

A WITCH'S FIRST LUNAR CYCLE

An observation & craft journal

Notice the Moon. Know your surroundings.
Make room for your own practice.

NAME _____

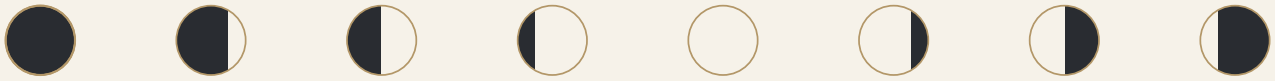
CYCLE START DATE _____

A free companion to Building Your Practice

01 / A PLACE TO BEGIN

Follow the cycle

A few notes before you start recording.



No perfect starting day

Begin whenever you like. A lunar cycle lasts about 29.5 days. This journal gives you 30 spaces to follow it.

Observe before interpreting

Record what you can actually see. If the Moon is hidden by clouds, daylight, or your schedule, write that down too.

Keep your craft alongside it

You can practice spellwork, divination, or any other craft during this cycle. You do not need to wait for a particular phase.

Use what is useful

Repeat the observation pages as needed. Your notes belong to you; they do not need to prove anything.

LOOK FOR

Appearance / visibility / weather / seasonal changes / questions

02 / OBSERVATION

The lunar record

Days 1-15 | One entry for each day of your cycle

DAY / DATE	MOON: WHAT DID YOU SEE?	SKY / SEASON / NOTES
01 _____	○	
02 _____	○	
03 _____	○	
04 _____	○	
05 _____	○	
06 _____	○	
07 _____	○	
08 _____	○	
09 _____	○	
10 _____	○	
11 _____	○	
12 _____	○	
13 _____	○	
14 _____	○	
15 _____	○	

If you miss a day, just continue. Observation is a practice, not a test.

02 / OBSERVATION

The lunar record

Days 16-30 | One entry for each day of your cycle

DAY / DATE	MOON: WHAT DID YOU SEE?	SKY / SEASON / NOTES
16 _____	○	
17 _____	○	
18 _____	○	
19 _____	○	
20 _____	○	
21 _____	○	
22 _____	○	
23 _____	○	
24 _____	○	
25 _____	○	
26 _____	○	
27 _____	○	
28 _____	○	
29 _____	○	
30 _____	○	

If you miss a day, just continue. Observation is a practice, not a test.

03 / YOUR PRACTICE

Record a working

A place for a spell, divination, charm, or other craft you choose.

DATE / LUNAR PHASE

WHAT I CHOSE TO PRACTICE

MY PURPOSE / INTENTION

MATERIALS, METHODS OR STEPS

WHAT I NOTICED / WHAT HAPPENED



04 / REFLECTION

Looking back

Take a moment to review the cycle in your own words.

What changed in the Moon or landscape that I had not noticed before?

What did I explore in my craft, and what did I learn from it?

What questions do I want to investigate further?

What would I like to practice or observe next?

The craft grows through attention, experience, and questions.