

YOUR 2022 YEAR AHEAD

What are your wishes and goals for 2022?

In 2022, what are you hoping for in your relationship with your significant other, family members, co-workers, and friends?

What are your plans to bring more balance and harmony into your life in 2022?

What are your plans to bring more prosperity and abundance into your life?

What are your plans to live a healthier lifestyle in 2022?

What are you planning to do this year to support yourself, love yourself, and pamper yourself more?

When you look back at this in December of 2022, what is the biggest change that you are hoping to see in your life?

January 2: New Moon in Capricorn

The New Moon in Capricorn starts off this year offering you the opportunity to set your intentions for the year ahead and focus on what you wish to accomplish. Allow yourself to tap into the determination, perseverance, and practical energy of this New Moon.

What seeds are you planting for 2022?

January 17: Full Moon in Cancer

This first Full Moon of 2022 is in Cancer. This is the perfect time to celebrate what you've overcome in the past year. You may find that you are feeling a bit more emotional than usual. Allow yourself to process these feelings and experience what these emotions are bringing to the surface. This includes everything you have gone through in 2021. Start 2022 on a positive and intuitive mindset and feel into what you may still need to release.

What feelings are coming to the surface at this time?

Do you still need to release some emotional junk that you are holding onto that no longer serves you?

February 1: New Moon in Aquarius

The New Moon in Aquarius encourages you to consider your spiritual path as you move into 2022. You set your practical intentions in January and now it is time to set your intentions regarding your spiritual path.

Have you been feeling a desire to explore a more spiritual path or an urge to re-establish yourself in group you already belong to?

What are your plans in 2022 to become more in tune with who you are on a spiritual level?

February 16: Full Moon in Leo

The Full Moon in Leo is offering you the opportunity to align your physical self with your spiritual higher self. Tap into what goals feel true to you, what ignites your fire, and what fills you up with joy. Put the spotlight on your inner self and notice how you perform when no one is watching.

What ignites your fire, fills you with compassion, and brings you joy?

What action can you take to bring these into your life this year?

How do you perform when no one is watching? Do you feel free? Do you let yourself just be you with no judgment or do you become more critical?

March 2: New Moon in Pisces

The New Moon in Pisces is offering you the opportunity to be gentle with yourself and to pay attention to your intuition. Notice how you are feeling and if you need to rest and take some time to yourself.

Are you feeling drained? If yes, are there people in your life that you are over-giving to?

What knowledge can you bring forward from the past few years to help you set boundaries and take care of yourself in a way that gives you more energy and freedom?

March 18: Full Moon in Virgo

The Full Moon in Virgo is bringing you the opportunity to tap into the grounded energy of Mother Earth, celebrate everything you have accomplished, and use the kick start that Virgo brings to step up where you may be slacking. This could involve re-aligning and cutting cords with people in your life who no longer align with you.

When was the last time you took the time to appreciate nature?

What can you celebrate about yourself so far?

Are there people in your life you need to cut cords with because they no longer align with who you are and the path you are on?

What steps are you willing to take to do this in 2022?

April 1: New Moon in Aries

The New Moon in Aries is offering you the opportunity to jumpstart a new project or initiate a new plan of action. Tap into the energy of Aries and use the determination and drive that is offered to you now to make things happen. Make sure you think everything through before you jump in.

What action can you take in your life during this time to jumpstart a new project or new plan of action? This can relate to your career or personal relationships.

April 16: Full Moon in Libra

The Full Moon in Libra is offering you to take a much needed deep breath after experiencing the push and pull of the Aries New Moon. Remember, balance is important in everything and that includes taking some time to rest after working really hard. Tap into the energy of justice and truth as you make decisions that can bring more balance into your life. Watch out for overthinking and remember to go into your heart and feel where you need this balance.

Are you making time for yourself to get some rest, meditate, and breathe deeply?

What can you do to bring more balance into your life during this time?

What are you FEELING during this time? Not THINKING!

