

# Visions From Avalon



# JOURNALING TEMPLATE

A MORNING RITUAL FOR CLARITY, HEALING + EMBODIMENT

## DATE, MOON PHASE, MOON SIGN

EX: 2/22/21 WAXING GIBBOUS IN CANCER

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## MOOD

HOW ARE YOU FEELING, REALLY?

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## ASTROLOGICAL TRANSITS

GO TO [ASTRO.COM](https://astro.com) TO GET YOUR FREE PERSONALIZED DAILY HOROSCOPE WITH TRANSITS

EX: MOON TRINE NEPTUNE, SUN IN 2ND, MERCURY OPPOSITE MARS, VENUS CONJUNCT URANUS

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## GRATITUDE LIST:

1. 

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2. 

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3. 

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4. 

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## TODAY'S INTENTION:

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## TO-DO LIST:

WHICH TASK WILL REALLY MOVE THE NEEDLE? DO THAT ONE FIRST.

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## POSITIVE AFFIRMATIONS:

WHAT WOULD YOU LIKE TO CALL IN?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

FEEL FREE TO BORROW SOME OF MY HIGH-VIBE FAVORITES FROM [THIS LIST](#) OF 101 AFFIRMATIONS.

## CURRENTLY READING:

**DREAM INTERPRETATION:** WRITE DOWN EACH OF THE SYMBOLS & WHAT THEY MEAN TO YOU

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

## OVERALL DREAM MEANING/SIGNIFICANCE:

## WHAT DO I NEED TODAY TO FEEL SUPPORTED?

EXAMPLE: MOVEMENT, AN EPSOM SALT BATH, RAW GREEN FOODS, ABHYANGA, MUSIC