

# PHASES SELF-REFLECTION

New Moon/Menstruation is a quiet, intuitive time. This phase invites us to go inward and evaluate our purpose. It's a space for imagination and figuring out what we want. Is this an easy or difficult process for you? Why or why not?

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Waxing moon/Follicular phase is action-oriented and focused. There's a lot of drive in this phase to get things done, brainstorm, work hard. What are your strengths and weaknesses in this phase?

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Full Moon/Ovulation is a big, vibrant energy. It invites us to really step into our confidence, express ourselves to others, and socially connect. Do these skills come naturally for you? Or is this an area in which you could improve?

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Waning Moon/Luteal Phase is another slowing down phase. It invites us to tune into details, refine and complete, reflect and glean lessons from our experiences, it also encourages us to let go of things no longer serving us. This requires us to access and feel into our emotions. What are your strengths and weaknesses when it comes to these particular traits?

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