December Overview

What boundaries will you set for yourself this month?

List three ways that you can carve out time for self-care:

1

2

3

What intentions do you have this month? What milestones are you focusing on?

What habits do you want to cultivate this month? Are there any barriers?

Habit Tracker:

M	T	W	T	F	S	S

Frequency:

- [ ] 1x a week
- [ ] 2x a week
- [ ] 3x a week
- [ ] 4x a week
- [ ] 5x a week
- [ ] 6x a week
- [ ] 7x a week

Reward:

December 2026

MON	TUE	WED
30	1	2
7	8 New Moon	9
14	15	16 First Quarter
21	22	23 Full Moon
28	29	30 Third Quarter
4	5	6

The Beginning of Health and Fitness Section

WELLNESS TIP

When making a choice, ask: "Which option feels more like 'me' at my most authentic?"

THU	FRI	SAT	SUN
3	4	5	6
10	11	12	13
17	18	19	20
24	25 Christmas Day	26	27
31 New Year's Eve	1	2	3
7	8	9	10

Nov 30 - Dec 6

30 MON	
1 TUE	
2 WED	
3 THU	
4 FRI	
5 SAT	
6 SUN	

Dec 7 - Dec 13

7 MON

8 TUE

9 WED

10 THU

11 FRI

12 SAT

13 SUN

Tue: ● New Moon

Dec 14 - Dec 20

14 MON

15 TUE

16 WED

17 THU

18 FRI

19 SAT

20 SUN

Wed: First Quarter

Dec 21 - Dec 27

21 MON

22 TUE

23 WED

24 THU

25 FRI

26 SAT

27 SUN

Wed: ○ Full Moon Fri: Christmas Day

Dec 28 - Jan 3

28 MON

29 TUE

30 WED

31 THU

1 FRI

2 SAT

3 SUN

Wed: ◑ Third Quarter Fri: New Year's Day

Nov 30 - Dec 6

M	T	W	T	F	S	S
30	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3
4	5	6	7	8	9	10

FOCUS

INTENTIONS

TO-DO

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30 MON	1 TUE	2 WED
6	6	6
7	7	7
8	8	8
9	9	9
10	10	10
11	11	11
12	12	12
1	1	1
2	2	2
3	3	3
4	4	4
5	5	5
6	6	6
7	7	7
8	8	8
9	9	9
10	10	10
♡	♡	♡

3 THU	4 FRI	5 SAT	6 SUN
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
1	1	1	1
2	2	2	2
3	3	3	3
4	4	4	4
5	5	5	5
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
♡	♡	♡	♡

Dec 7 - Dec 13

M	T	W	T	F	S	S
30	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3
4	5	6	7	8	9	10

FOCUS

INTENTIONS

TO-DO

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New Moon

7 MON	8 TUE	9 WED
6	6	6
7	7	7
8	8	8
9	9	9
10	10	10
11	11	11
12	12	12
1	1	1
2	2	2
3	3	3
4	4	4
5	5	5
6	6	6
7	7	7
8	8	8
9	9	9
10	10	10
♡	♡	♡

10 THU	11 FRI	12 SAT	13 SUN
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
1	1	1	1
2	2	2	2
3	3	3	3
4	4	4	4
5	5	5	5
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
♡	♡	♡	♡

First Quarter

Dec 14 - Dec 20

M	T	W	T	F	S	S
30	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3
4	5	6	7	8	9	10

FOCUS

INTENTIONS

TO-DO

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14 MON	15 TUE	16 WED
6	6	6
7	7	7
8	8	8
9	9	9
10	10	10
11	11	11
12	12	12
1	1	1
2	2	2
3	3	3
4	4	4
5	5	5
6	6	6
7	7	7
8	8	8
9	9	9
10	10	10
♡	♡	♡

17 THU	18 FRI	19 SAT	20 SUN
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
1	1	1	1
2	2	2	2
3	3	3	3
4	4	4	4
5	5	5	5
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
♡	♡	♡	♡

Dec 21 - Dec 27

M	T	W	T	F	S	S
30	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3
4	5	6	7	8	9	10

