

# My Sacred Journey 2022



● New Moon    ) First Quarter    ○ Full Moon    ( Last Quarter  
■ Bank Holiday    ■ Sabbat

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# January Focus

## Action steps to take towards my goals

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# Reflection

## Preparing for new beginnings

- ✧ What energy am I coming into the new year with?
  
  
  
  
  
  
  
  
  
  
- ✧ What was I most enthusiastic about last year?
  
  
  
  
  
  
  
  
  
  
- ✧ What was my greatest challenge last year?
  
  
  
  
  
  
  
  
  
  
- ✧ How did I adapt to the challenge?
  
  
  
  
  
  
  
  
  
  
- ✧ What goals am I setting for myself this year?

● New Moon    ☾ First Quarter    ○ Full Moon    ☾ Last Quarter

■ Bank Holiday    ■ Sabbat

# February

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# 2022

SUN	MON	TUE	WED	THU	FRI	SAT
		● 1	2	3	4	5
			Imbolc			
6	7	☾ 8	9	10	11	12
13	14	15	○ 16	17	18	19
20	21	22	☾ 23	24	25	26
27	28					

● New Moon   ☾ First Quarter   ○ Full Moon   ☾ Last Quarter  
 ■ Bank Holiday   ■ Sabbat

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## February Focus

### Action steps to take towards my goals

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## Reflection

### Awakening and sparking creativity

✧ What boundaries do I need to set to honour myself?

✧ What thought patterns are holding me back?

✧ How do I express my creativity?

✧ What seeds of change will I plant?

✧ What is the one thing that I can implement now into my daily routine?

● New Moon    ) First Quarter    ○ Full Moon    ( Last Quarter

■ Bank Holiday    ■ Sabbat

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# March

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# 2022

SUN	MON	TUE	WED	THU	FRI	SAT
		1 ●	2	3	4	5
6 ☾	7	8	9 ☽	10	11	12
13	14	15	16	17 ○	18	19
20	21	22	23	24 ☾	25	26
Spring Equinox						
27	28	29	30	31		

● New Moon   ☽ First Quarter   ○ Full Moon   ☾ Last Quarter  
 ■ Bank Holiday   ■ Sabbat

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# March Focus

## Action steps to take towards my goals

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# Reflection

## Nurturing my true potential

- ✧ What are my best attributes?
- ✧ What am I most passionate about?
- ✧ Am I pursuing my dreams?
- ✧ What do I need to embrace?
- ✧ What does my present and future look like?

● New Moon    ☾ First Quarter    ○ Full Moon    ☾ Last Quarter

■ Bank Holiday    ■ Sabbat

# April

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SUN MON TUE WED THU FRI SAT

					● 1	2
3	4	5	6	7	8	☾ 9
10	11	12	13	14	15	○ 16
					Good Friday	
17	18	19	20	21	22	☾ 23
Easter Sunday	Easter Monday					
24	25	26	27	28	29	● 30
						Solar Eclipse

# 2022

● New Moon   ☾ First Quarter   ○ Full Moon   ☾ Last Quarter  
 ■ Bank Holiday   ■ Sabbat

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# April Focus

## Action steps to take towards my goals

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# Reflection

## Self-care is my priority

- ✧ What activities, people or situations drain my energy the most?
- ✧ What actions can I take to minimize these effects?
- ✧ Am I ready to take personal responsibility for my own wellness?
- ✧ What does this look like for me?
- ✧ List five things that bring me the most joy.

# May

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SUN	MON	TUE	WED	THU	FRI	SAT
1 <i>Beltane</i>	2 <i>May Day Holiday</i>	3	4	5	6	7
☾ 8	9	10	11	12	13	14
15	○ 16 <i>Lunar Eclipse</i>	17	18	19	20	21
☾ 22	23	24	25	26	27	28
29	● 30	31				

# 2022

● New Moon   ☾ First Quarter   ○ Full Moon   ☾ Last Quarter

■ Bank Holiday   ■ Sabbat

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# May Focus

## Action steps to take towards my goals

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# Reflection

## Watering the seeds of my progress

- ✧ What are three accomplishments that I am proud of?
- ✧ How did I feel when I completed them?
- ✧ Are there any aspects of my life that I feel less confident about?
- ✧ What support do I need to face these issues?
- ✧ How do I celebrate my wins?

