



Soul-Based Action Plan Worksheet

Part One: Alignment and Support

Section A: ALIGNMENT STATEMENT

This is a statement of what you want that you are choosing to align with. To support manifestation, the alignment statement should be in the present tense, as if it has already happened.

Example 1: I feel good about my life and know I have used what I have to make a positive difference for myself, those I love, and the world around me.

Example 2: I am celebrating that I have lost X pounds and I feel healthy, light, and free.

My Alignment Statement:

Section B: LUNAR NODES

My South Lunar Node (karmic past) is in _____.

My habitual and comfortable pattern is to:

Some ways I find myself defaulting to that pattern are:

My North Lunar Node (evolutionary medicine) is in _____.

Even though it might feel uncomfortable, I need to step more into:

Some baby steps I can take to step into my evolutionary medicine are:



Section C: FOUR ELEMENTS

I will align with my alignment statement using the four elements in the following ways, especially focusing on _____ (the element of your North Lunar Node).

1. (Air) Aligned mindset is becoming aware of self-talk and noticing where our thoughts are not in alignment with what we desire.

When you notice thoughts that do not agree with your alignment statement, what will you do to remind yourself to align with thoughts that agree?

Examples:

“I know what I want, but I find a million ways to avoid making it happen” can switch to “I am ready to better understand what gets in my way so I can get back on track more quickly when I get distracted.”

“I fail whenever I try to lose weight” can switch to “I am open to learning what will help me lose weight.”

“The problems are too big to overcome” can become “I am willing to discover what I am capable of.”

What thoughts do you have that support manifesting your alignment statement? (such as “I am open to seeing how this can be done”)

What are some thoughts you might or sometimes have that are NOT in alignment with manifesting your alignment statement? (such as “this will never work”)

How will you check in every day to notice and shift your thinking to create more alignment? (such as starting a daily practice of checking in with your thoughts, placing a thought affirmation somewhere you will see it every day, or asking a friend to support you in choosing aligned thoughts.)

I commit to supporting myself in making the following mindset shifts in the coming month:



2. (Earth) Aligned self-care is the practice of attending to our own needs so we can be strong, be available to support those we love, and feel energized and capable of offering our authentic gifts. Does the way you take care of your body and your physical needs support you? Is it in alignment with your alignment statement?

Take a look at how you are currently caring for yourself in different areas of life.

Examples:

Look for ways to support yourself in getting more rest or down time, like turning off TV and computer earlier or reminding yourself to take breaks during the day.

Make small changes that help you integrate better nutrition, like adding greens to a meal or replacing junk food with a healthier choice.

Find some doable changes you can make that help you get more exercise, like parking farther away or finding a friend who will walk with you.

Prioritize creative time—time that is just for you to work on things that are fun and inspiring to you.

Make time for yoga, stretching, or deep breathing; even a few minutes can make a big difference.

What is working well for you in any of these areas? Celebrate how you already care for yourself!

What would you like to change in one or more of those areas? One area is enough. Make the changes small and doable. A little goes a long way.

I commit to supporting myself with the following self-care practice in the coming month:



3. (Fire) Aligned actions are the real-world steps we take to make things happen in the world. Aligned actions come from the passion, inner drive, and motivation that help us manifest what we want.

Choose actions that stretch you a bit, that take you a little outside your comfort zone. It isn't necessary to jump off a metaphorical cliff, just to demonstrate your willingness to do things that are in alignment with what you want.

Examples:

Make a list or a plan that you can review and update that reminds you of the actions you want to take.

Make a phone call or schedule a time to have an important conversation that you have been putting off.

Clean or organize your living or working space in a way that supports you to move forward.

Make a doable commitment to exercise and a plan for overcoming obstacles that will interfere.

Discuss your change plans with a friend and ask for their support.

What actions are you already doing that support manifesting your alignment statement?

What additional, bolder action steps will accelerate your manifestation, or at least help you learn what works and what doesn't?

How can you break those actions down into small, doable steps? Where can you start this month, this week, or today?

I commit to the following actions in the coming month:



4. (Water) Aligned feelings or vibrational alignment is a way of choosing qualities from the spiritual or energetic plane that support our intentions and remind us of the feeling of what we are aligning with. This can be anything that is meaningful to us that gives us strength during times of transformation.

Choose something that activates your senses and holds the feeling of what you want.

Examples:

Create a vision board with cut-out pictures and words.

Draw a picture of what you want or what it feels like to have it.

Buy or create an aromatherapy blend or flower essence that holds the qualities you are manifesting.

Research, buy, or find a rock or gemstone that feels special and holds the qualities you want.

Use regular prayer or written affirmations to invite in spiritual support.

Think about the qualities you want to bring in and choose something that holds the feeling of those qualities. Read or learn about the qualities of gemstones, essential oils, or flower essences and choose something that will support you as you learn to embody them more fully.

What are the qualities you want to bring in? (such as strength, clarity, abundance, nurturing, etc.)

What energetic support do you choose to help you manifest your alignment statement? (such as going to a gem shop or researching gems online and choosing a stone to wear or keep in your pocket, choosing a flower essence to use every day, etc.)

I commit to supporting myself with the following vibrational alignment to support my feelings in the coming month:



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Part Two: Manifesting with Moon Cycles

Section D: FROM NEW MOON TO FULL MOON (WAXING MOON)

New Moon

On or around the New Moon (ideally within 2 days of the exact New Moon), review your Soul-Based Action Plan Part One, and do the following:

1. Create or review and make changes if you wish to your alignment statement in Section A.
2. Create or review and make changes if you wish to Section C: Four Elements.
3. Notice without judgment what you have learned since the previous New Moon.
4. Congratulate yourself for anything you have made progress on.
5. If there is anything you didn't accomplish, or anything that seemed too hard to achieve, consider whether it makes sense to change it or perhaps break it down into simpler, more doable steps.

