

How to use the Moon Chart: Start at the bottom of the chart where there are three black moons. Put today's date on the third black moon and then date the rest of the chart accordingly.

You will be moving in an anti-clockwise direction.

Each day you can colour in the designated section with a shade that reflects how you are feeling.

Happy, sad, contemplative, calm...whatever you are feeling, and whatever colour you want to use to show that...it's up to you. This chart will start to show you the patterns that your moods run in, and therefore gives you the ability to plan accordingly.

Also, it is worthwhile to print out a few at a time so that you can start your moon chart diary.

Buy yourself a folder or a cheap exercise book to keep your charts in. If you have any questions please contact me. Happy Moon charting!

- Astrology Goddess