide on a goal that you can reach in 30 days.
2. Pick one or more qualities of the New Moon's zodiac sign that you believe can help you reach your goal.
3. Work with the phases to stay in tune with the Moon.
4. Set a daily intention that uses the qualities of the daily Moon sign to help you reach your goal.

CREATE YOUR DAILY INTENTION

Work with the Moon's Sign

The Moon exhibits different qualities as she moves through the signs. You can use these qualities to help you form your daily intentions. Some of the keywords are challenging. In those cases, we would be on alert to steer clear of those qualities when we encounter them. One of the keywords for Pisces is "unclear." While the Moon is in Pisces, we might write a daily intention that begins "Gain clarity on _____." How will the Moon's daily sign help you on this specific day?

Consider using the mottos of the sign as a prompt for your daily intention. Your daily intentions might be “I believe _____.” Fill the blank with something you believe will help you attain your goal.

KEYWORDS FOR SIGNS		
<u>Aries: I Am</u> Energetic Spontaneous Pushy Dominant Courageous Passionate	<u>Taurus: I Have</u> Determination Resourceful Self-indulgent Security-conscious Conservative Enduring	<u>Gemini: I Think</u> Adaptable Curious Communicative Chatty Flexible Nervous
<u>Cancer: I Feel</u> Emotional Moody Sensitive Domestic Imaginative Needy	<u>Leo: I Will</u> Dramatic Creative Proud Generous Jealous Independent	<u>Virgo: I Analyze</u> Attentive Reserved Unassuming Meticulous Critical Efficient
<u>Libra: I Balance</u> Cooperative Wants Approval Pleasant Seeks a partner Dependency Elegant	<u>Scorpio: I Desire</u> Intense Feelings Desire Secretive Control Penetrating Mysterious	<u>Sagittarius: I Seek</u> Outspoken Adventure Optimism Procrastination Prophecy Unrestrained Philosophical
<u>Capricorn: I Use</u> Ambition Reserved Practical Authority Calculating Reliable	<u>Aquarius: I Know</u> Unconventional Inventive Intuitive Friendly Trend-setting Rebellious	<u>Pisces: I Believe</u> Highly Sensitive Escapist Enchanting Romantic Illusive Unclear

A daily intention can be anything:

- A **physical action** that gets you a step closer to realizing your New Moon Dream
- An **affirmation** of your talents and skills
- A **small goal** to accomplish
- **Inspiration** to keep you on track
- Whatever you want it to be

Maybe your New Moon Dream is a very practical one ~ to rid your home of clutter. On an Aries Moon day, the prompt is “I Am.” A daily intention might be:

- I am determined to get rid of three things today.
- I am capable of getting rid of things that I don’t need.
- I am taking stuff to the Goodwill.

You can even combine the sign with the phase. A Crescent Phase and Aries sign might combine in this way: I TRUST MY INSTINCTS that I AM making the right choice on choosing to declutter my home.

Work with the Phases

Each phase is a step toward manifesting your New Moon intention.

New Moon: Choose your path. Plant your seed.

Crescent Moon: Trust your instincts.

First Quarter Moon: Adapt your plan. Take action.

Gibbous Moon: Study. Make preparations for illumination.

Full Moon: Illumination. On display.

Disseminating: Demonstrate. Share with others.

Last Quarter Moon: Reaffirm your vision: Reclaim your intention.

Balsamic Moon: Release. Let go. Dream.



