

NEW MOON VISIONING PROCESS FOR 2025 GUIDE

MICHELE DEROSA HEALING & COACHING

HELLO
BEAUTIFUL
SOUL,



You are seeking change.

You want to feel happier, healthier, connected, supported, loved, more fulfilled, and more.

You deserve ALL of that!

Maybe you've been chasing "different" for years. Maybe you've just now decided that it's time for something new. Regardless, you are in the right place.

Real, long-term, long-lasting change takes time, energy, and commitment. You are beginning a journey today and if you are willing to stick with it, you WILL experience change, personal growth, and healing.

The great news is that you do not have to do it alone. I am here to support you along the way.

As a matter of fact, today is the first of four events I will be offering to support you on your journey toward your hopes, dreams, and desires.

No matter how many times you've set goals before, this time is going to be different because we are going to treat it differently.

We are going to work with the energy of nature's cycles and the moon's cycles.

We are going to work with the principles of manifestation and the Law of Attraction.

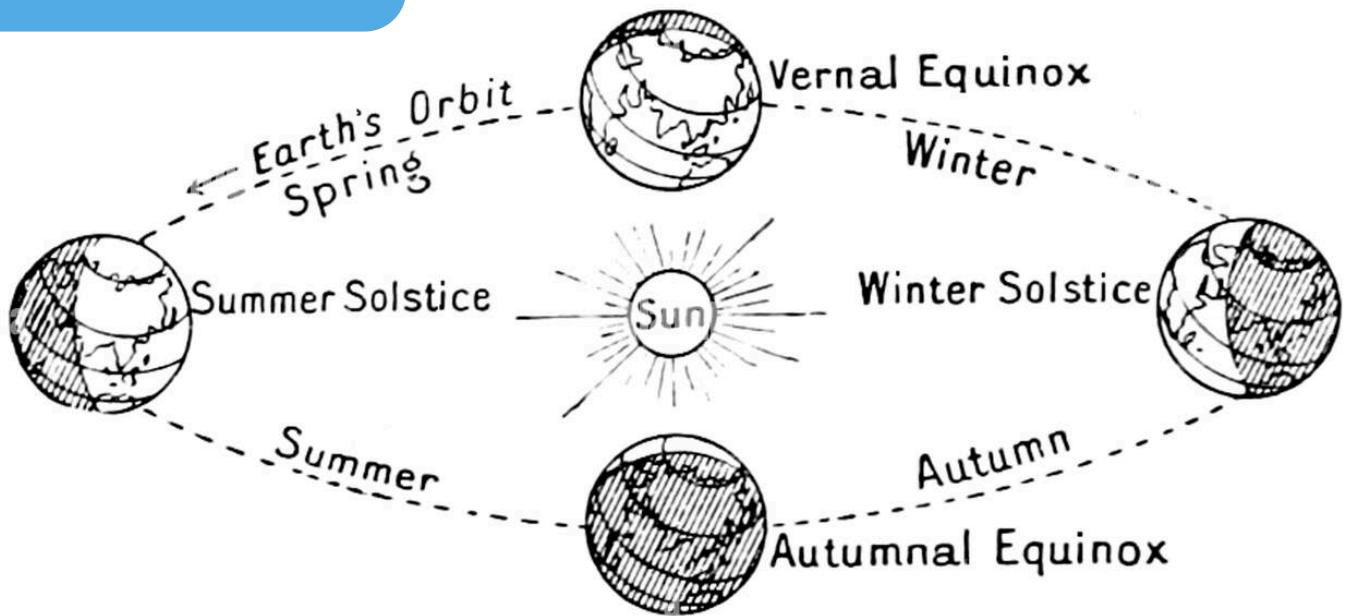
We are going to approach this in a very soul-aligned way.

One year from now, you will look back and see real, authentic, soul-aligned, divinely guided change, growth, and healing.

I'm proud of you for being here and for all that you are about to do!