● New Moon    ☾ First Quarter    ○ Full Moon    ☾ Last Quarter

■ Bank Holiday    ■ Sabbat

# June

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# 2022

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6 Whit Monday	☾ 7	8	9	10	11
12	13	☉ 14	15	16	17	18
19	☾ 20	21	22	23	24	25
26	27	● 28 Summer Solstice	29	30		

- New Moon    ☾ First Quarter    ☉ Full Moon    ☾ Last Quarter
- Bank Holiday    ■ Sabbat

# June Focus

## Action steps to take towards my goals

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# Reflection

## My best life in full swing

✧ What does my best life look and feel like?

✧ What does my current life look and feel like?

✧ What are three things that I can control in order to live my best life?

✧ Name two people that love me and support my dreams.

✧ Create a vision board (digital or hard copy) of images that will guide my mindset towards my dreams.

● New Moon    𐄂 First Quarter    ○ Full Moon    ☾ Last Quarter

■ Bank Holiday    ■ Sabbat

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# July

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# 2022

SUN MON TUE WED THU FRI SAT

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	☾ 6	7	8	9
10	11	12	☉ 13	14	15	16
17	18	19	☾ 20	21	22	23
24	25	26	27	● 28	29	30
31						

● New Moon ☽ First Quarter ○ Full Moon ☾ Last Quarter

■ Bank Holiday ■ Sabbat

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# July Focus

## Action steps to take towards my goals

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# Reflection

## Counting my blessings

- ✧ List ten things that I am grateful for in my life.
- ✧ Who or what inspires me?
- ✧ If I had one superpower, what would it be?
- ✧ Name the people that support me in all aspects of my life.
- ✧ What gifts do I share with the world?

● New Moon    ☾ First Quarter    ○ Full Moon    ☾ Last Quarter

■ Bank Holiday    ■ Sabbat

# August

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# 2022

SUN	MON	TUE	WED	THU	FRI	SAT
	1 <i>Lammas</i>	2	3	4	5 ☾	6
7	8	9	10	11 ○	12	13
14	15	16	17	18	19 ☾	20
21	22	23	24	25	26	27 ●
28	29	30	31			

● New Moon    ☾ First Quarter    ○ Full Moon    ☾ Last Quarter  
 ■ Bank Holiday    ■ Sabbat



# August Focus

## Action steps to take towards my goals

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# Reflection

## Fulfillment of my dreams

- ✧ Have I remained committed to my dreams?
- ✧ What progress can I identify in the last six months?
- ✧ Do I still have unfulfilled goals?
- ✧ Are there any challenges hindering my steps towards these goals?
- ✧ Can I realistically face these challenges, or do I need to shift my focus?

● New Moon    ☾ First Quarter    ○ Full Moon    ☾ Last Quarter

■ Bank Holiday    ■ Sabbat

# September

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# 2022

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	☾ 3
4	5	6	7	8	9	○ 10
11	12	13	14	15	16	☾ 17
18	19	20	21	22	23	24
● 25	26	27	28	29	30	

Autumn Equinox

● New Moon   ☾ First Quarter   ○ Full Moon   ☾ Last Quarter  
 ■ Bank Holiday   ■ Sabbat

# September Focus

## Action steps to take towards my goals

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# Reflection

## Gathering my thoughts

- ✧ How do I feel about my life's journey?
  
  
  
- ✧ Am I in alignment with my true purpose?
  
  
  
- ✧ Do I feel excited about the path that I am on and the journey ahead?
  
  
  
- ✧ What support from my higher-self do I need at this time?
  
  
  
- ✧ What does living in my truth feel like?

