



YOUR GUIDE TO

*setting new moon  
intentions*

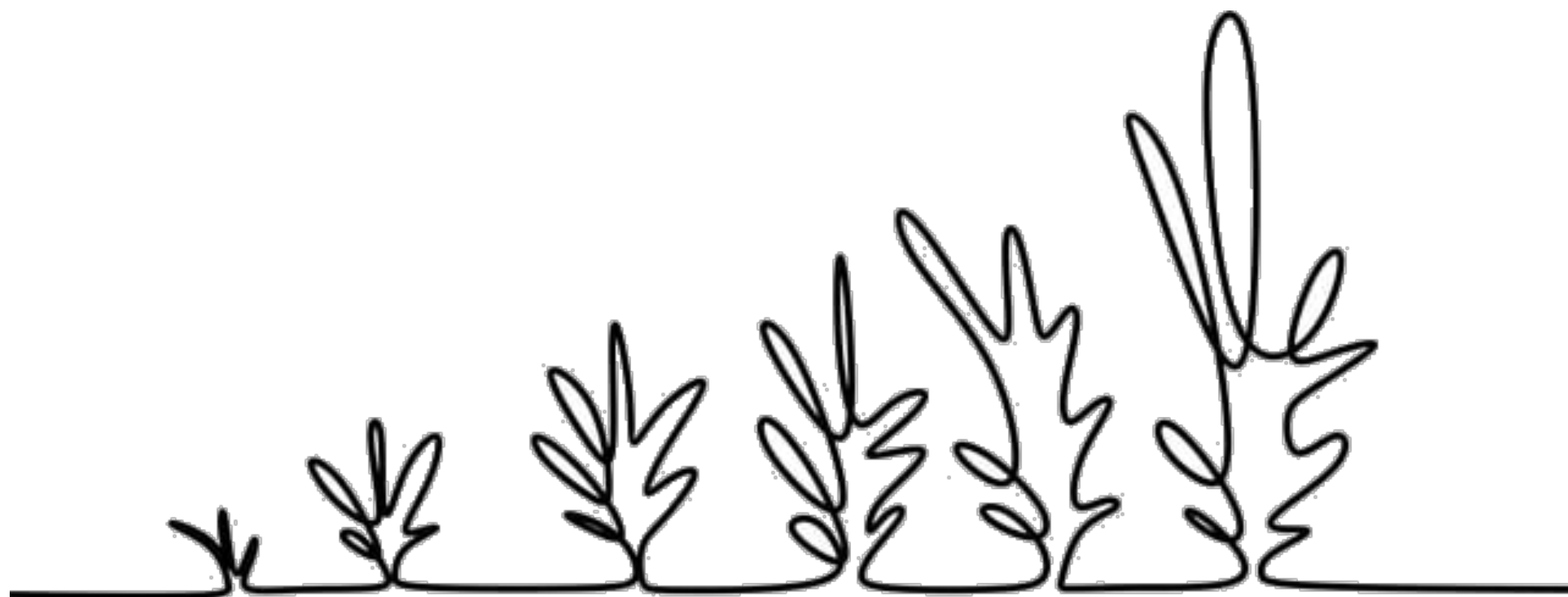
## **Manifesting begins with an intention.**

Have you heard of the Law of Attraction? Many believe that the Law of Attraction is the foundational theory behind manifesting. Simply put, it is the ability to attract what we focus on. It uses the power of our mind, body, and energy to translate whatever is in our thoughts and body into our physical reality.

That is why manifesting works best by starting with an intention. When we mindfully choose a target to direct our energy towards, we are making it our conscious and subconscious focus. We are aligning our energetic vibrations with those of which we are asking to receive.

## **The power of the New Moon.**

New Moons are a time of new beginnings as the lunar energy “resets” and asks you to do the same. It is a beautiful time to check in with yourself and identify what you’re needing at the time. You can incorporate the energy of the zodiac the New Moon is in to further amplify your intentions!



