



Energy Waves Wellness Ltd.

Moon Magic - Journal Prompts
December 2025



December is your invitation to pause and return to yourself. As the year winds down, it's not about doing more — it's about doing what truly matters. This is the time to listen closely, reflect deeply, and refuel your inner fire. Growth doesn't always look like action; sometimes it's found in stillness, honesty, and gentle redirection.

Let your energy guide you. Rest when you need to, move when it feels right, and trust that slowing down is part of becoming stronger. When you tend to your own flame, you step into the new year clear, centered, and ready to rise — not from exhaustion, but from alignment.

Set boundaries that honour your energy. Reconnect with what feels real, simple, and nourishing. Authentic self-work begins when you stop trying to be everything and simply start being yourself.

“Your soul knows the geography of your destiny. Your soul alone knows the roads you should take.” ~ John O'Donohue



 December 3 — Moon conjunct Uranus Rx in Taurus

Theme: Shake-Ups, Self-Worth & Sacred Stability

The energy today is anything but predictable. When emotions meet Uranus, life delivers a jolt — a reminder that even stability needs room to breathe. Sudden changes, insights, or awakenings may challenge your comfort zone, but they're guiding you toward a truer version of security. What if the ground shifting beneath you is actually making space for something more aligned?

Taurus teaches that worth isn't found in what stays the same — it's in how you adapt with grace. If your plans or moods wobble, pause and breathe. Reconnect to what feels solid inside you: your values, your voice, your body.

I trust change as a catalyst for growth. My worth remains steady, even as the world moves around me.

Journal Prompts

What change is pushing me toward a stronger sense of self-worth?

How can I feel grounded even when life feels uncertain?



 December 4 – Full Moon in Gemini

“The biggest communication problem is we do not listen to understand. We listen to reply.” — Stephen R. Covey

The final Full Moon of the year arrives in lively, curious Gemini — a reminder that communication and connection are gateways to growth. This energy is buzzing with ideas, conversation, and exchange. It's the perfect time to share stories, speak your truth, and stay open to perspectives different from your own. In the midst of holiday chaos, flexibility and curiosity will keep you balanced. When we truly listen — not to respond, but to understand — we open the door to clarity, laughter, and unexpected opportunities.

I listen with an open heart and speak with kindness and truth. Each conversation holds the potential for understanding and growth.

Journal Prompts

How can I create more meaningful connections through open and honest communication?

What beliefs or opinions am I ready to see from a new perspective?



 December 7 — Moon conjunct Jupiter in Cancer

Theme: Expand Your Heart — Receive & Recover

This energy opens your capacity to feel bigger without shrinking. When the moon meets Jupiter in the refuge of home and heart, generosity meets tenderness — and you're invited to receive as much as you give. It's a gentle push to enlarge your emotional container: allow more rest, more help, more comfort. Growth right now looks like softer boundaries that protect your peace and wider arms that let in support.

This isn't about excess or people-pleasing; it's about expanding from the inside so you can step into the new year replenished and resilient.

I open to receive. My heart expands with ease and my rest is sacred.

Journal Prompts

What would receiving more support look like for me, and what's one small thing I can accept today?

Where can I enlarge my emotional container so I enter the new year calmer and more resilient?



 December 11 – Last Quarter Moon in Virgo

***“We do not learn from experience... we learn from reflecting on experience.” —
John Dewey***

As the year winds down, this Virgo Moon reminds us that every ending deserves intention. It's time to tidy loose ends — not to chase perfection, but to create space for what truly matters. You might feel the pull to overanalyze or fix what's beyond your reach, but clarity comes from simplicity. Organize your mind, refine your plans, and release the pressure to have it all figured out. What's meant for you will meet you in its own perfect timing.

I choose order over overwhelm. By simplifying, I make space for peace, clarity, and purpose.

Journal Prompts

What tasks, habits, or worries can I release to create more clarity before the year ends?