FOCUS

INTENTIONS

TO-DO

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Full Moon

21 MON	22 TUE	23 WED
6	6	6
7	7	7
8	8	8
9	9	9
10	10	10
11	11	11
12	12	12
1	1	1
2	2	2
3	3	3
4	4	4
5	5	5
6	6	6
7	7	7
8	8	8
9	9	9
10	10	10
♡	♡	♡

Christmas Day

24 THU	25 FRI	26 SAT	27 SUN
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
1	1	1	1
2	2	2	2
3	3	3	3
4	4	4	4
5	5	5	5
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
♡	♡	♡	♡

Dec 28 - Jan 3

M	T	W	T	F	S	S
30	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3
4	5	6	7	8	9	10

FOCUS

INTENTIONS

TO-DO

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28 MON	29 TUE	30 WED
6	6	6
7	7	7
8	8	8
9	9	9
10	10	10
11	11	11
12	12	12
1	1	1
2	2	2
3	3	3
4	4	4
5	5	5
6	6	6
7	7	7
8	8	8
9	9	9
10	10	10
♡	♡	♡

New Year's Day

31 THU	1 FRI	2 SAT	3 SUN
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
1	1	1	1
2	2	2	2
3	3	3	3
4	4	4	4
5	5	5	5
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
♡	♡	♡	♡

Nov 30 - Dec 6

M	T	W	T	F	S	S
30	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3
4	5	6	7	8	9	10

FOCUS

INTENTIONS

TO-DO

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30 MON	1 TUE	2 WED
6	6	6
7	7	7
8	8	8
9	9	9
10	10	10
11	11	11
12	12	12
1	1	1
2	2	2
3	3	3
4	4	4
5	5	5
6	6	6
7	7	7
8	8	8
9	9	9
10	10	10
♡	♡	♡

3 THU	4 FRI	5 SAT	6 SUN
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
1	1	1	1
2	2	2	2
3	3	3	3
4	4	4	4
5	5	5	5
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
♡	♡	♡	♡

Dec 7 - Dec 13

M	T	W	T	F	S	S
30	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3
4	5	6	7	8	9	10

FOCUS

INTENTIONS

TO-DO

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New Moon

7 MON	8 TUE	9 WED
6	6	6
7	7	7
8	8	8
9	9	9
10	10	10
11	11	11
12	12	12
1	1	1
2	2	2
3	3	3
4	4	4
5	5	5
6	6	6
7	7	7
8	8	8
9	9	9
10	10	10
♡	♡	♡

10 THU	11 FRI	12 SAT	13 SUN
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
1	1	1	1
2	2	2	2
3	3	3	3
4	4	4	4
5	5	5	5
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
♡	♡	♡	♡

First Quarter

Dec 14 - Dec 20

M	T	W	T	F	S	S
30	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3
4	5	6	7	8	9	10

FOCUS

INTENTIONS

TO-DO

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14 MON	15 TUE	16 WED
6	6	6
7	7	7
8	8	8
9	9	9
10	10	10
11	11	11
12	12	12
1	1	1
2	2	2
3	3	3
4	4	4
5	5	5
6	6	6
7	7	7
8	8	8
9	9	9
10	10	10
♡	♡	♡

17 THU	18 FRI	19 SAT	20 SUN
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
1	1	1	1
2	2	2	2
3	3	3	3
4	4	4	4
5	5	5	5
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
♡	♡	♡	♡

Dec 21 - Dec 27

M	T	W	T	F	S	S
30	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3
4	5	6	7	8	9	10

FOCUS

INTENTIONS

TO-DO

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Full Moon

21 MON	22 TUE	23 WED
6	6	6
7	7	7
8	8	8
9	9	9
10	10	10
11	11	11
12	12	12
1	1	1
2	2	2
3	3	3
4	4	4
5	5	5
6	6	6
7	7	7
8	8	8
9	9	9
10	10	10
♡	♡	♡

Christmas Day

24 THU	25 FRI	26 SAT	27 SUN
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
1	1	1	1
2	2	2	2
3	3	3	3
4	4	4	4
5	5	5	5
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
♡	♡	♡	♡

Dec 28 - Jan 3

M	T	W	T	F	S	S
30	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3
4	5	6	7	8	9	10

FOCUS

INTENTIONS

TO-DO

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28 MON	29 TUE	30 WED
6	6	6
7	7	7
8	8	8
9	9	9
10	10	10
11	11	11
12	12	12
1	1	1
2	2	2
3	3	3
4	4	4
5	5	5
6	6	6
7	7	7
8	8	8
9	9	9
10	10	10
♡	♡	♡

New Year's Day

31 THU	1 FRI	2 SAT	3 SUN
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
1	1	1	1
2	2	2	2
3	3	3	3
4	4	4	4
5	5	5	5
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
♡	♡	♡	♡

WELLNESS TIP

Pay attention to how different kinds of light affect your energy and mood throughout the day.

