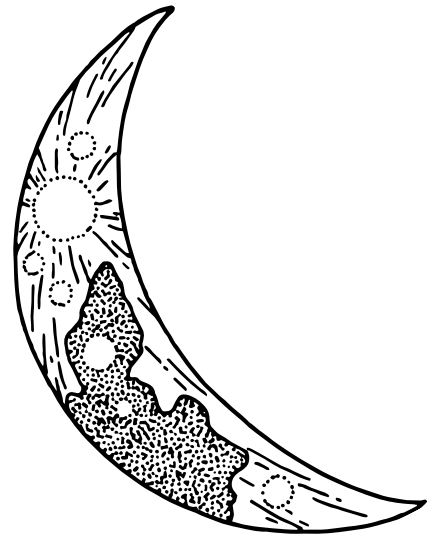


# How to use your worksheet...

MANIFESTING WITH A NEW MOON

*with charlie Edwards*



Working with the moon is super powerful and it doesn't have to be complicated. New Moons are for manifesting magic. This worksheet will explain how to complete your moon work with the new moon step by step. Let's dive right in.

1) What are you grateful for right now?  
What feels good?

Who do you appreciate about today?

What did you enjoy doing this week?

We want to get you into a high vibe space. A place of gratitude and positive thoughts. This shows the universe that you are already coming from a place of gratitude.

2) Recall One of the best of your life.

You need to really think about this, take your mind back. Feel it, focus on it, let it expand in your mind until you feel warm all over. Focus on the emotion and good vibes from that day.

3) Say the Affirmation out loud. It might feel silly, but it's all about intention. Plus by the time you have done it a few times, you'll be used to it.

4) Your manifesting list.

What do you want the universe to bring closer to you this month? How can the universe make life easier for you? What would make life better?

Go over this list and imagine would it would be like to have these things in the now.

5) - Take a quiet 10 minutes to focus on your breathing in silence

- Visualise your desires floating away towards creation.

- Say out loud or in your head

"This or something better & so it is"

- Then burn your list, and watch your requests float up to the universe.

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# New Moon Manifesting

DATE

♥ WHAT ARE YOU GRATEFUL FOR TODAY?

THANK YOU THANK YOU THANK YOU

- 1 .....
- 2 .....
- 3 .....
- 4 .....
- 5 .....
- 6 .....

RECALL ONE OF THE BEST DAYS OF YOUR LIFE...WHAT WAS IT LIKE? HOW DID IT FEEL?

" Dear Universe,  
I am ready to manifest more joy, love & abundance into this moment."

♥ MY MANIFEST LIST..

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visualize each of these and think about how it makes you feel.

Finally...

- Take a quiet 10 minutes to focus on your breathing in silence
  - Visualise your desires floating away towards creation.
  - Say out loud or in your head
- "This or something better & so it is"**
- Then burn your list, and watch your requests float up to the universe

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*Charlie xx*