Where can I bring more intention and mindfulness into my daily routines?



 December 18 — Moon conjunct Mercury in Sagittarius

Theme: Speak Your Truth + Expand Perspective

Today, your thoughts and emotions align to deliver clarity — if you're willing to listen. This is a day for honest conversation, inner reflection, and seeing things from a wider perspective. Ideas flow fast, insights strike unexpectedly, and mental restlessness can push you to overthink. Instead of resisting, channel it into meaningful expression. Speak your truth with courage, and be ready to receive new understanding in return.

This isn't about debating for the sake of being right — it's about aligning your words with your heart and letting curiosity guide your mind. Insight gained now can illuminate intentions for the final stretch of the year.

I speak with courage, listen with curiosity, and allow my mind to expand.

Journal Prompts

What truth am I ready to speak before the year ends, and how will it serve me?

Where can I shift my perspective to create clarity and emotional alignment?



● **December 19 – New Moon in Sagittarius**

***“If you bring forth what is within you, what you bring forth will save you.” —
Gospel of Thomas***

The final New Moon of the year arrives like a spark in the dark — wild, wise, and full of promise. This is where endings meet beginnings, where lessons become fuel for the next leap forward. Sagittarius reminds us that growth doesn't come from comfort; it comes from daring to believe in something bigger. This Moon asks for truth — your truth — and the courage to live it loudly. Set intentions that stretch beyond what you think is possible. Don't just plan for the new year — call your future into existence. Trust the path ahead, even if you can't yet see where it leads.

I trust my vision, my wisdom, and my fire. I am ready to expand beyond limitation and walk boldly toward my next chapter.

Journal Prompts

What truth within me is ready to be lived, no matter how uncomfortable it feels?

What intentions will guide the next chapter of my journey — not from fear, but from faith?



 December 19 — Moon conjunct Venus in Sagittarius

Theme: Set Intentions + Align with Desire

This is the final new beginning of the year — a potent moment to plant intentions that carry your heart and your vision forward. The Moon meeting the Sun and Venus amplifies clarity around what you truly want and what nourishes your spirit. It's about aligning your desires with your authentic self and letting go of what no longer fits.

Bold action isn't required yet; this is a moment for deep reflection, honest evaluation, and conscious planting. Ask yourself: what lights you up, what fuels your growth, and what will you carry into 2026? Commit to intentions that honor your truth, and let your heart guide the practical steps that follow.

I set intentions that honor my heart, my growth, and my authentic path. I step into the new year aligned and empowered.

Journal Prompts

What desires am I ready to claim as sacred and non-negotiable in my life?

What am I willing to release now to make space for aligned growth in 2026?



 December 20 — Moon conjunct Mars in Capricorn

Theme: Strategic Action + Bold Responsibility

Today's energy is built for focus, ambition, and taking decisive steps. The Moon aligning with Mars in Capricorn brings courage that's disciplined — fire tempered by strategy. It's not reckless action; it's moving with intent, tackling what matters most, and stepping into responsibility with confidence.

You may feel tension between emotion and drive, but this is productive tension — it can sharpen your focus and clarify priorities. Use it to set practical steps toward your intentions and to overcome obstacles that have been lingering.

I move with purpose and courage. My focus turns intentions into results.

Journal Prompts

What one bold, intentional step can I take today toward my goals?

Where can I harness my drive without letting emotion cloud my strategy?



 December 22 — Moon conjunct Pluto in Aquarius

Theme: Emotional Transformation + Personal Power

Today's energy digs deep. The Moon meeting Pluto invites you to confront what's hidden, buried, or unresolved. Emotions may rise with intensity, but this is the fire that purifies — giving you clarity about what no longer serves you. Aquarius energy encourages stepping back to see the bigger picture: patterns, power dynamics, and the deeper truths you've been avoiding.

This is not a day for superficial fixes. Real change comes from radical honesty with yourself and the courage to release control over what you cannot change. By leaning into transformation, you reclaim personal power and prepare for the year ahead with clarity and strength.

