THE QUIET GROVE

THE BOTANICAL JOURNAL COLLECTION

The Moonlit Journal

INTENTIONS & REFLECTION



A gentle rhythm for setting intentions, noticing progress, and making room for change.

20 reusable pages / no tarot experience needed

THIS JOURNAL BELONGS TO

Make it your own.

Print a favorite page, repeat it, and begin wherever you are.



A gentle rhythm for setting intentions, noticing progress, and making room for change.

PRINTING YOUR JOURNAL

Choose your paper

Use Letter for 8.5 x 11-inch paper or A4 for 210 x 297 mm paper.

Check one page first

Print at Actual size / 100%, one-sided. If an edge is clipped, select Fit to printable area.

Enjoy the artwork

Color shows the illustrations best. Regular paper works; 24-28 lb paper feels nicer for writing.

Keep it simple

Print only the pages you need. Use a folder, clipboard, or binder sleeves to keep them together.

USING THESE PAGES

Choose the page that matches the rhythm you want today. You can follow observed moon phases or use the sections in your own order. Dates are intentionally blank; this is not a dated lunar calendar. Moon imagery is a reflection theme, not a prediction about your life.

YOUR FIRST FIVE MINUTES

Begin with A new-moon intention, then use One small seed to choose a practical action. Return to the full-moon page when you want to review what happened.

A LOOK INSIDE

- New-moon intentions and full-moon reflections
- Action planning, release pages, and a cycle log
- Gratitude, seasonal reflection, and a future-self letter

Printable PDF for personal use. These pages are not fillable forms. You may annotate a copy in a compatible PDF app; it will not sync with your website journal. Print copies for your own use, but do not redistribute or resell the files.

A new-moon intention.

Begin with one honest wish and something you can influence.



DATE / VISIT / SESSION

A WORD OR THEME

What I want to invite

Describe a quality or experience, rather than a perfect outcome.

Why it matters to me

What value or need sits beneath this intention?

How I will recognize movement

What small, observable change would tell me I have begun?

One small seed.

Let your intention become something you can do.



DATE / VISIT / SESSION

A WORD OR THEME

01 My intention

Write it in one clear sentence.

02 My smallest next action

Choose something within your control.

03 Time, place, and support

When will I begin? What will make it easier?

04 My gentler backup plan

What smaller version can I do on a difficult day?