Your new alignment statement is your New Moon intention. Make time around the New Moon to connect with the mystery and truth of what your soul deeply wants.

My Alignment Statement and New Moon Intention is (rewrite it here from Part I Section A and update it each month):

I commit to making conscious choices to align with this statement of what I most deeply want, and to learn and be open to what the universe reveals to me about how to achieve it.

I begin this commitment on the _____ (zodiac sign, optional) New Moon on _____ (date).

Take a few moments to breathe in and feel the qualities you want in your body, as if they are already happening. You can light a candle or choose some other way to mark the New Moon and affirm your willingness to receive your intentions.



First Quarter Moon (about one week after the New Moon, when the Moon is half full)

You might experience a challenge or conflict around this time that invites you to shift your consciousness and/or take the wheel to things in the direction you want them to go.

What is being asked of you at this time? How are you rising to the challenge and stepping up to take a stand for what is important to you?

Section E: FROM FULL MOON TO NEW MOON (WANING MOON)

During the waning half of the Moon cycle (from Full Moon to New Moon), take time to digest and integrate. What do you need to change or update in your life based on what you have learned? What new beliefs, practices, or routines will help you going forward? Look at what will help you bring more alignment into your life to support your intentions.

Full Moon

On or around the Full Moon (ideally within 2 days of the exact Full Moon), something is being revealed to you about the intentions you set at the New Moon. Pay attention to the events and circumstances of your life. What is coming up at this time? How is it connected to the intentions you set at the New Moon?

Review your alignment statement that you created or reaffirmed during the New Moon in Section D. What is transpiring or what themes are coming up in the events and circumstances of your life at this time?

Journal or reflect on the following related to what is unfolding for you at this time.

1. What insights, inspirations, thoughts, or beliefs do you notice coming up at this time?
2. Notice any results of intentions and alignment you have consciously chosen.
3. Notice any ways that people around you are responding to your conscious choices.
4. Without judgment, notice any feelings, fears, or needs that may be coming up.
5. How does whatever is coming up at this time connect with your alignment statement? What is being revealed to you and how will it help you manifest what you want?

How does what is coming up for you now relate to your intentions? What does it reveal or help you see more clearly?



What do you notice or observe that helps you see how to manifest your intentions more clearly?

On the _____ (zodiac sign, optional) Full Moon on _____ (date), I notice the following (summarize your observations):

Third Quarter Moon (about one week after the Full Moon, when the Moon is half full)

You might experience a challenge or conflict around this time that invites you to change your beliefs or behaviors to be more in alignment with what you are manifesting.

What routines, processes, systems, or attitudes need to shift to be in alignment with your alignment statement? What more powerful way of being are you stepping into or who are you allowing yourself to become?

Section F (OPTIONAL—ADVANCED): FOLLOW THE ENERGY OF EACH NEW MOON

If you are ready to take your Moon intentions to the next level, you may want to start paying attention to the energy of each New Moon.

In the divine order of the cosmos, each New Moon happens to fall in a different sign of the zodiac. This means that each New Moon—the beginning of each Moon cycle—brings a specific energetic quality that is a little different from the previous Moon cycle.

The New Moons proceed through the zodiac in order, one after another, with the energy of each Moon cycle building on the energy of the previous Moon cycle. This pattern plays out because the New Moon is in the same sign of the zodiac that the Sun is currently in, and each month the Sun changes signs.



Below I list the specific opportunities of each New Moon by sign. As you set your intentions each month, you can focus on the specific qualities that are attributed to that particular New Moon.

Aries New Moon (falls between March 21-April 19): Making decisions in alignment with purpose and joy. Getting started with movement and action in new directions.

Taurus New Moon (falls between April 20-May 20): Getting results and noticing physical needs. Practicing gratitude for what you have and noticing what will help you continue feeling supported.

Gemini New Moon (falls between May 21-June 20): Gathering data and thinking through possibilities. Finding solutions to any issues or complications, brainstorming, writing, networking, and asking for support.

Cancer New Moon (falls between June 21-July 22): Deep nurturing and self-care. Attending to your physical and emotional needs. Noticing and being present with feelings.

Leo New Moon (falls between July 23-August 22): Putting your efforts and work out into the world. Creative self-expression, finding your audience, and appreciating others in the ways you want to be appreciated.

Virgo New Moon (falls between August 23-September 22): Grounding the process in step-by-step actions and processes. Crafting the future through learning skills and paying attention to details.

Libra New Moon (falls between September 23-October 22): Relationship building. Seeking reflection, balance, and harmony. Bringing in new perspectives.

Scorpio New Moon (falls between October 23-November 21): Transformation. Trusting the sacred and the process of manifestation. Letting go of the old to make way for the new.

Sagittarius New Moon (falls between November 22-December 21): Stepping into a new story. Adopting the beliefs, meanings, and habits that are required in a new reality.

Capricorn New Moon (falls between December 22-January 19): Laying the foundations for better and more sustainable structures. Putting down roots and setting intentions for nourishment and support.

Aquarius New Moon (falls between January 20 to February 18): Envisioning the future. Thinking outside the box with ingenuity and insight. Identifying and imagining desired outcomes.

Pisces New Moon (falls between February 19 to March 20): Connecting with Spirit. Inviting intuition and guidance while opening to the bigger purpose. Surrendering to unconditional love.