I release what no longer serves me. I claim my power and rise stronger through transformation.

Journal Prompts

What patterns or attachments am I ready to release to reclaim my personal power?

How can I respond to challenges from a place of strength rather than fear or reaction?



 December 26 — Moon conjunct Saturn Rx in Pisces

Theme: Emotional Responsibility + Reflective Healing

Today invites a pause for deep reflection. The Moon meeting retrograde Saturn in Pisces asks you to honor your emotions while examining patterns, boundaries, and responsibilities. It's a moment to see where you've carried too much, where you've overextended, or where structure can support your inner growth.

This energy blends sensitivity with discipline — compassion for yourself paired with accountability. Use it to process the past, solidify lessons, and gently prepare for the forward momentum that the final week of the year brings.

I honor my emotions, learn from the past, and create structure that nurtures my growth.

Journal Prompts

What emotional lessons from this year am I ready to integrate fully?

Where can I balance compassion and responsibility to care for myself more effectively?



 December 27 – First Quarter Moon in Aries

“You were born to be bold, not to shrink yourself to fit the comfort of others.”

The final push of the year arrives blazing. The Aries First Quarter Moon ignites the spark lit under the Sagittarius New Moon — a call to act, not wait. The world may be in holiday chaos, but this fire doesn't rest. It's your cue to pull back from the noise, anchor into what matters, and move with fierce intention. Obstacles will show up — they always do — but this energy was made to break through them. This Moon isn't about pleasing others or playing small; it's about courage, conviction, and claiming the life you've been daring to imagine.

I trust my fire. I act with courage, focus, and purpose. What I begin now, I carry with strength into the new year.

Journal Prompts

What actions will turn my intentions into reality before the year ends?

Where am I being called to stand in my power and move forward — even if it's uncomfortable?



 December 27 — Moon conjunct Neptune Rx in Pisces

Theme: Emotional Clarity + Intuitive Guidance

Today's energy encourages you to trust your inner voice and lean into subtle guidance. The Moon meeting retrograde Neptune in Pisces can bring heightened sensitivity, vivid dreams, or moments of emotional confusion. Instead of resisting, use this day to discern between intuition and illusion. Reflection, meditation, or creative expression can help translate this energy into clarity and inspired action.

It's a gentle push to honor your emotions while connecting to your spiritual guidance. Dreams, feelings, and insights may reveal what's ready to be released or embraced as you close the year.

I trust my intuition and navigate my emotions with clarity and compassion.

Journal Prompts

Where can I listen more deeply to my inner guidance and discern truth from illusion?

What emotional patterns or beliefs am I ready to release as I close this year?



 December 31 — Moon conjunct Uranus Rx in Taurus

Theme: Unexpected Insights + Courageous New Beginnings

The last day of the year brings sudden clarity and a chance to see what no longer serves you. The Moon meeting Uranus in Taurus shakes up comfort zones, revealing where change is needed to step into 2026 with authenticity and confidence. Stability meets disruption — the perfect combination to end the year with bold insight and personal empowerment.

Embrace surprises as opportunities. This energy encourages you to release outdated patterns, rethink routines, and make space for new approaches that align with your true self. Courage, curiosity, and flexibility are your allies today.

I release what no longer serves me and step into the new year with courage, clarity, and confidence.

Journal Prompts

What lessons from this year am I ready to carry forward, and what am I ready to release?

What bold, authentic action can I take on January 1 to honor my true self?



Your Compass, Your Voice, Your True North 

*December serves as an opportunity to rest,
pause, and reconnect with your inner self.*

*Engaging with these journal prompts will
assist you in rediscovering your true, authentic
self, preparing you to embrace the fresh and
exciting energies of 2026.*

*This has been a time for renewal and growth,
a chance to align with the energy that propels
you forward.*

We extend our heartfelt gratitude to all those who support Energy Waves
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