WELLNESS TIP

Pay attention to how different kinds of light affect your energy and mood throughout the day.

December 2026

MON	TUE	WED
30	1	2
7	8 New Moon	9
14	15	16 First Quarter
21	22	23 Full Moon
28	29	30 Third Quarter
4	5	6

The Beginning of Hobbies and Entertainment Section

WELLNESS TIP

When making a choice, ask: "Which option feels more like 'me' at my most authentic?"

THU	FRI	SAT	SUN
3	4	5	6
10	11	12	13
17	18	19	20
24	25 Christmas Day	26	27
31 New Year's Eve	1	2	3
7	8	9	10

December 2026

MON	TUE	WED
30	1	2
7	8 New Moon	9
14	15	16 First Quarter
21	22	23 Full Moon
28	29	30 Third Quarter
4	5	6

WELLNESS TIP

When making a choice, ask: "Which option feels more like 'me' at my most authentic?"

THU	FRI	SAT	SUN
3	4	5	6
10	11	12	13
17	18	19	20
24	25 Christmas Day	26	27
31 New Year's Eve	1	2	3
7	8	9	10

Nov 30 - Dec 6

M	T	W	T	F	S	S
30	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3
4	5	6	7	8	9	10

FOCUS

INTENTIONS

TO-DO

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30 MON	1 TUE	2 WED
6	6	6
7	7	7
8	8	8
9	9	9
10	10	10
11	11	11
12	12	12
1	1	1
2	2	2
3	3	3
4	4	4
5	5	5
6	6	6
7	7	7
8	8	8
9	9	9
10	10	10
♡	♡	♡

3 THU	4 FRI	5 SAT	6 SUN
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
1	1	1	1
2	2	2	2
3	3	3	3
4	4	4	4
5	5	5	5
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
♡	♡	♡	♡

Dec 7 - Dec 13

M	T	W	T	F	S	S
30	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3
4	5	6	7	8	9	10

FOCUS

INTENTIONS

TO-DO

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New Moon

7 MON	8 TUE	9 WED
6	6	6
7	7	7
8	8	8
9	9	9
10	10	10
11	11	11
12	12	12
1	1	1
2	2	2
3	3	3
4	4	4
5	5	5
6	6	6
7	7	7
8	8	8
9	9	9
10	10	10
♡	♡	♡

10 THU	11 FRI	12 SAT	13 SUN
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
1	1	1	1
2	2	2	2
3	3	3	3
4	4	4	4
5	5	5	5
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
♡	♡	♡	♡

First Quarter

Dec 14 - Dec 20

M	T	W	T	F	S	S
30	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3
4	5	6	7	8	9	10

FOCUS

INTENTIONS

TO-DO

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14 MON	15 TUE	16 WED
6	6	6
7	7	7
8	8	8
9	9	9
10	10	10
11	11	11
12	12	12
1	1	1
2	2	2
3	3	3
4	4	4
5	5	5
6	6	6
7	7	7
8	8	8
9	9	9
10	10	10
♡	♡	♡

17 THU	18 FRI	19 SAT	20 SUN
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
1	1	1	1
2	2	2	2
3	3	3	3
4	4	4	4
5	5	5	5
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
♡	♡	♡	♡

Dec 21 - Dec 27

M	T	W	T	F	S	S
30	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3
4	5	6	7	8	9	10

FOCUS

INTENTIONS

TO-DO

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Full Moon

21 MON	22 TUE	23 WED
6	6	6
7	7	7
8	8	8
9	9	9
10	10	10
11	11	11
12	12	12
1	1	1
2	2	2
3	3	3
4	4	4
5	5	5
6	6	6
7	7	7
8	8	8
9	9	9
10	10	10
♡	♡	♡