**With love & gratitude,
Michele**

SEASONS



SPRING

New beginnings
Planting seeds
Planning
Nurturing
Energizing

Winter

Hibernate
Rest
Reflect
Go inward
Solitude
Quiet

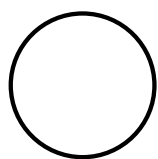
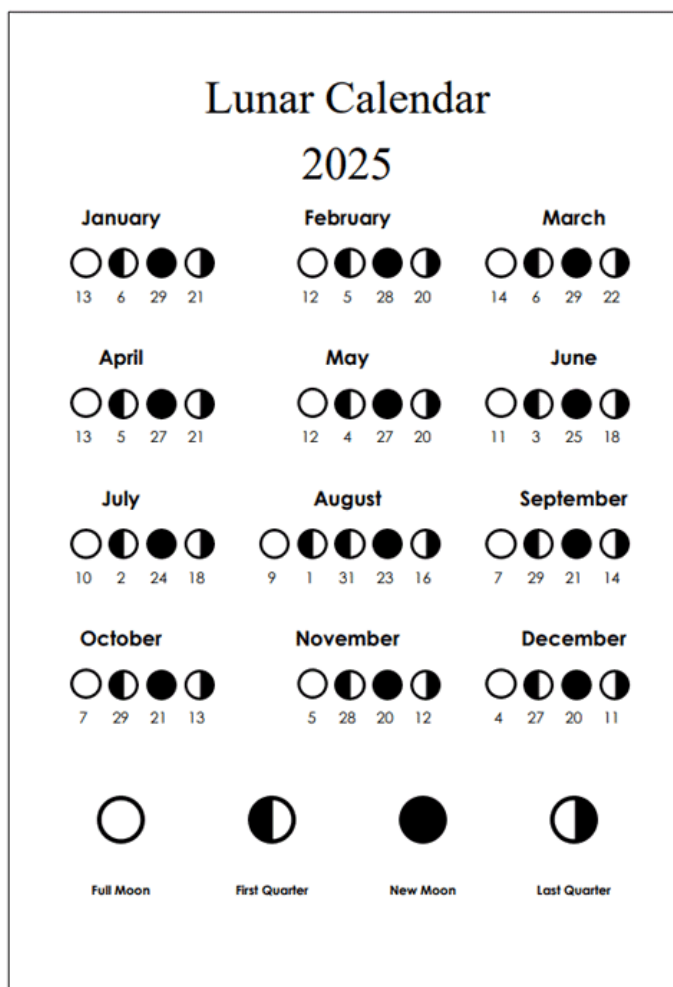
Summer

Interaction
Expansion
Growth
Communication
Adventure
Play

Autumn

Harvest
Release
Take stock
Shift
Slow down
Completion

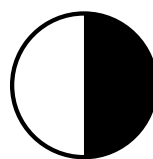
MOON
CYCLES
AND
THEIR
SUPPORTIVE
ENERGY
FOR
MANIFESTING



New Moon
New beginnings,
time to
daydream and
set intentions



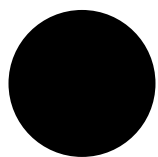
Waxing Crescent
Narrow down
your vision to
get a clear
picture to
prepare for
action



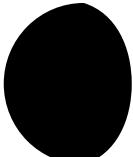
First Quarter
Take inspired
action and steps
to overcome
challenges



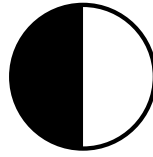
Waxing Gibbous
Trust the
Universe and get
in alignment
with your
desires, keep
going



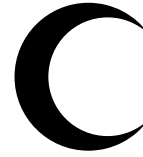
Full Moon
Harvest,
release all that
no longer serves
you



Waning Gibbous
Shadow work,
reflect on what
needs to be
tweaked &
prepare to
adjust, rest



Third Quarter
Honed in and
precise, having
trimmed the fat,
reinforce
positive
thoughts



Waning Crescent
Tie up any loose
ends. An ending
& new
beginning.
Review & renew

MANIFESTING 101

Get clear on what you desire, more so into the feeling of what you desire. Visualize it regularly and connect with the feeling of it. DAYDREAM as if it has already happened!

Focus your attention, and therefore your actions & energy on your desires.