# What is an Intention?

An intention is a statement of commitment towards what you're desiring to manifest. It's meant to align your thoughts, beliefs, and actions to call in the energy that will best serve you.



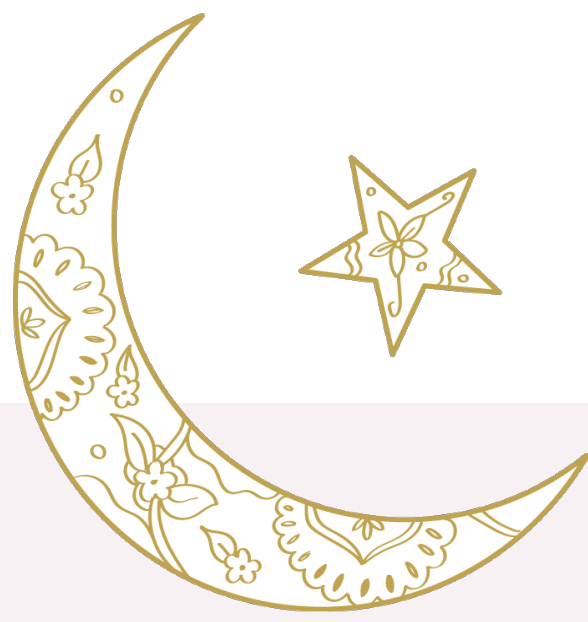
## Intention vs Goal

To me, an intention is different from a goal because they imply different things. A goal often implies a certain outcome, whereas an intention is a direction where you want to focus and call in energy.