Christmas Day

24 THU	25 FRI	26 SAT	27 SUN
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
1	1	1	1
2	2	2	2
3	3	3	3
4	4	4	4
5	5	5	5
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
♡	♡	♡	♡

Dec 28 - Jan 3

M	T	W	T	F	S	S
30	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3
4	5	6	7	8	9	10

FOCUS

INTENTIONS

TO-DO

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28 MON	29 TUE	30 WED
6	6	6
7	7	7
8	8	8
9	9	9
10	10	10
11	11	11
12	12	12
1	1	1
2	2	2
3	3	3
4	4	4
5	5	5
6	6	6
7	7	7
8	8	8
9	9	9
10	10	10
♡	♡	♡

New Year's Day

31 THU	1 FRI	2 SAT	3 SUN
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
1	1	1	1
2	2	2	2
3	3	3	3
4	4	4	4
5	5	5	5
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
♡	♡	♡	♡

WELLNESS TIP

Pay attention to how different kinds of light affect your energy and mood throughout the day.

WELLNESS TIP

Pay attention to how different kinds of light affect your energy and mood throughout the day.

December 2026

MON	TUE	WED
30	1	2
7	8 New Moon	9
14	15	16 First Quarter
21	22	23 Full Moon
28	29	30 Third Quarter
4	5	6

Work and Personal Month Overview Calendar

WELLNESS TIP

When making a choice, ask: "Which option feels more like 'me' at my most authentic?"

THU	FRI	SAT	SUN
3	4	5	6
10	11	12	13
17	18	19	20
24	25 Christmas Day	26	27
31 New Year's Eve	1	2	3
7	8	9	10

Nov 30 - Dec 6

M	T	W	T	F	S	S
30	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3
4	5	6	7	8	9	10

FOCUS

INTENTIONS

TO-DO

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- ♡

30 MON	1 TUE	2 WED
6	6	6
7	7	7
8	8	8
9	9	9
10	10	10
11	11	11
12	12	12
1	1	1
2	2	2
3	3	3
4	4	4
5	5	5
6	6	6
7	7	7
8	8	8
9	9	9
10	10	10
♡	♡	♡

The Beginning of Work Section

3 THU	4 FRI	5 SAT	6 SUN
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
1	1	1	1
2	2	2	2
3	3	3	3
4	4	4	4
5	5	5	5
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
♡	♡	♡	♡

Dec 7 - Dec 13

M	T	W	T	F	S	S
30	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3
4	5	6	7	8	9	10

FOCUS

INTENTIONS

TO-DO

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New Moon

7 MON	8 TUE	9 WED
6	6	6
7	7	7
8	8	8
9	9	9
10	10	10
11	11	11
12	12	12
1	1	1
2	2	2
3	3	3
4	4	4
5	5	5
6	6	6
7	7	7
8	8	8
9	9	9
10	10	10
♡	♡	♡

10 THU	11 FRI	12 SAT	13 SUN
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
1	1	1	1
2	2	2	2
3	3	3	3
4	4	4	4
5	5	5	5
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
♡	♡	♡	♡

First Quarter

Dec 14 - Dec 20

M	T	W	T	F	S	S
30	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3
4	5	6	7	8	9	10

FOCUS

INTENTIONS

TO-DO

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14 MON	15 TUE	16 WED
6	6	6
7	7	7
8	8	8
9	9	9
10	10	10
11	11	11
12	12	12
1	1	1
2	2	2
3	3	3
4	4	4
5	5	5
6	6	6
7	7	7
8	8	8
9	9	9
10	10	10
♡	♡	♡

17 THU	18 FRI	19 SAT	20 SUN
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
1	1	1	1
2	2	2	2
3	3	3	3
4	4	4	4
5	5	5	5
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
♡	♡	♡	♡

Dec 21 - Dec 27

M	T	W	T	F	S	S
30	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3
4	5	6	7	8	9	10

FOCUS

INTENTIONS

TO-DO

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Full Moon

21 MON	22 TUE	23 WED
6	6	6
7	7	7
8	8	8
9	9	9
10	10	10
11	11	11
12	12	12
1	1	1
2	2	2
3	3	3
4	4	4
5	5	5
6	6	6
7	7	7
8	8	8
9	9	9
10	10	10
♡	♡	♡

