



I am wild.
I am free.
I leave behind
what no longer serves me.

Journal prompts blessed by the Wolf Moon



1) WHAT PARTS OF YOUR LIFE ARE CALLING FOR A TRANSFORMATION?



2) HOW DO YOU SUPPORT YOUR COMMUNITY OR "PACK," AND WHAT LESSONS CAN YOU LEARN FROM THESE CONNECTIONS?

3) WHAT PATTERNS, HABITS, OR THOUGHTS NO LONGER SERVE YOU?



4) WHAT ACTIONS CAN YOU TAKE NOW TO MOVE CLOSER TO YOUR GOALS?



5) WHAT ARE YOU DOING TO NURTURE YOURSELF? ARE YOU CREATING TIME AND SPACE IN YOUR DAILY LIFE FOR ACTIVITIES THAT BRING YOU JOY?



6) WHERE DO YOU FEEL MOST WILD AND FREE? HOW CAN YOU CREATE MORE SPACE FOR THAT FEELING IN YOUR DAILY LIFE?



7) WHO OR WHAT HAS BEEN YOUR GUIDING LIGHT RECENTLY? HOW CAN YOU SHOW APPRECIATION FOR THEIR PRESENCE IN YOUR LIFE?



Wolf Moon Affirmations



- I HONOR MY WILD HEART AND EMBRACE MY FREE SPIRIT.
- I TRUST MY INNER VOICE TO LEAD ME TOWARDS WHAT IS TRUE AND RIGHT FOR ME.
- EACH STEP I TAKE LEADS ME CLOSER TO MY MOST AUTHENTIC SELF.
- I AM CONNECTED TO THE RHYTHMS OF NATURE, FINDING BALANCE AND PEACE IN ITS CYCLES.
- TRANSFORMATION BEGINS WITHIN ME, AND I WELCOME IT WITH COURAGE.
- I HOWL MY TRUTH INTO THE NIGHT, KNOWING MY VOICE MATTERS.