I find it helpful to think of a goal to help guide your intention, but swapping the "outcome" for a feeling. Here's an example of what that might look like:

**Goal:** I want to lose 30 pounds

**Intention:** I commit to healthy choices to feel confident in my body



## Setting Your New Moon Intention

1.

*journal and reflect*

2.

*choose a focus*

3.

*write your intention*

4.

*surrender expectations*

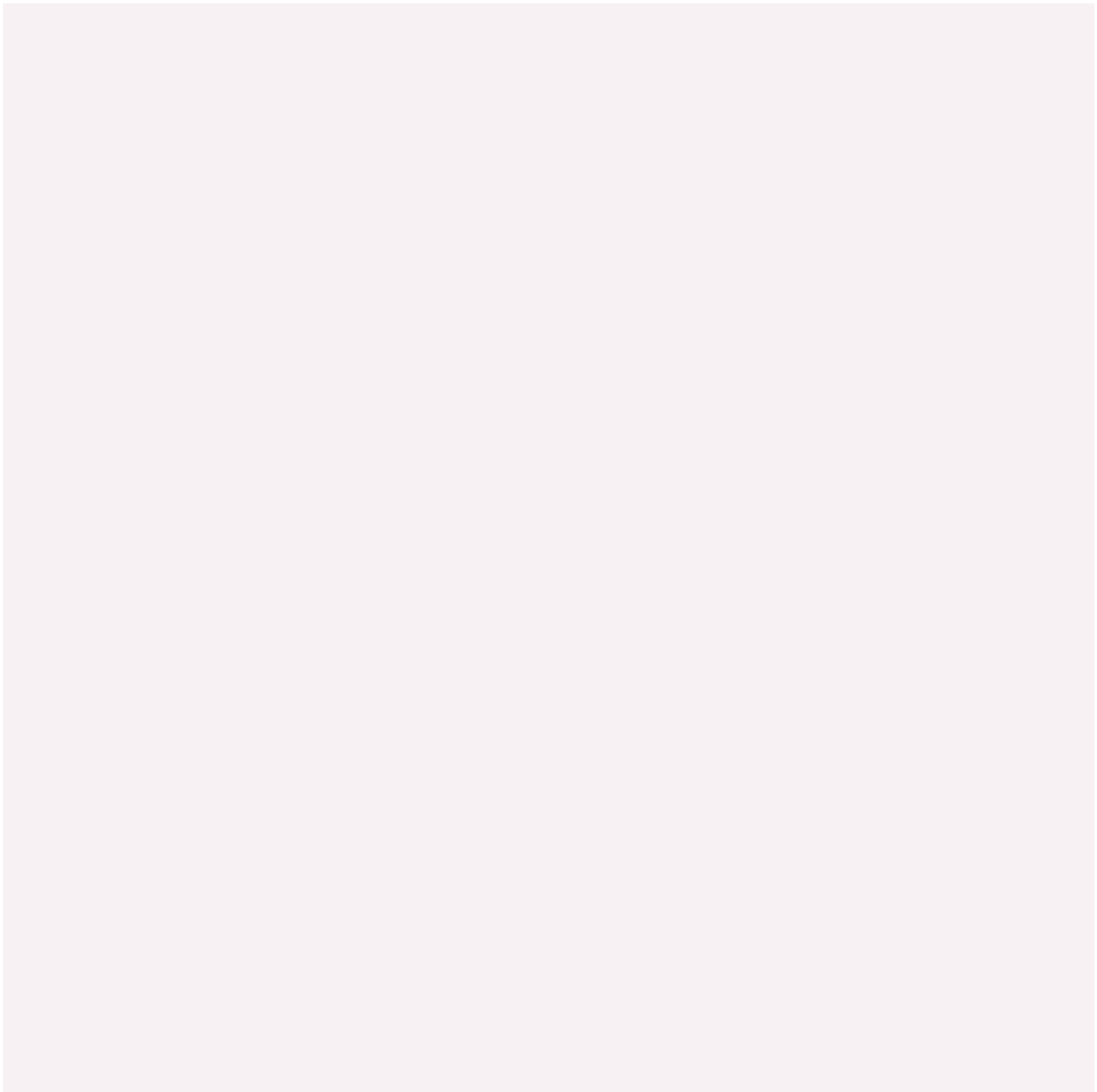
5.