Look for signs of alignment to keep you going.

Say "yes" to the opportunities that come your way.

Give thanks and express gratitude as much as possible.

Keep your vibration high.

Release all expectations.

Keep track of everything. Journaling is a great way to do this!



KEEP THOSE VIBES HIGH

Gratitude

Spend time in nature

Connect with people who light you up

Move your body

Energy work

Meditate/Pray

Self-care

Give & gratefully receive

Work through and release negative
emotions

Live your purpose

Celebrate your wins

Be creative

Serve others

Live in the moment

Have fun

Re-connect with your intentions



ENERGY DRAINING

Physical

Diet
Sleep
Poor health
Busyness
Money
Clutter
People
Noise
Work
Time
Overworking
Pain
Electronics
Excessive sitting
Dehydration
Women's cycle

Mental

Comparison
Judgment
Self-criticism
Worry/Anxiety
Perfectionism
Approval seeking
Negativity
Replaying the past
Projecting the future
Fitting in
Fears
Self-doubt
People-pleasing
Denial
Resistance
Entitlement
Overthinking
Overwhelm

Emotional

Grudges
Shame
Blame
Guilt
Pessimism
Unprocessed feelings
Drama
Boredom
Impatience
Hatred
Jealousy
Unworthiness
Powerlessness
Victimhood

Energetic

Stress
Lack of boundaries
Misalignment
Expectations
Neglect
Unhealthy habits
Shoulds & supposed to's
Disempowerment
Procrastination
Unhealthy Relationships
Chaos
Multi-tasking
Dishonesty



ENERGY GIVING

Physical

Diet & H2O
Sleep/Rest
Movement &
Exercise
Good health
Stillness/silence
Money
Spaciousness
Relationships
Work
Time
Self-care
Safety &
Security
Friendship &
community
Sunlight
Breathwork

Mental

Mindfulness
Meditation
Compassion &
empathy
Self-love
Trust
Surrender
Growth mindset
Positive mindset
Curiosity
Living in the
moment
Authenticity
Autonomy
Self-approval
Openness
Single-tasking

Emotional

Gratitude
Joy
Abundance
Calmness
Ease
Empowerment
Freedom
Love
Passion
Optimism
Hopefulness
Excitement
Happiness

Energetic

Strong
boundaries
Mind, body, soul
alignment
Intentions
Spirituality
Choice
Accountability
Fun
Giving & receiving
Fulfillment
Purpose
Connect with
nature
Celebrate your
wins
Serving others
Creativity