Christmas Day

24 THU	25 FRI	26 SAT	27 SUN
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
1	1	1	1
2	2	2	2
3	3	3	3
4	4	4	4
5	5	5	5
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
♡	♡	♡	♡

Dec 28 - Jan 3

M	T	W	T	F	S	S
30	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3
4	5	6	7	8	9	10

FOCUS

INTENTIONS

TO-DO

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28 MON	29 TUE	30 WED
6	6	6
7	7	7
8	8	8
9	9	9
10	10	10
11	11	11
12	12	12
1	1	1
2	2	2
3	3	3
4	4	4
5	5	5
6	6	6
7	7	7
8	8	8
9	9	9
10	10	10
♡	♡	♡

New Year's Day

31 THU	1 FRI	2 SAT	3 SUN
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
1	1	1	1
2	2	2	2
3	3	3	3
4	4	4	4
5	5	5	5
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
♡	♡	♡	♡

Monday, November 30th

Third Quarter

FOCUS

INTENTIONS

SCHEDULE

TODAY

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12
1
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♡

Tuesday, December 1st

Waning Crescent

FOCUS	INTENTIONS

SCHEDULE	TODAY
5	☐
6	☐
7	☐
8	☐
9	☐
10	☐
11	☐
12	☐
1	☐
2	☐
3	☐
4	☐
5	☐
6	☐
7	☐
8	☐
9	☐
10	☐
11	☐
♡	☐

Wednesday, December 2nd

Waning Crescent

FOCUS

INTENTIONS

SCHEDULE

TODAY

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♡

Thursday, December 3rd

Waning Crescent

FOCUS	INTENTIONS

SCHEDULE	TODAY
5	☐
6	☐
7	☐
8	☐
9	☐
10	☐
11	☐
12	☐
1	☐
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3	☐
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6	☐
7	☐
8	☐
9	☐
10	☐
11	☐
♡	☐

Friday, December 4th

Waning Crescent

FOCUS	INTENTIONS

SCHEDULE	TODAY
5	☐
6	☐
7	☐
8	☐
9	☐
10	☐
11	☐
12	☐
1	☐
2	☐
3	☐
4	☐
5	☐
6	☐
7	☐
8	☐
9	☐
10	☐
11	☐
♡	☐

Saturday, December 5th

Waning Crescent

FOCUS	INTENTIONS

SCHEDULE	TODAY
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♡	

Sunday, December 6th

Waning Crescent

FOCUS	INTENTIONS

SCHEDULE	TODAY
5	☐
6	☐
7	☐
8	☐
9	☐
10	☐
11	☐
12	☐
1	☐
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3	☐
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7	☐
8	☐
9	☐
10	☐
11	☐
♡	☐

Monday, December 7th

Waning Crescent

FOCUS	INTENTIONS

SCHEDULE	TODAY
5	☐
6	☐
7	☐
8	☐
9	☐
10	☐
11	☐
12	☐
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♡	☐

Tuesday, December 8th

New Moon

FOCUS

INTENTIONS

SCHEDULE

TODAY

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♡

Wednesday, December 9th

Waxing Crescent

FOCUS	INTENTIONS

SCHEDULE	TODAY
5	☐
6	☐
7	☐
8	☐
9	☐
10	☐
11	☐
12	☐
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6	☐
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8	☐
9	☐
10	☐
11	☐
♡	☐

Thursday, December 10th

Waxing Crescent

FOCUS

INTENTIONS

SCHEDULE

TODAY

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♡

Friday, December 11th

Waxing Crescent

FOCUS	INTENTIONS

SCHEDULE	TODAY
5	☐
6	☐
7	☐
8	☐
9	☐
10	☐
11	☐
12	☐
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3	☐
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6	☐
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10	☐
11	☐
♡	☐

Saturday, December 12th

Waxing Crescent

FOCUS

INTENTIONS

SCHEDULE

TODAY

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♡

Sunday, December 13th

Waxing Crescent

FOCUS

INTENTIONS

SCHEDULE

TODAY

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♡

Monday, December 14th

Waxing Crescent

FOCUS

INTENTIONS

SCHEDULE

TODAY

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♡

Tuesday, December 15th

Waxing Crescent

FOCUS

INTENTIONS

SCHEDULE

TODAY

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♡

Wednesday, December 16th

First Quarter

FOCUS

INTENTIONS

SCHEDULE

TODAY

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12
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7
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♡

