

Moon Phases at a Glance

Your quick reference chart for working with all eight phases of the lunar cycle

	Phase	Focus	What It Looks Like	How to Work With It
	New Moon	Set Intentions	Invisible, the start of the cycle.	Write down what you want to grow. Sit with the questions. Keep it simple, you are planting a seed.
	Waxing Crescent	Take First Steps	A growing sliver of light.	Take the first small action. Research it, make the call, buy the supplies. Just start.
	First Quarter	Push Through	Half lit, around day 7.	Expect friction. This is a decision point, not a wrong turn. Choose to keep going.
	Waxing Gibbous	Refine	More than half lit, brightening.	Adjust and fine tune. Edit the project, troubleshoot the habit. You are almost there.
	Full Moon	Release & Celebrate	Fully illuminated, the midpoint.	Celebrate what came to fruition. Notice what surfaces emotionally. Do a release ritual.
	Waning Gibbous	Reflect	Just past full, light shrinking.	Process what happened. Journal on what you are keeping and what you are letting go.
	Last Quarter	Clear Space	Half lit, heading back to dark.	Cancel, declutter, have the hard conversation. Anything that clears space counts.
	Waning Crescent	Rest	The final sliver before dark.	Slow all the way down. Sleep more, plan less. Rest is part of the design.

Companion chart to “Moon Phases 101: Your Guide to the Lunar Cycle” | collectiveclarity.blog