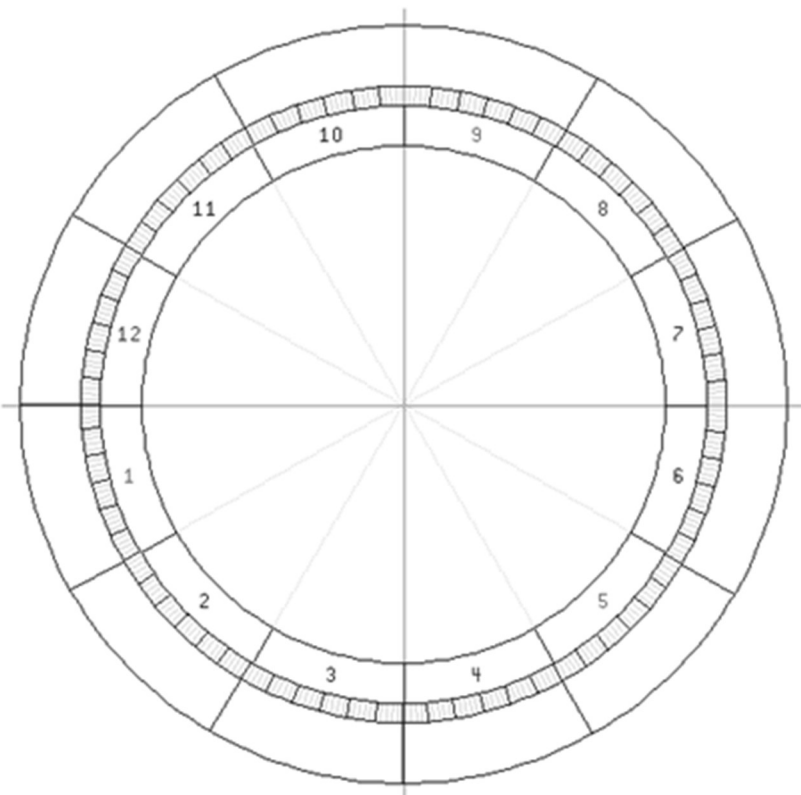
WHERE'S THE LIGHT APPEARING?

Working with the Houses of your Natal Chart

The house of your natal chart that the New Moon transits is where you are likely to see plenty of activity during the lunation period. Here are some possibilities you might encounter.

Meanings of Houses:

1. First impressions and first approach to situations, appearance, image, self-presentation, the basic physical vehicle.
2. Money and ways of earning it, money management and attitudes toward finance, things valued more than money.
3. Communication, thinking and learning style, siblings and near relatives, neighbors, basic coursework, commuting.
4. Home and home life, roots, family ties, heredity, family influence, the nurturing parent, senior years.
5. Children, romance, creativity, self-expression, performing, leisure activities, gambling and other forms of risk-taking.
6. Work and its meaning, work habits, types of jobs, coworkers and employees, health and health habits.
7. Partnerships—personal and business, close, committed relationships, types of people we attract, sharing.
8. Sexuality, money you don't earn (inheritances, grants, etc.), taxes, partner's resources, birth, death, transformation, healing.
9. Higher education, advanced studies, religion and philosophy of life, legal matters, foreign lands, distance travel.
10. Career and long-term goals, how you are remembered, parental authority, bosses and the type of boss you are.
11. Friendship, relationship to peer group, the teenage years, group membership, social consciousness, activism, aspirations.
12. Things that are repressed or hidden, self-defeating behavior, chronic illness and care facilities, selfless service, retreats, spiritual quest.



Write the signs on each house that are the same as your natal chart. If you don't know them, calculate your chart for free at astro.com.

PUTTING IT ALL TOGETHER

Your New Moon Dreams and wishes or intentions can be guided toward fulfillment by using the house and sign of the lunation. Your New Moon Dreams can be about anything you want them to be. You're the dreamer.

Identify the house in your natal chart where the New Moon occurs and combine it with the keywords for this lunation's sign.

The lunation takes place in my (1st, 2nd...) _____ house. Some possibilities that might come up for me this month are: (refer to the prior page)

I can approach these people and situations in _____, and _____ (keywords for the sign) ways to help me reach my New Moon Dream.

**Next we'll take a look at how ritual
can add a spark of magic to your New Moon intentions.**

CONNECTING THROUGH ROUTINE AND RITUAL

A routine is any action that is repeated on a regular basis. We have our morning routines upon waking and lots of other things we do the same way every time we do them ~ putting on makeup, always taking the same route to work or the grocer, feeding our pets, and so on. Routines are practical and probably don't have an emotional element to them.

We might enhance those routines with rituals. Saying a prayer before a meal or at bedtime or when lighting a candle to honor an ancestor. A ritual is performed for a specific occasion or special moments—baptism, weddings, graduation ceremonies. A New or Full Moon ritual to add depth to our intentions is a wonderful way to bring the art of ritual into our lives. Rituals can elicit an emotional response which creates connection.

Rituals connect us to partners, family, groups, and our sense of self.

Rituals offer emotional security.

Your ritual can be as **simple** as burning a candle while you write down your dream ~ or just sitting in your favorite spot to write it down.

Your ritual can be **elaborate**. The use of candles, essential oils, incense, crystals, tarot cards, runes, or pendulums could be your personal way of connecting to the energy of to the season or the New and Full Moons.