April 30: New Moon Solar Eclipse in Taurus

The New Moon in Taurus is a Solar Eclipse which can bring about feelings of stubbornness, restlessness, confusion, and a deep resistance to change. During this time, it is important to not get lost in trying to make the puzzle pieces fit where they do not align. Sit, breathe, and know that you are exactly where you are supposed to be.....this too shall pass.

What have you been working on that feels resistant to change? This can involve a personal relationship and/or a career issue.

What is in your awareness that you know does not align with you anymore? Are you afraid to change or what these changes could bring you?

May 16: Full Moon Lunar Eclipse (Total) in Scorpio

The Full Moon in Scorpio is also a Total Lunar Eclipse. This can bring about deep intense emotions. Those of you with multiple water signs in your chart will really feel this Full Moon. This is a time of deep emotional healing that is spiritual. Use this energy to tap into your shadow self and discover what is hidden that needs to come to the surface for healing. Release and heal deep wounds and trauma. Use meditation, yoga, walking in nature, deep breathing, and crying to release this stored-up energy.

During this intense Full Moon, what emotions are coming up to the surface? What is your shadow self revealing to you?

What are you doing to release these emotions?

May 30: New Moon in Gemini

The New Moon in Gemini is offering you the opportunity to communicate, socialize, and be with the people in your life that bring you joy. Pay attention to your moods and what or who is triggering you that flips you into a mood swing.

Who in your life has similar goals, beliefs, and brings you joy that you can communicate with?

What or who in your life can flip your moods, and what action are you taking to stay more balanced?

June 14: Full Moon in Sagittarius (Super Full Moon)

The Full Moon in Sagittarius is a Super Full Moon and is offering you the opportunity to have some fun! This will be a time to enjoy socializing and even some travel. You may feel energized to take action and be spontaneous. Your confidence is higher, and you feel the desire to make your goals become your reality. Make sure you take the time to plan accordingly. It's time to update your goals and plans!

What are you planning to do to bring some much needed fun into your life?

What action can you take to make your goals and dreams become your reality?

What needs updating at this time regarding your plans for the future?

June 28: New Moon in Cancer

This New Moon in Cancer is reminding you that you are halfway through 2022. It is time to take some much needed reflection on where you are now compared to where you were in January of 2022. Remember to be kind to yourself and honor all that you have accomplished. If you feel you haven't managed to do as much as you had hoped, then tap into your feelings and notice what blocks come up that may still be holding you back.

What accomplishments have you made since the beginning of this year? This can be related to personal life and career.

Is anything coming up to the surface that you feel is still holding you back?

If you still feel stuck, what can you do to make the second half of 2022 bring the results you desire?

July 13: Full Moon in Capricorn (Super Full Moon)

The July Full Moon in Capricorn is another Super Full Moon! This Full Moon is offering you the opportunity to recommit to your dreams and take action by focusing on your desired success in your personal life and in your career. Make sure you are keeping the balance between work and family. This is a great time to manifest your dreams for success, raises, and promotions.

Have you been successful in achieving your goals that you set in January?

What can you do to jumpstart and recommit to your dreams at this time?

What action can you take to balance yourself, family, and your career?

July 28: New Moon in Leo

The New Moon in Leo is offering you the opportunity to tap into the energy you feel from those you spend time with. Notice how you feel around certain people.

Notice in your life who uplifts you and who makes you feel withdrawn?

Do you fill your emotional cup by being around others who give you power, or do you fill your own emotional cup?

What could make you feel worthy of being the star of your own show?

August 11: Full Moon in Aquarius

The Full Moon in Aquarius is offering you the opportunity to reconnect with your spiritual self. This would be a great time to listen to some angelic meditation music or listen to those who you look up to as mentors. You may also feel a deep desire to be alone so you can recharge your batteries and tap into your true authentic self. Perhaps you are sending out a frequency to find your tribe and align with those who increase your ability to shine.

Do you take the time to listen to meditation music or those who uplift your spiritual side? If yes, who? And how do they make you feel?

Are you searching for a new tribe that is in alignment with who you are, at this time? If yes, what action are you taking, and have you connected with them?