● New Moon    𐄂 First Quarter    ○ Full Moon    ☾ Last Quarter

■ Bank Holiday    ■ Sabbat

# October

SUN MON TUE WED THU FRI SAT

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SUN	MON	TUE	WED	THU	FRI	SAT
						1
☾ 2	3	4	5	6	7	8
○ 9	10	11	12	13	14	15
16	☾ 17	18	19	20	21	22
23	24	● 25 Solar Eclipse	26	27	28	29
30	31 Samhain					

# 2022

● New Moon ☾ First Quarter ○ Full Moon ☾ Last Quarter

■ Bank Holiday ■ Sabbat

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# October Focus

## Action steps to take towards my goals

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# Reflection

## Honouring my ancestors and spirit guides

- ✧ Venerate ancestral energy: visit gravesites, dedicate an altar, light white candles.
- ✧ How do I commune with my ancestors and spirit guides?
- ✧ Do I allow their messages to come through and follow their guidance?
- ✧ Do I trust my inner knowing?
- ✧ Am I open to healing generational issues?

● New Moon    ☾ First Quarter    ○ Full Moon    ☾ Last Quarter

■ Bank Holiday    ■ Sabbat

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# November

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# 2022

SUN	MON	TUE	WED	THU	FRI	SAT
		☾ 1	2	3	4	5
6	7	○ 8 Lunar Eclipse	9	10	11	12
13	14	15	☾ 16	17	18	19
20	21	22	● 23	24	25	26
27	28	29	☾ 30			

● New Moon ☾ First Quarter ○ Full Moon ☾ Last Quarter

■ Bank Holiday ■ Sabbat

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# November Focus

## Action steps to take towards my goals

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# Reflection

## Moving forward fearlessly

- ✧ What fears keep me thinking and living small?
- ✧ What does my transformed self look like?
- ✧ Am I dimming my light for others?
- ✧ How can I move forward without fear?
- ✧ State three actions that will take me out of my comfort zone and commit to doing them.

● New Moon    ☾ First Quarter    ○ Full Moon    ☾ Last Quarter

■ Bank Holiday    ■ Sabbat

# December

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# 2022

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	○ 8	9	10
11	12	13	14	15	☾ 16	17
18	19	20	21	22	● 23	24
			Winter Solstice			
25	26	27	28	☽ 29	30	31
Christmas Day	Boxing Day	Christmas Holiday				

● New Moon   ☽ First Quarter   ○ Full Moon   ☾ Last Quarter

■ Bank Holiday   ■ Sabbat

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# December Focus

## Action steps to take towards my goals

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# Reflection

## Introspection and quiet time

- ✧ How do I feel about my journey thus far?
- ✧ What was my greatest blessing this year?
- ✧ How will I spend my time in quiet reflection?
- ✧ What insights and guidance do I hope to receive?
- ✧ What energy am I ready to release in order to move forward?

● New Moon    ☾ First Quarter    ○ Full Moon    ☾ Last Quarter

■ Bank Holiday    ■ Sabbat

## My Sacred Journey 2022

This calendar is custom designed to honour the moon phases and ritual sabbat days. Use the powerful energy of the seasons and the monthly journal prompts to guide you on your path of personal growth and transformation.

### Moon Phases:

- **New Moon** – intention setting, self-reflection
- ☾ **First Quarter** – waxing moon as it moves from new to full; building energy and gaining momentum of a ritual / spell
- **Full Moon** – blessing rituals, charging ritual tools, moon baths
- ☾ **Last Quarter** – waning moon as it moves from full to new; banishing and releasing rituals

### Sabbats:

**Feb 1 & 2** – Imbolc / Candlemas: creativity and renewal

**Mar 20** – Spring Equinox / Ostara: rebirth and growth

**Apr 30 & May 1** – Beltane: fertility and abundance

**Jun 21** – Summer Solstice: longest day of the year, personal growth and healing

**Aug 1** – Lammas / Lughnasadh: first harvest, blessings and manifestation

**Sep 22** – Fall Equinox / Mabon: second harvest, gratitude and balance

**Oct 31, Nov 1 & 2** – Samhain / Halloween, Day of the Dead: spirit communication and honouring the dead / ancestors

**Dec 21** – Winter Solstice / Yule: longest night of the year, introspection and rebirth

● New Moon   ☾ First Quarter   ○ Full Moon   ☾ Last Quarter

■ Bank Holiday   ■ Sabbat

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