*self gratitude*

# *Step 1: Journal and Reflect*

Close your eyes for 10 minutes and think about this question, what does your dream life look like? Visualize every detail. What are you wearing? What do you eat for breakfast? How do you earn an income? What does your home look like?

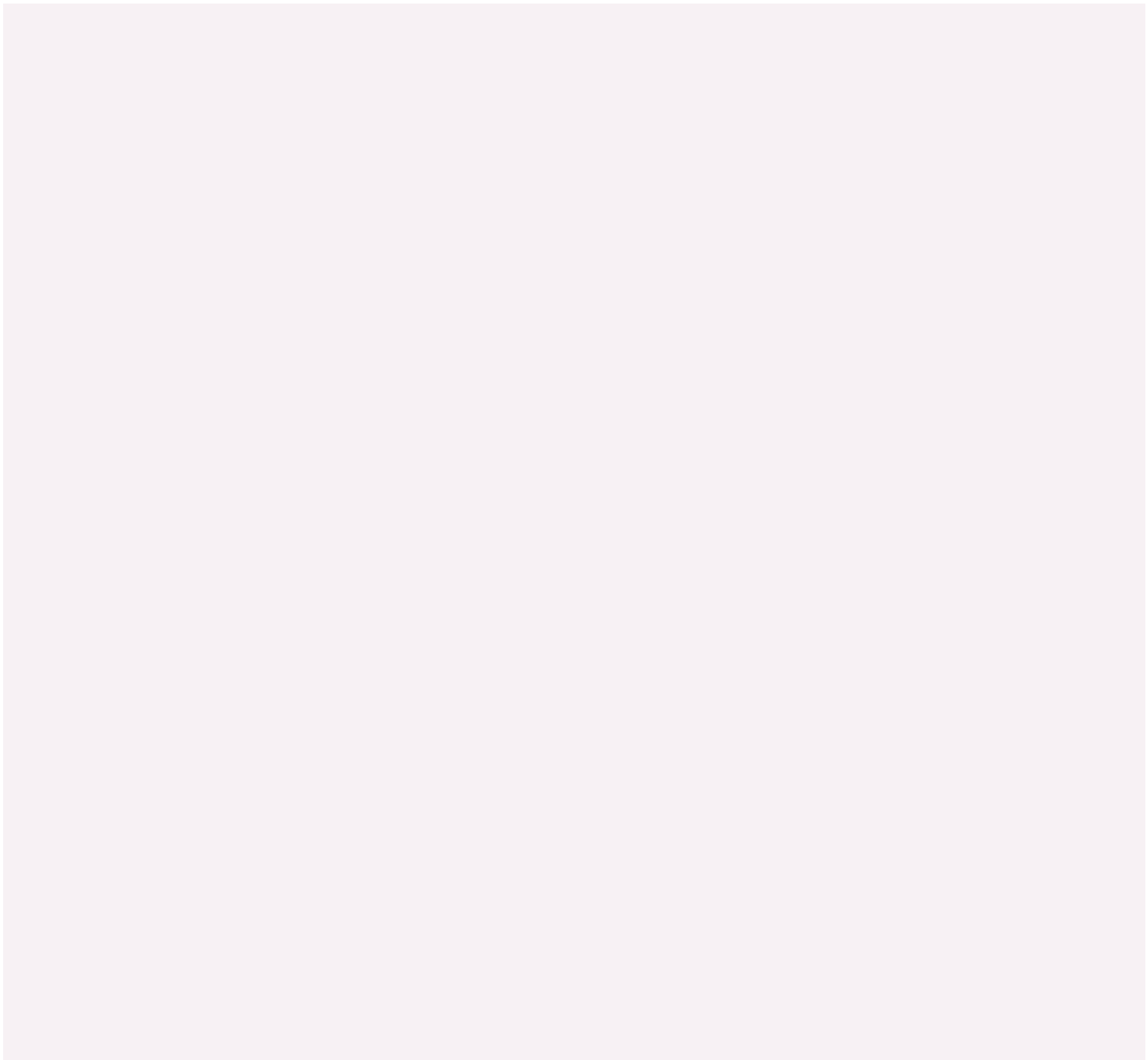
Jot down a list of things below:



# *Step 2: Choose a Focus*

Well done sis! It feels good to visualize that “dream” life doesn’t it? As you realize more and more of what you desire, remember that Rome wasn’t built in a day. My advice? Take incremental steps to building this dream of yours.

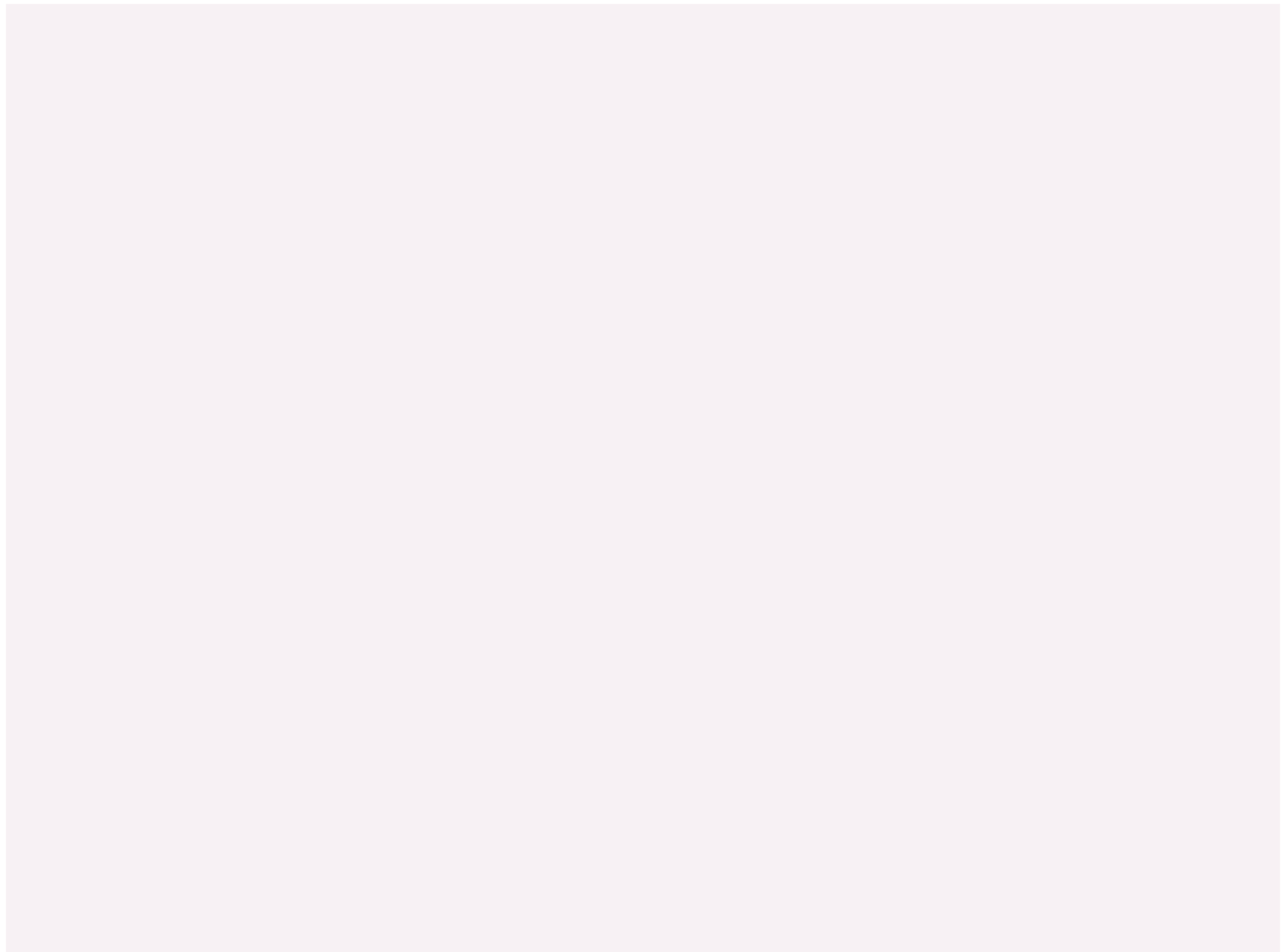
Review your list and ask yourself, what season of life am I in? Which of these things am I desiring most this cycle? Can the energy of the Zodiac of this New Moon provide any guidance?



# Step 3: Write Your Intention

This is the part where you write your statement of commitment to direct your energy towards that focus. Remember, what you choose to focus on influences your subconscious and conscious energy.

Write out your intention in whatever way feels good for you. Remember to make it about directing your energy towards something, and less about achieving a specific outcome.



