



ZEN OASIS

— HEAL • GUIDE • TRANSFORM —

FULL MOON

Intention Sheet



Use this time to reflect, release and set intentions
that align with your highest good.



I AM GRATEFUL FOR...



WHAT I AM READY TO RELEASE...



LESSONS I HAVE LEARNED...



WHAT I WANT MORE OF...



MY INTENTION FOR THIS LUNAR CYCLE...



AFFIRMATIONS





I CHOOSE TO TRUST...



I release what no longer serves me.
I welcome peace, clarity and new beginnings.