Thursday, December 17th

Waxing Gibbous

FOCUS

INTENTIONS

SCHEDULE

TODAY

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♡

Friday, December 18th

Waxing Gibbous

FOCUS

INTENTIONS

SCHEDULE

TODAY

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12
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♡

Saturday, December 19th

Waxing Gibbous

FOCUS

INTENTIONS

SCHEDULE

TODAY

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11
12
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6
7
8
9
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♡

Sunday, December 20th

Waxing Gibbous

FOCUS

INTENTIONS

SCHEDULE

TODAY

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12
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7
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11
♡

Monday, December 21st

Waxing Gibbous

FOCUS	INTENTIONS

SCHEDULE	TODAY
5	
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12	
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♡	

Tuesday, December 22nd

Waxing Gibbous

FOCUS

INTENTIONS

SCHEDULE

TODAY

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12
1
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5
6
7
8
9
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11
♡

Wednesday, December 23rd

Full Moon

FOCUS	INTENTIONS

SCHEDULE	TODAY
5	
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12	
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♡	

Thursday, December 24th

Waning Gibbous

FOCUS

INTENTIONS

SCHEDULE

TODAY

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♡

Friday, December 25th

○ Christmas Day

FOCUS	INTENTIONS

SCHEDULE	TODAY
5	☐
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7	☐
8	☐
9	☐
10	☐
11	☐
12	☐
1	☐
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3	☐
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5	☐
6	☐
7	☐
8	☐
9	☐
10	☐
11	☐
♡	☐

Saturday, December 26th

Waning Gibbous

FOCUS

INTENTIONS

SCHEDULE

TODAY

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12
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5
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7
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♡

Sunday, December 27th

Waning Gibbous

FOCUS	INTENTIONS

SCHEDULE	TODAY
5	
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11	
12	
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♡	

Monday, December 28th

Waning Gibbous

FOCUS

INTENTIONS

SCHEDULE

TODAY

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♡

Tuesday, December 29th

Waning Gibbous

FOCUS	INTENTIONS

SCHEDULE	TODAY
5	☐
6	☐
7	☐
8	☐
9	☐
10	☐
11	☐
12	☐
1	☐
2	☐
3	☐
4	☐
5	☐
6	☐
7	☐
8	☐
9	☐
10	☐
11	☐
♡	☐

Wednesday, December 30th

Third Quarter

FOCUS

INTENTIONS

SCHEDULE

TODAY

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12
1
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4
5
6
7
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11
♡

Thursday, December 31st

Waning Crescent

FOCUS	INTENTIONS

SCHEDULE	TODAY
5	☐
6	☐
7	☐
8	☐
9	☐
10	☐
11	☐
12	☐
1	☐
2	☐
3	☐
4	☐
5	☐
6	☐
7	☐
8	☐
9	☐
10	☐
11	☐
♡	☐

Friday, January 1st 2027

New Year's Day

FOCUS	INTENTIONS

SCHEDULE	TODAY
5	
6	
7	
8	
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11	
12	
1	
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4	
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7	
8	
9	
10	
11	
♡	

Saturday, January 2nd

Waning Crescent

FOCUS	INTENTIONS

SCHEDULE	TODAY
5	
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11	
12	
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7	
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♡	

Sunday, January 3rd

Waning Crescent

FOCUS

INTENTIONS

SCHEDULE

TODAY

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12
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3
4
5
6
7
8
9
10
11
♡

Nov 30 - Dec 6

M	T	W	T	F	S	S
30	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3
4	5	6	7	8	9	10

FOCUS

INTENTIONS

TO-DO

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30 MON	1 TUE	2 WED
6	6	6
7	7	7
8	8	8
9	9	9
10	10	10
11	11	11
12	12	12
1	1	1
2	2	2
3	3	3
4	4	4
5	5	5
6	6	6
7	7	7
8	8	8
9	9	9
10	10	10
♡	♡	♡