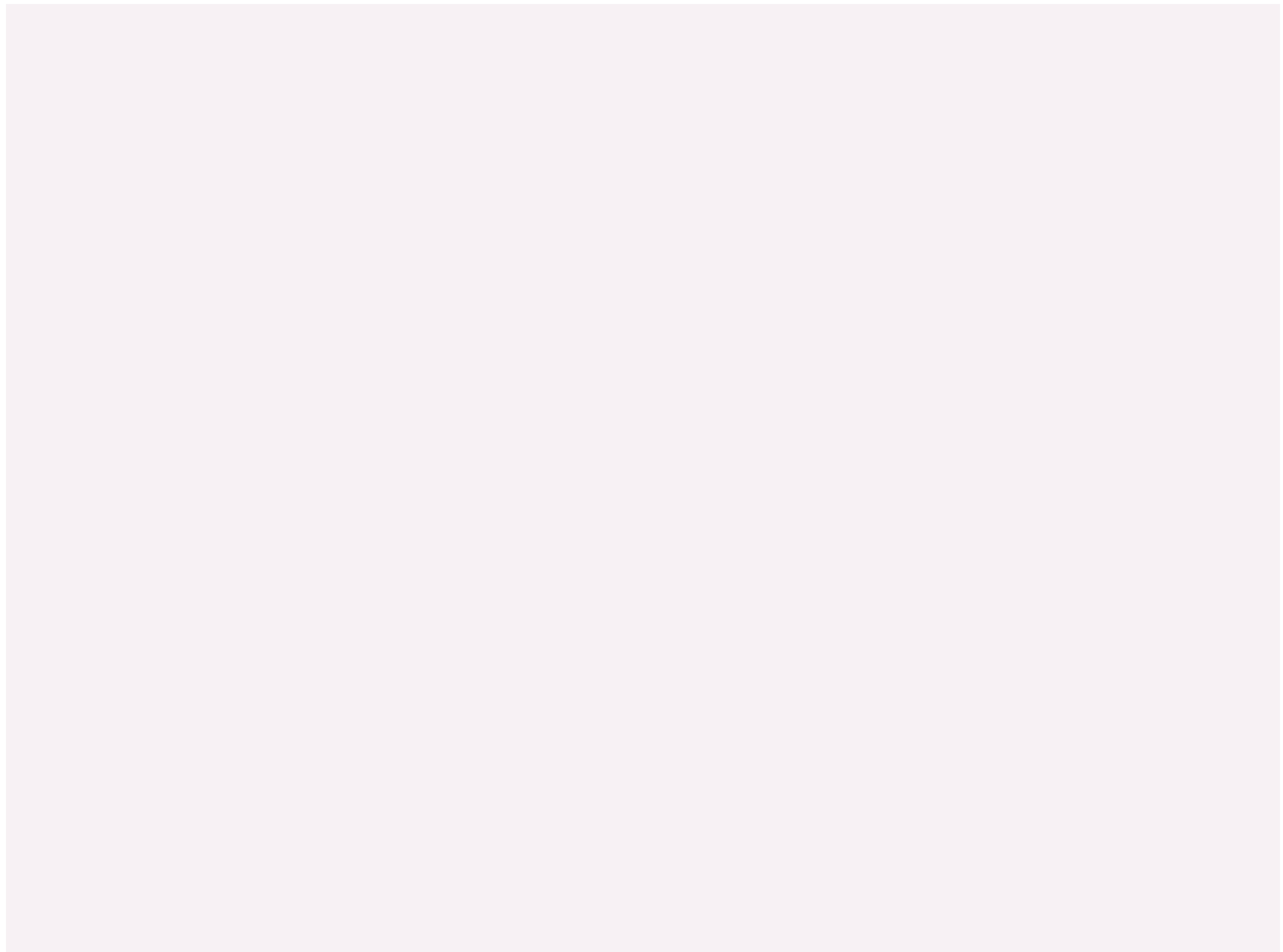
*Intention Examples:*

- ★ *I intend to free write in my journal to moonifest awareness and better management of my anxiety* 📖✍️
- ★ *I feel high vibrations of safety and support by spreading love to those around me* 💕
- ★ *I am trusting and compassionate in the unknown* 🌟

# *Step 4: Surrender Expectations*

A huge part of moonifesting is about trusting the process. We can often get in our own way when we cling to a specific outcome or expectation of what we need. Trust that the universe has your back, and know that some things just take time.

For this exercise, take a minute to write down all of your "perceived" expectations about what this thing might take form as.



