If you’re reading this, you’re probably ready for a fresh start. You’re at the right place. The best time to create a new beginning is during a New Moon. The Universe operates on cycles, and New Moons occur approximately every 29 days. During this Lunar Phase, you’re given a spiritual clean slate on which to imprint the new reality that you’re ready to create in your life. New Moon energy lasts for approximately 10 days, and with each passing day the energy starts to wane. That’s why it’s important to make time in your life to set your intentions as close to the specific date of the New Moon as possible. Once you’ve set your intentions, you should return to them as much as possible within the span of those 10 days (and beyond), and dedicate yourself to their manifestation. This New Moon Intentions Guide serves as a reference point and inspiration for New Moon rituals. You can create any ritual you so choose — this is meant to help inspire you, but you’re the one who ultimately knows how to best manifest your dream life. I hope you enjoy this guide. Have fun!

1) **New Moon Journal:** Begin by finding a New Moon journal for yourself. Ideally, it would be a journal that you only dedicate to your New Moon rituals and nothing else. That way, you’ll be showing the Universe that you’re making room for your dreams and intentions, and it won’t be crowded with all the other thoughts or priorities you have in your mind. On the first page of the journal, write down a strong affirmation listing the purpose of the journal. For example, “I dedicate this journal to my monthly New Moon intentions. I will plant seeds of intent and purpose in this journal, and refer to it frequently, through the lens of love and light.”

2) **Reflection:** Find a quiet space and time during your day to begin writing down your New Moon intentions. Make sure you’re properly nourished and hydrated so that you can feel good while writing them. The Universe operates on vibration and energy. The definition of energy is “emotion in motion”, so you’ll want to make sure that your emotions are vibrating at a high frequency — that’s what the Universe will respond to. You could be writing down the most positive affirmations that sound or look really good, but if you’re at a low-vibration or frequency when you’re writing them, they won’t be as effective. So avoid distractions or environments where your energy is too stirred or disturbed, and only begin writing down your intentions when you feel grounded and centered.
3) **Visualization:** Close your eyes and take many deep breaths. It’s time to visualize. Before writing down your intentions, you’ll want to ask yourself why you’re ready to create this new reality. It’s not enough to say “I’m tired of my life right now”, or “I want a new job/relationship/social life”. You have to connect with the feeling of why this change that you’re after is so important. What will your ideal life bring into your life? For example, if you’d like to manifest a more flexible and prosperous career, envision what you’d specifically be doing with the free time and additional resources this career would give you. Would you be on the beach drinking your favorite cocktail? Traveling the world with your best friends? Starting your own side hustle? Connect with that vision. See the details. Envision what you’re wearing, who you’re surrounded by, where you’re traveling. Imagine that it’s a movie that you’re creating in your brain. Guess what? It really is. You are the director, screenwriter, and star of your own life.

4) **Intentions:** That brings us to the fourth step of the New Moon Ritual: the intention writing process. Now that you’ve successfully raised your vibration and connected with your why, you’ll be in the right spiritual and mental head space to start creating your magic! Begin by freely writing down in the present tense where you see yourself six months from now, at the corresponding Full Moon. For example, “I am on a beach in Costa Rica with my best friends. I have just signed a lucrative contract with my dream company ______________. They are letting me work remotely and I can set my own hours. I check my bank account and I have $________ [insert the specific amount of money you’d like to attract]. My family members are healthy, radiant, and loving.” This is just an example. Only you know what you’d like to visualize and attract. You can start at any place you’d like. The more specific you can be during this process, the better. Make sure to write your intentions in the present moment, because you’ll be writing your life into existence. After your free-form intention settings, you can navigate into a more structured list if you so choose, in which you list ten priorities that you’d like to focus on during these next six months. During the 10 days that follow the New Moon, be sure to plan a seed for each of those priorities, and continue to go back to them throughout the course of the six months. For example your intention list make look like:

- Create my wedding website by [insert date here]
- Apply for scholarship by [insert date here]
- Look up traveling fellowships and apply for them by [insert date here]
- Start a yoga class with an accountability buddy at [insert location here]
- Register for a money management program and begin saving this month
Once again, these are just examples, and the more specific you get, the better. During the 10 days that follow the New Moon, put a check mark near the tasks that you have planted seeds for. Remember that you don’t have to complete everything in the 10 days — you have six months for the New Moon energy to fully bloom and be complete, but you will want to have started the process in order to maximize your chances of manifesting what you desire.

5) **Release:** The fifth and final step of this New Moon Intention ritual is to seal your intentions with positive energy. You have told the Universe what you desire, shown the Universe the steps you plan to take to manifest your desires, and now all you must do (on top of regularly reading your intentions and following through on your action items) is trust the process. Seal your intentions by writing something along the words of, “I ask the Universe for this or better. All of my intentions serve my highest good. And so it is.” The definition of “abracadabra” is “and so it is”. So by following these steps and writing down these intentions, you are literally being the magician of your own life. It’s quite powerful, and it’s life-changing. Surrender to the synchronicity that will take place once you’ve completed this New Moon ritual. Be loving to yourself and be aware of how your life starts to shift due to this loving gift that you’ve given yourself. **Be ready to receive.**

**Happy New Moon!** You can return to this guide as often as you’d like during each New Moon. Want detailed astrological insights each month? [Sign up for your monthly forecast here.](#)

**Have fun creating the life of your dreams!**