August 27: New Moon in Virgo

The New Moon in Virgo is offering you the opportunity to update and redo. If you feel that you have become lost in old patterns, this will be the time to reboot and restart. If you allow yourself to continue on the wrong path because it is familiar and it is easier, you will only be postponing your dreams. Take the time to redirect yourself, get organized, and step onto the path that offers you greater success.

Is there anything you need to redo, reboot, or restart at this time?

Are you falling into old patterns or are you willing to step into the unknown?

September 10: Full Moon in Pisces

This Full Moon in Pisces is offering you the opportunity for a well-deserved break and a time to replenish your energy. Your intuition and dreams may be really extreme during this phase.

What are you observing and feeling intuitively in your personal world right now?

When you sleep, what dreams have you been having during this phase?

September 25: New Moon in Libra

This New Moon in Libra is offering you the opportunity to really notice the beautiful things around you. This may be a time to spend a quiet night alone with your favorite book, food, and beverage. You have been working hard and it is time to take a break and bring more balance and harmony into your life and the relationship you have with yourself. If others are

needing your attention, do your best to set aside some alone time where you can replenish your energy and not be disturbed.

What beautiful things in your life are you grateful for?

Describe your perfect quiet night alone? Then go do it!

October 9: Full Moon in Aries

The Full Moon in Aries is offering you the opportunity to light a fire under yourself so you can accomplish your dreams and goals. You may feel the desire to take action and figure out what new projects need your attention. Or you may discover how you wish to break habits or make some changes in your life. Remember not to be too pushy with those in your close circle.

As you get closer to the end of 2022, what action steps are you still needing to take?

Have you discovered any bad habits or changes you want to break or make during this time?

October 25: New Moon Solar Eclipse in Scorpio

The New Moon in Scorpio is a Solar Eclipse and is offering you the opportunity to be more aware of those in your life who are energy vampires trying their best to suck the life out of you. This will be a time to put your imaginary shield on and keep your guard up due to some behaviors that may be untrustworthy or downright strange. Remember, you cannot change others, only how you react to them.

Who in your life is an energy vampire? What are your plans on keeping them from stealing anymore of your energy? What boundaries need to be set?

November 8: Full Moon Lunar Eclipse (Total) in Taurus

The Full Moon in Taurus is a Total Lunar Eclipse and is offering you the opportunity to discover where you become lost in materialism. It is also a time where the holiday season can make you feel some concerns about your budget and all the gifts you feel you need to purchase. Remember, it isn't about the gift, it is about what you bring with love into that relationship. This Total Lunar Eclipse is about being reborn and aligning with your authentic self. Take advantage of this and transform whatever you feel is

needed in your life that you want to bring to the next level. Know that you are prosperity and abundance.

What can you transform in your life that will bring you more in alignment with your authentic self?

What are you grateful for?

November 23: New Moon in Sagittarius

The New Moon in Sagittarius is offering you the opportunity to check in with your goals and dreams. You are in a timeframe to use this fiery energy to shift your energy and your awareness to align with your outcomes.

Are you doing everything necessary to achieve your goals and dreams?

Are you enjoying this work or are you dreading it?

Remember, your passion should not feel like work – if it does, you may be overdoing it and it is time for a rest period before the end of the year is here.

December 7: Full Moon in Gemini

The last Full Moon of 2022 is in Gemini and is offering you the opportunity to socialize and speak with ease. This is a great time to join in some fun with friends and really tap into what and who is important in your life. You may see more clearly both sides of situations and opinions and be willing to compromise, but don't get lost in being too indecisive during this time.

Are you taking the time to have some fun with friends?

Who in your life are you grateful for?

In situations that have been important to you, where are you willing to see both sides and compromise?

December 23: New Moon in Capricorn (Super New Moon)

The New Moon in Capricorn is a Super New Moon and offers you the opportunity to see how you have changes since the beginning of the year.

Who have you become since January of 2022?

In what ways have you changed?

What and who have you left behind during this year?

What and who are you wanting to bring forward?

What is your biggest take away from 2022?

Add anything else you wish here as you reflect on 2022