The Beginning of Personal Section

3 THU	4 FRI	5 SAT	6 SUN
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
1	1	1	1
2	2	2	2
3	3	3	3
4	4	4	4
5	5	5	5
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
♡	♡	♡	♡

Dec 7 - Dec 13

M	T	W	T	F	S	S
30	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3
4	5	6	7	8	9	10

FOCUS

INTENTIONS

TO-DO

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New Moon

7 MON	8 TUE	9 WED
6	6	6
7	7	7
8	8	8
9	9	9
10	10	10
11	11	11
12	12	12
1	1	1
2	2	2
3	3	3
4	4	4
5	5	5
6	6	6
7	7	7
8	8	8
9	9	9
10	10	10
♡	♡	♡

10 THU	11 FRI	12 SAT	13 SUN
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
1	1	1	1
2	2	2	2
3	3	3	3
4	4	4	4
5	5	5	5
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
♡	♡	♡	♡

First Quarter

Dec 14 - Dec 20

M	T	W	T	F	S	S
30	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3
4	5	6	7	8	9	10

FOCUS

INTENTIONS

TO-DO

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14 MON	15 TUE	16 WED
6	6	6
7	7	7
8	8	8
9	9	9
10	10	10
11	11	11
12	12	12
1	1	1
2	2	2
3	3	3
4	4	4
5	5	5
6	6	6
7	7	7
8	8	8
9	9	9
10	10	10
♡	♡	♡

17 THU	18 FRI	19 SAT	20 SUN
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
1	1	1	1
2	2	2	2
3	3	3	3
4	4	4	4
5	5	5	5
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
♡	♡	♡	♡

Dec 21 - Dec 27

M	T	W	T	F	S	S
30	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3
4	5	6	7	8	9	10

FOCUS

INTENTIONS

TO-DO

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Full Moon

21 MON	22 TUE	23 WED
6	6	6
7	7	7
8	8	8
9	9	9
10	10	10
11	11	11
12	12	12
1	1	1
2	2	2
3	3	3
4	4	4
5	5	5
6	6	6
7	7	7
8	8	8
9	9	9
10	10	10
♡	♡	♡

Christmas Day

24 THU	25 FRI	26 SAT	27 SUN
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
1	1	1	1
2	2	2	2
3	3	3	3
4	4	4	4
5	5	5	5
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
♡	♡	♡	♡

Dec 28 - Jan 3

M	T	W	T	F	S	S
30	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3
4	5	6	7	8	9	10

FOCUS

INTENTIONS

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28 MON	29 TUE	30 WED
6	6	6
7	7	7
8	8	8
9	9	9
10	10	10
11	11	11
12	12	12
1	1	1
2	2	2
3	3	3
4	4	4
5	5	5
6	6	6
7	7	7
8	8	8
9	9	9
10	10	10
♡	♡	♡

New Year's Day

31 THU	1 FRI	2 SAT	3 SUN
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
1	1	1	1
2	2	2	2
3	3	3	3
4	4	4	4
5	5	5	5
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
♡	♡	♡	♡

Nov 30 - Dec 6

30 MON	
1 TUE	
2 WED	
3 THU	
4 FRI	
5 SAT	
6 SUN	

Dec 7 - Dec 13

7 MON

8 TUE

9 WED

10 THU

11 FRI

12 SAT

13 SUN

Tue: ● New Moon

Dec 14 - Dec 20

14 MON

15 TUE

16 WED

17 THU

18 FRI

19 SAT

20 SUN

Wed: First Quarter

Dec 21 - Dec 27

21 MON

22 TUE

23 WED

24 THU

25 FRI

26 SAT

27 SUN

Wed: ○ Full Moon Fri: Christmas Day

Dec 28 - Jan 3

28 MON

29 TUE

30 WED

31 THU

1 FRI

2 SAT

3 SUN

Wed: ◑ Third Quarter Fri: New Year's Day

Monday, November 30th

Third Quarter

FOCUS

INTENTIONS

SCHEDULE

TODAY

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Tuesday, December 1st

Waning Crescent

FOCUS	INTENTIONS

SCHEDULE	TODAY
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♡	☐

Wednesday, December 2nd

Waning Crescent

FOCUS

INTENTIONS

SCHEDULE

TODAY

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Thursday, December 3rd

Waning Crescent

FOCUS	INTENTIONS

SCHEDULE	TODAY
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10	☐
11	☐
♡	☐