january

Focus

Curiosity without judgment

Slowing down

Connecting with self, nature, loved ones

Self-discovery

Daydreaming

New thoughts & ideas

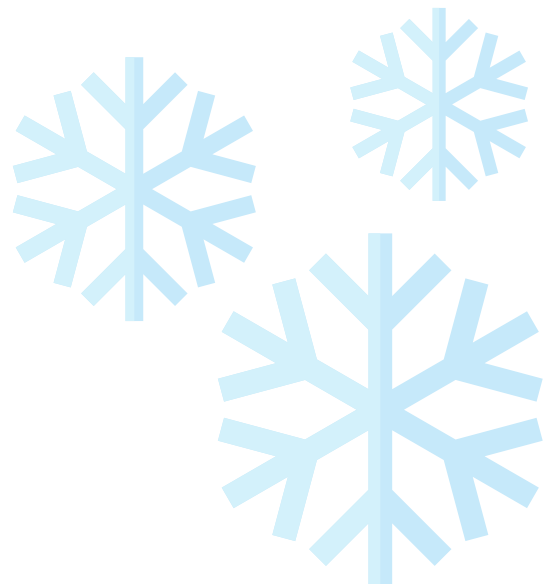
Creativity

Reflecting

Journaling

Assessing

Resting & Recharging



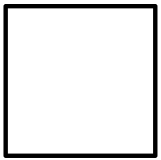
I commit to



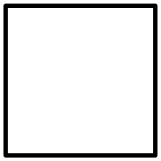
Being open



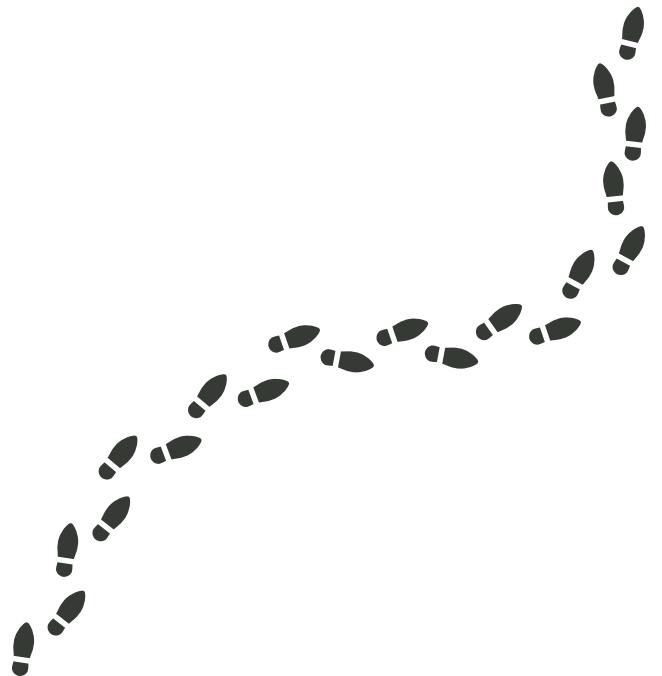
Daily journaling and...



10+ minutes of quiet reflection
time/meditation daily



10+ minutes of walking while
reflecting daily



Self-discovery journal prompts

A prompt a day – reflect or journal. Be honest. Get to know yourself, without judgment. These questions are for you and no one else.

1. How would you describe childhood you? How would you describe yourself now? How do each of those descriptions make you feel?
2. Where, when, and how do you experience freedom and peace? If you don't, daydream about it. How could you, if things were different?
3. What are the core values you live by/make decisions by? What is most important to you?
4. What are the ingredients to a truly happy life?
5. What makes you feel uncomfortable? Why? How does it impact you?
6. What makes you laugh? What makes you cry?
7. What were your favorite things to do as a child?
8. For what are you grateful? Get real with it. Feel it in your heart space.
9. What has been a lifelong dream for you?
10. If you could start over, what would you do differently?
11. If you had to start over, what would you do again without question?
12. What is/are your greatest personal challenge(s)?
13. How have you overcome or managed those challenges? What have they taught you?
14. What is your favorite season and why? What do you do during that time?
15. What is your favorite way to create?

16. Whom do you like to spend time with? Why?
17. What do you advocate for? What causes are important to you?
18. What are your favorite qualities in other people? Which ones really irk you?
19. How do you feel most comfortable showing up in the world (ie. quietly, boldly, humorously, with compassion, etc.)?
20. What are your proudest accomplishments?
21. What do you regret?
22. What are your emotional insecurities?
23. What advice would you give to 12 year old you? 18 year old you? 25 year old you? The you of last year?
24. What makes you unique? What is your superpower?
25. What is an old story you are holding onto?
26. What have you learned from your mistakes and “failures”? If nothing, can you seek a lesson?
27. What is your favorite memory? Relive it and FEEL it.
28. What opportunities do you say yes to? What usually makes you say yes?
29. When do you feel powerful?
30. What do you want to be known for? How would you want your best friend to describe you?
31. What do you most want to change about yourself or your life? Why? What will it do for you?