Rituals are comforting. I have a ritual of knocking three times on my deck of tarot cards before cutting them. It's comforting and centering. Make your New Moon ritual personal and, most importantly, **believe**.

They pray without true beliefs and wonder why their spells don't work.

~ Sarafine Duchannes in the movie, *Beautiful Creatures*



**Design your ritual.
Gather your materials.
Center yourself.
Believe.
Begin.**

Design your New Moon Ritual

Use all five senses during your ritual to strengthen your sixth sense.

Consider color, scent, flowers, food and drink, texture, and even music to fully engage with your New Moon ritual.

- Use **candles** in the **colors** of the sign or the sign's element. You can always use a white or black candle for the New Moon. You don't have to have a big candle, either. I've used left-over Chanukah and birthday candles for quick rituals.
- Dress your candles with **essential oils** or diffuse the oils during your ritual. If you don't have a diffuser, you can add a few drops of the oil to a bowl of warm water, your bathwater, or just dab a drop or two on a piece of cotton and place it on your ritual table or pinned on your clothing.
- Choose **crystals** associated with the New Moon's sign.
- Engage your sense of taste with **tea** made of the sign's herbs. You can add **herbs** to oil and brush them on bread, or make cookies, cakes, anything you would like to eat or drink.

You can find all kinds of correspondences for the signs and planets online. Do a quick Google search for "herbs of Pisces," for example.

Other Items to Include in your ritual:

- Tarot or Oracle Cards
- Charms or any item that reminds you of your goal or the zodiac sign
- Incense or herbs for cleansing the area prior to and after your ritual
- A special tablecloth or altar cloth
- Elemental items: a bowl of water or dirt, a silver mirror, a bell, a handheld fan to represent air, anything your imagination dreams up.

Please keep in mind that you don't have to do any of these things. Once again, your ritual can be as simple or as elaborate as you wish.

Plan and Record Your New Moon Ritual

Keeping notes about your rituals can help in several ways.

- You won't have to rely on your memory if you decide to repeat the ritual.
- You won't forget an item and have to pause your ritual to locate it.
- You can make notes on how well an item worked for you during the ritual.
- Over time, you'll notice patterns and deepen your connection to lunar cycles.
- You'll create a personal archive of your evolving practice.



Take a photo and attach it to your planning page or make a sketch. Pictures work wonders to bring back the actual feel of the moment.

Date and Time		
Event		
Zodiac Signs	Sun	Moon
Candle Colors		
Crystals/Gems		
Incense/Oils		
Flowers/Herbs		
Food/Drink		
Music		
Other		

LUNAR CYCLE JOURNAL PAGES

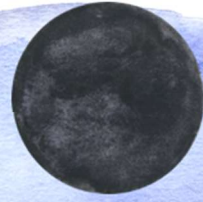
Each of the eight lunar phases are included in the following pages. You may want to use all eight phases, but can use the four quarter Moons, or just the New and Full Moon pages. Filling every page out is not the point. Don't make it a chore.

You can also use just the Check-In pages if you are not working with daily intentions or keeping daily notes.

Use what you want that makes your experience a joyful and fulfilling one.

New Moon

Choose your Path
Plant your Seed



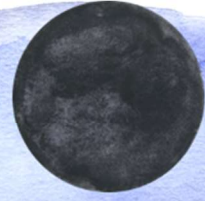
My New Moon Dream

Date/Sign: _____

Torn between several goals? Which is most urgent? Which fits the zodiac sign best?
Which pulls at your heart?

New Phase

Choose your Path
Plant your Seed



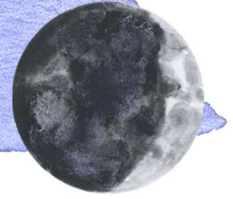
Date	Moon Sign	Daily Intention

This beginning phase is crucial for realizing your dream. We usually give up on new projects or activities in 3 days, 3 weeks, or 3 months. Make it through the New Phase and you're headed for success.

Check the current moon sign and phase at <https://mooncalendar.astro-seek.com/>

Crescent Moon

Trust your Instincts



Date	Moon Sign	Daily Intention

At the Crescent Moon, we may struggle as we learn to trust our instincts. The Moon is our inner voice. Listen to what she's telling you.

Quarter Moon Check-In

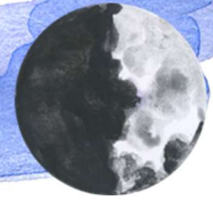
Make a few notes on your progress so far.