Friday, December 4th

Waning Crescent

FOCUS	INTENTIONS

SCHEDULE	TODAY
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Saturday, December 5th

Waning Crescent

FOCUS	INTENTIONS

SCHEDULE	TODAY
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Sunday, December 6th

Waning Crescent

FOCUS	INTENTIONS

SCHEDULE	TODAY
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♡	☐

Monday, December 7th

Waning Crescent

FOCUS	INTENTIONS

SCHEDULE	TODAY
5	☐
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♡	☐

Tuesday, December 8th

New Moon

FOCUS

INTENTIONS

SCHEDULE

TODAY

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Wednesday, December 9th

Waxing Crescent

FOCUS	INTENTIONS

SCHEDULE	TODAY
5	☐
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8	☐
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12	☐
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♡	☐

Thursday, December 10th

Waxing Crescent

FOCUS

INTENTIONS

SCHEDULE

TODAY

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Friday, December 11th

Waxing Crescent

FOCUS	INTENTIONS

SCHEDULE	TODAY
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Saturday, December 12th

Waxing Crescent

FOCUS

INTENTIONS

SCHEDULE

TODAY

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Sunday, December 13th

Waxing Crescent

FOCUS

INTENTIONS

SCHEDULE

TODAY

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Monday, December 14th

Waxing Crescent

FOCUS

INTENTIONS

SCHEDULE

TODAY

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Tuesday, December 15th

Waxing Crescent

FOCUS

INTENTIONS

SCHEDULE

TODAY

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Wednesday, December 16th

First Quarter

FOCUS

INTENTIONS

SCHEDULE

TODAY

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Thursday, December 17th

Waxing Gibbous

FOCUS

INTENTIONS

SCHEDULE

TODAY

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Friday, December 18th

Waxing Gibbous

FOCUS

INTENTIONS

SCHEDULE

TODAY

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Saturday, December 19th

Waxing Gibbous

FOCUS

INTENTIONS

SCHEDULE

TODAY

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Sunday, December 20th

Waxing Gibbous

FOCUS

INTENTIONS

SCHEDULE

TODAY

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Monday, December 21st

Waxing Gibbous

FOCUS	INTENTIONS

SCHEDULE	TODAY
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Tuesday, December 22nd

Waxing Gibbous

FOCUS

INTENTIONS

SCHEDULE

TODAY

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Wednesday, December 23rd

Full Moon

FOCUS	INTENTIONS

SCHEDULE	TODAY
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Thursday, December 24th

Waning Gibbous

FOCUS

INTENTIONS

SCHEDULE

TODAY

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Friday, December 25th

○ Christmas Day

FOCUS	INTENTIONS

SCHEDULE	TODAY
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♡	☐

Saturday, December 26th

Waning Gibbous

FOCUS

INTENTIONS

SCHEDULE

TODAY

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Sunday, December 27th

Waning Gibbous

FOCUS	INTENTIONS

SCHEDULE	TODAY
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Monday, December 28th

Waning Gibbous

FOCUS

INTENTIONS

SCHEDULE

TODAY

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Tuesday, December 29th

Waning Gibbous

FOCUS	INTENTIONS

SCHEDULE	TODAY
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11	☐
♡	☐

Wednesday, December 30th

Third Quarter

FOCUS

INTENTIONS

SCHEDULE

TODAY

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Thursday, December 31st

Waning Crescent

FOCUS	INTENTIONS

SCHEDULE	TODAY
5	☐
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8	☐
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♡	☐

Friday, January 1st 2027

New Year's Day

FOCUS	INTENTIONS

SCHEDULE	TODAY
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Saturday, January 2nd

Waning Crescent

FOCUS	INTENTIONS

SCHEDULE	TODAY
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Sunday, January 3rd

Waning Crescent

FOCUS

INTENTIONS

SCHEDULE

TODAY

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December Review

Write down three memorable moments this month:

1

2

3

What gave you energy this month? What drained you?

+

−

A lesson, thought, or growth moment from this month:

WELLNESS TIP

Pay attention to how different kinds of light affect your energy and mood throughout the day.