**When you're done writing your list, safely burn this paper, and surrender these expectations to the universe.**

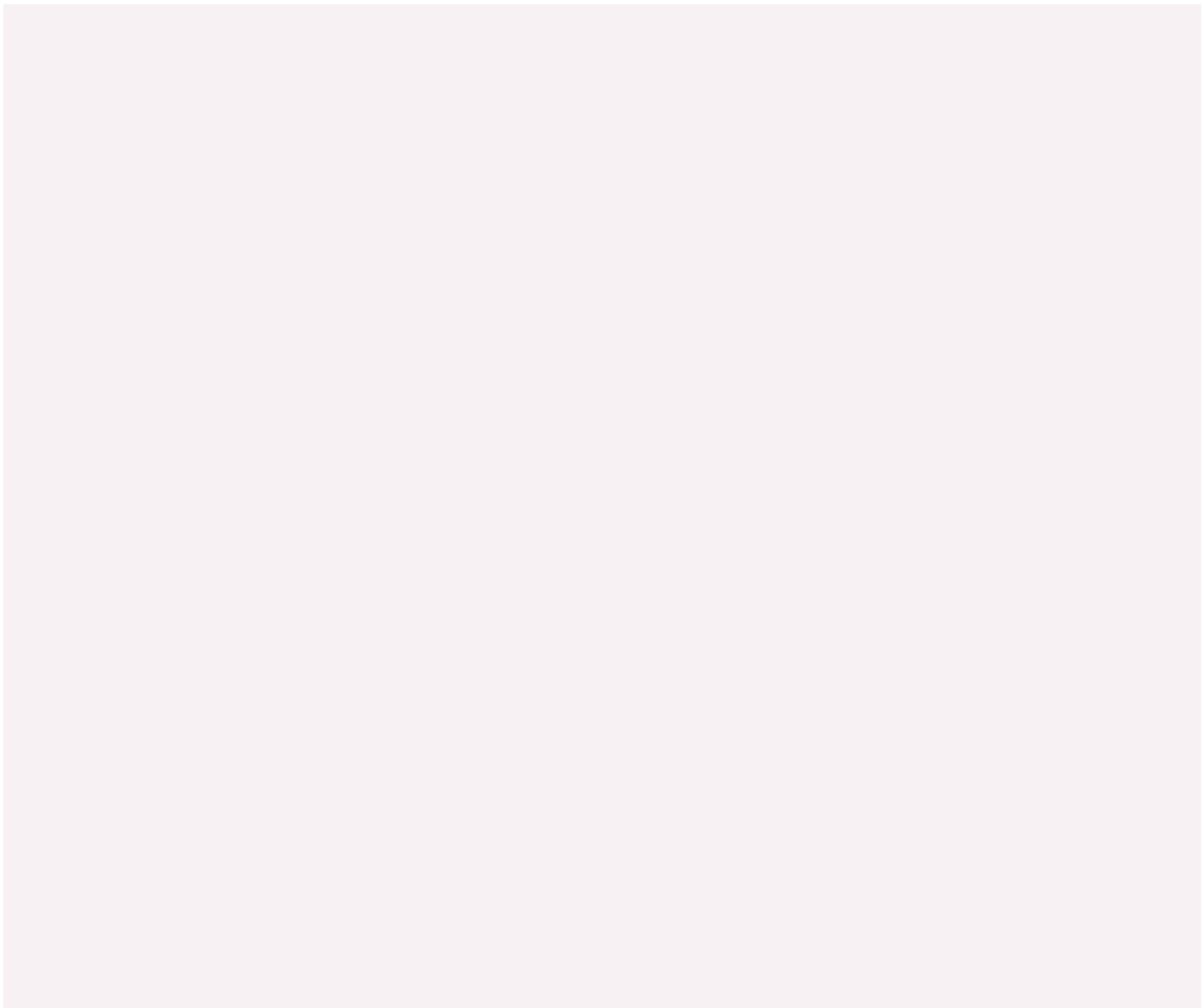


# *Step 5: Self Gratitude*

This is sacred work, and you must remember to extend gratitude to yourself for taking time to align with your desires and the energy of the universe.

Ask yourself, what does self love look like to me? How can I thank and honor myself? What would it look like to celebrate myself in all my glory?

Remember, this is just for you. End your intention setting practice by writing a list of things you can do for self gratitude. Try your best to incorporate these as much as you can throughout the cycle. You deserve it.





## Happy Moonifesting!

First and foremost, thank you for being a part of the Moonifest community!

I created Moonifest to help you connect with the universe, align with your intentions, and ultimately come into a place of full goddess confidence by manifesting with the moon.

I hope you'll continue to grow your moon practice and reflect on all the seasons of change there is to come! I'm always available if you have any questions.

I love you and I'm rooting for you,

*Samantha Shaibani*

Co-creator and Founder of Moonifest



@moonifest.co



hello@moonifest.co



www.moonifest.co