<i>What I've Accomplished So Far</i>	<i>Something that Made Me Happy</i>
<i>People, Places, or Things that had Importance</i>	<i>What I learned</i>
<i>What Kept Me Going</i>	<i>Why I Stopped Working on My Goal</i>

First Quarter

Adapt your Plan

Take Action



Date	Moon Sign	Daily Intention

The First Quarter Phase is the time to adapt your original vision for this lunation if it's necessary. This is the time to get busy. Feel the energy growing. Use the keyword for the signs if you need inspiration on forming your daily intention.

Gibbous

Study.

Make preparations.



Date	Moon Sign	Daily Intention

The Gibbous is the last phase before the Full Moon when everything will be illuminated. Look closely at your goal, study up on the parts that are still shaky, and make your final preparations before results are illuminated at the Full Moon.

Full Moon Check-In

Make a few notes on your progress since the beginning of the First Quarter Phase

<i>What I've Accomplished So Far</i>	<i>Something that Made Me Happy</i>
<i>People, Places, or Things that had Importance</i>	<i>What I learned</i>
<i>What Kept Me Going</i>	<i>Why I Stopped Working on My Goal</i>

Full Moon

Illumination.

On display.



What is illuminated at the Full Moon?

Date/Sign: _____

Without judging whether you have succeeded or failed, what do you see clearly at this point of the lunation?

Full Phase

Illumination.

On display.



Date	Moon Sign	Daily Intention

The Full Moon, like the New Moon, is a day of rest. Just be with your New Moon Dream. Sit with it. Enjoy the progress you've made. Delight in the light. We have entered the Moon's waning phase. Prepare to release and let go of what no longer serves.

Disseminating

Share with others.

Demonstrate.



Date	Moon Sign	Daily Intention

Disseminate means to scatter or spread widely, as though you are sowing seeds. These seeds are the result of your original New Moon intention. You chose your path, planted the seed, tended and cared for your goal. Now it's time to share the knowledge you gained with others.

Last Quarter

Reaffirm your vision.
Reclaim your intention.

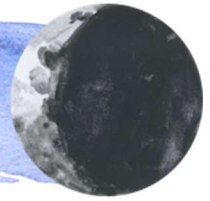


Date	Moon Sign	Daily Intention

The Last (Third) Quarter Moon has been called the crisis of consciousness. In this waning phase it may be difficult to let go of some fast-held beliefs, especially if they have been a part of life for a long time. Letting go allows us to make room for abundance.

Balsamic

*Release. Let go.
Dream.*



Date	Moon Sign	Daily Intention

The Balsamic phase marks the close of the lunation cycle. Now it's time to let it all go. Let go of attachment to how things turned out. Let go of any negative self-criticism of your efforts. The Moon doesn't judge. She just changes.

Lunation Cycle Review

Use this page as a review of the entire lunar cycle.

<i>What Fulfilled Me the Most</i>	<i>My Happiest Moment</i>
<i>What I Know Now that I Didn't Know Before</i>	<i>How Did My Energy Shift During the Cycle?</i>
<i>My Main Takeaway for this Lunation</i>	<i>Where I Want to Go from Here</i>



A couple of nights before the New Moon, when the Moon is barely visible at all, the Old Moon can be seen in the night sky. The Old Moon is not a phase of its own, but the very last part of the Balsamic phase.

Imagine watching a candle flicker and fade. That last twinkle of light is like the Old Moon. It has given us all the light that it can. To dispel the darkness, we light a new candle. In the same way, the heavens give us a New Moon and the cycle begins again.

There is no better time for meditating on your New Moon wishes and intentions than during the Old Moon. This is the time for dreaming.

Quiet yourself.

See your New Moon dream appearing before you. Believe that it will soon change from a dream to a reality. Bring your dream back into your consciousness as often as possible. Fine-tune how you will write your dream on the day of the New Moon.

On the last day of the Old Moon, keep Pisces' motto in your heart.

"Believe," and dream your new dream.

Auntie Moon

About CJ Wright

CJ Wright is the creator of Auntie Moon, an astrology and tarot website she founded in 2009.

Her work explores the rhythms of the Moon and the ways astrology can become part of everyday life. Through lunar guides, creative exercises, and New Moon workbooks, she encourages readers to develop their own meaningful practices—without turning them into chores.

A former playwright and women's Moon circle leader, CJ believes that imagination, curiosity, and practical application—with a touch of magic—can make the ordinary extraordinary.

Visit her online at www.auntiemoon.com.

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