



*3 Steps*

to

*Changing Your Life*

with the

*New Moon*



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# *Why this matters*

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As women, we have lived our lives with the cycles of the Moon for thousands of years. Our bodies are regulated by it. Our emotions sway with it. Our souls are enlivened and enlightened by the Moon..

In fact, our first written myth features the Moon as an essential part of the Goddess's transformation to reclaim her Divine Feminine power. We are Goddesses too!

We, too, can work with the Moon to cultivate the ancient connection that still runs through our blood. We are able to learn how to leverage the natural cycles to realize our dreams, walking with each New Moon toward our most desired lives.





***CHANGE***



***1. Vision***

***2. Intention***

***3. Action***



# Steps to Change

Change →

## Vision — Intention — Action

To create meaningful change in our lives we need a road map to show us where we desire to go. The change equation provides the necessary steps to lead us on the right path.

### 3 Steps:

#### 1. Vision

- You have to see where you want to go.
- What's your dream life?

#### 2. Intention

- Chunk down that big vision into a monthly theme.
- What's one focus for each New Moon that moves you toward your ideal life?

#### 3. Action

- Take micro-actions for each phase of the Moon.
- What's one baby step you can take this week?



# 01 Vision

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Vision comes before anything else. First, we need to know where we want to go. Start with your dream. Skip the “how’s” for now. Practicality comes later.

What does your ideal life look like? What does it feel like in your heart?

Begin by envisioning different areas of your life, such as health, relationships, work, money, purpose, or spirituality.

# 02 Intention

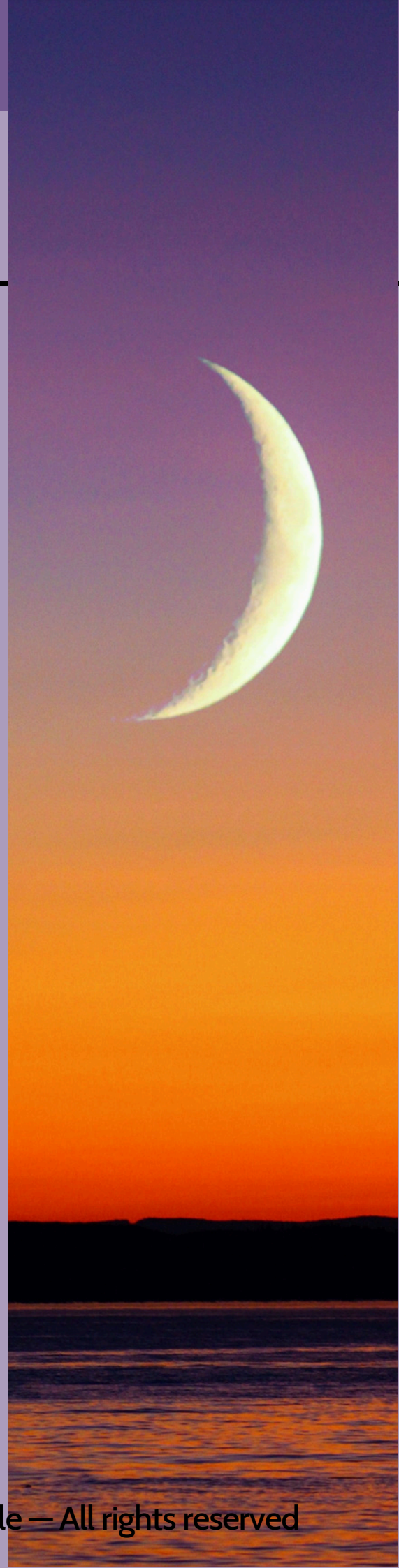
At the New Moon, take a deep breath in the stillness of the dark Moon. Draw in the support of the Moon and Sun joining forces at this time.

Connect to your vision. Feel into which aspect of your ideal life is calling to you the most right now.

Is it your health? Work? A Relationship? Money? Your life purpose?

Focus simply on one smaller part of your larger dream.

Write an intention for this one Moon-month that will help you take a little step towards living your ideal life.



# 03 Action


Here's where the rubber meets the road. You need to take action around that intention. Think of the actions as micro-actions — baby steps.

What is one teeny, tiny, small action you can take that moves you toward fulfilling your intention for this one Moon-month?

The micro-action should feel doable and completely manageable. Nothing stressful, definitely not impossible, but is a baby step nonetheless.

Focus on taking this toddler step for the first week of this Moon cycle, from the New Moon to the first quarter Moon — one week until the Moon reaches its half-lit stage.





# 04 Bonus Step!

I can't help myself... I have to give you the next steps for change — working with all the phases of the Moon!

## 1. **First Quarter Moon**

- Building energy, the Moon is gaining light.
- Set a new micro-action for this week, that continues to support your New Moon intention.

## 2. **Full Moon**

- Celebrate like your ancestors did, reveling in the Moon's full light.
- Acknowledge what you've accomplished and set a new micro-action for this week.

## 3. **Last Quarter Moon**

- Moving towards stillness, the Moon is losing light.
- Reflect and revise — take one last micro-action for this week.
- Begin envisioning what your next intention will be for the upcoming New Moon.



## ***Putting It All Together***

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Your dreams are possible. Your vision is attainable. It does require consistent action to create your ideal life. It won't happen overnight — nor over one Moon cycle.

Living your best life takes repetitive action — one micro-action at a time. By taking continual baby steps, consistently, you can get there.

The cool thing is, it's your vision. You'll adjust and refine it over time. You may discover what you thought you wanted is no longer in alignment with you. As you grow and change, so will your vision.

Walk yourself toward your vision via smaller goals each month and micro-actions each week. I've been doing this for years. At the end of each year, I am consistently blown away by how much I accomplished and how much more I live in alignment with my life's vision.

It's powerful and leads to a life well lived!

*Empowering you is my vision* 😊  
*Sheridan*

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