Awake at:

Hours of sleep:

Quality of sleep:

Date: _____

First actions today:

Weather:



Moon cycle phase:

Symptoms:

Foods:

Times:

Breakfast:

Lunch:

Dinner:

Snacks &

Beverages:

Social interactions:

Exercise/Movement:

Overall mood:

Big feelings:

Energy surge(s) times:

Energy dip(s) times:

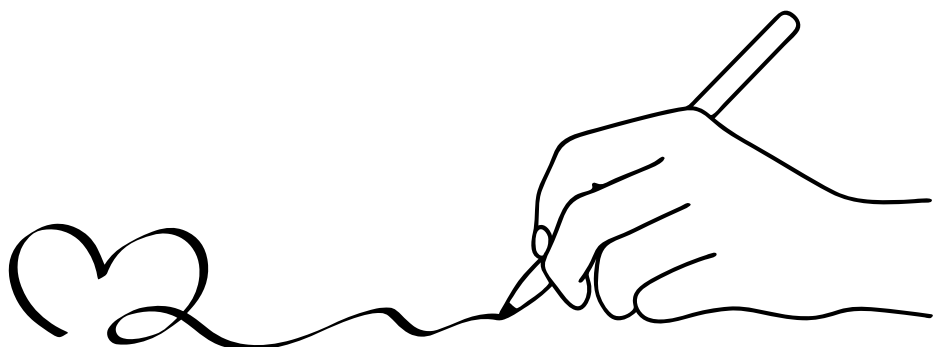
Pre-bed activities:

Bedtime:

Daily Free-Write

**Seeking awareness, patterns, feelings
exploration, clues about you and what
you align with and don't align with**

- Things that have happened and how you feel about them
- Frequent thoughts
- Expectations of yourself and others
- Triggers/Fears and where they come from
- "Self" thoughts – I am... I am not... I can't...I won't...
- Comfortable moments
- Uncomfortable moments
- Grateful moments
- AHA moments
- Physical feelings & symptoms
- The weather, the moon cycle, your moon cycle phase



Please remember these things...

When you feel like you want to quit, take a break. Don't quit!

When it feels like everything is falling apart, remember it is part of the process. You're being asked to assess, listen to your inner voice, trust yourself, and determine what's important to you and what you are ready to let go of.

You are not alone. There are people who will support you if you let them know you need support. I am one of them. Reach out!

You are 100% worthy of the life that you dream of and there is nothing you need to do to deserve that life.

There is a future version of you that has already done all the work. They are encouraging you and sending you love. Make the mistakes. Feel the feels. Do it all messily, angrily, happily, gratefully, etc. knowing that you will make it.

Long-term change requires patience and faith.

Never underestimate the value of planting seeds. Just because it doesn't seem to fit now, doesn't mean it will never fit. Allow yourself to walk away from it, knowing that you will return to it if it is meant for you.

You can't and won't screw it up.



How I can support you



Soul Spark(le)

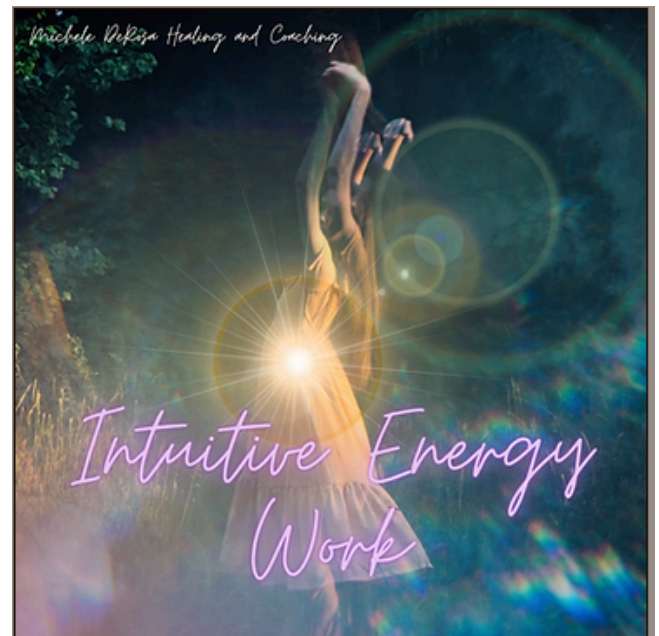
It begins with a spark and ends with a sparkle



Soul Coaching Session



Reiki Healing Session



Intuitive Energy Work Session

A transformative and empowering experience connecting you with your inner wisdom.



Michele DeLosa
Healing & Coaching

E N E R G Y H E A L I N G
S O U L C O A C H I N G

www.spreadingthecheer.com