

12-Month timeline - 90-day Plans

Bucket List - Jan: Feb:Mar

Mundane	Material	Magical

12-Month timeline - 90-day Plans

BUCKET LIST:

Jan	Activities	Feb	Activities	Mar	Activities
New Moon		New Moon		New Moon	
Full Moon		Full Moon		Full Moon	
Sun/Chakra		Sun/Chakra		Sun/Chakra	
Sun/Chakra		Sun/Chakra		Sun/Chakra	

12-Month timeline - 90-day Plans

Jan : Feb : Mar

Ideas

Goals

12-Month timeline - 90-day Plans

Start

Stop

Change

Feedback

12-Month timeline - 90-day Plans

Bucket List - Apr:May:Jun

Mundane	Material	Magical

12-Month timeline - 90-day Plans

BUCKET LIST:

Apr	Activities	May	Activities	Jun	Activities
New Moon		New Moon		New Moon	
Full Moon		Full Moon		Full Moon	
Sun/Chakra		Sun/Chakra		Sun/Chakra	
Sun/Chakra		Sun/Chakra		Sun/Chakra	

12-Month timeline - 90-day Plans

Apr:May:Jun

Ideas

Goals

12-Month timeline - 90-day Plans

Start

Stop

Change

Feedback

12-Month timeline - 90-day Plans

Bucket List - Jul:Aug:Sep

Mundane	Material	Magical

12-Month timeline - 90-day Plans

BUCKET LIST:

Jul	Activities	Aug	Activities	Sep	Activities
New Moon		New Moon		New Moon	
Full Moon		Full Moon		Full Moon	
Sun/Chakra		Sun/Chakra		Sun/Chakra	
Sun/Chakra		Sun/Chakra		Sun/Chakra	

12-Month timeline - 90-day Plans

Jul:Aug:Sep

Ideas

Goals

12-Month timeline - 90-day Plans

Start

Stop

Change

Feedback

12-Month timeline - 90-day Plans

Bucket List - Oct:Nov:Dec

Mundane	Material	Magical

12-Month timeline - 90-day Plans

BUCKET LIST:

Oct	Activities	Nov	Activities	Dec	Activities
New Moon		New Moon		New Moon	
Full Moon		Full Moon		Full Moon	
Sun/Chakra		Sun/Chakra		Sun/Chakra	
Sun/Chakra		Sun/Chakra		Sun/Chakra	

12-Month timeline - 90-day Plans

Oct:Nov:Dec

Ideas

Goals

12-Month timeline - 90-day Plans

Start

Stop

Change

Feedback

12-Month timeline - 90-day Plans

Life areas

- Health and wellbeing
- Learning
- Financial
- Heart and spirit
- Experiences
- Mental/emotional
- Love/Partner
- Family
- Friends
- Mission/Vision

12-Month timeline - 90-day Plans

The new moon and the elements

Fire

When the new moon appears a **fire sign**, and the two week period that follows each date is the best time of the year to initiate any sort of action.. Look ahead to your future goals and vision, reevaluate your mission and purpose, and get back in touch with your vision.

Focus on your spiritual health

Solar plexus chakra - Colour yellow. Element - fire. Aries, Leo, and Sagittarius are fire element signs. Planet – Mars. The right to act. Emotion – shame. Endocrine gland – Adrenals. Spine – L2 to T5. Age 15-21

Earth

When the new moon appears in an **earth sign**, the two week period that follows each date is the best time of the year to manifest and focus on your plans.

Focus on your physical health.

Root chakra - Colour red. Element earth. Taurus, Virgo and Capricorn are earth element signs. Planet – Saturn. The right to be here. Emotion – fear. Endocrine gland - Gonads. Spine - The coccyx (tailbone). Age 0-7

Air

When the new moon appears in an **air sign**, the two week period that follows each date is the best time of the year to communicate and inspire.

Focus on your mental health.

Heart chakra - Colours green or pink. Element - air. Gemini, Libra and Aquarius are air element signs. Planet – Venus. The right to love and be loved. Emotion – grief. Endocrine gland – Thymus. Spine – T4 to T2. Age 22-28

Water

When the new moon appears in a **water sign**, the two week period that follows each date is the best times of the year to heal and regroup.

Focus on your emotional health.

Sacral chakra - Colour orange. Element - water. Cancer, Scorpio and Pisces are water signs. Planet – Jupiter. The right to feel. Emotion – guilt. Endocrine gland – Pancreas. Spine – L3 to L5. Age 8-14

12-Month timeline - 90-day Plans

Full moons

Full moons reveal what we have been hiding and need to let go of. They show us where we need to shift. Full moon names traditionally come from North American tribes and their traditions. Each moon has a name and a meaning:

- Wolf Moon (January)
- Snow Moon (February)
- Worm Moon (March)
- Pink Moon (April)
- Flower Moon (May)
- Strawberry Moon (June)
- Buck Moon (July)
- Sturgeon Moon (August)
- Corn Moon (September)
- Hunter's Moon (October)
- Beaver Moon (November)
- Cold Moon (December)

Discover more at <https://www.nationalgeographic.co.uk/2019/02/full-moon-names-explained>. As each of these moons arises, look up their meaning and work with that energy.

At a full moon:

- Cleanse your space, mind, body and soul. Cleanse your space with sage and let go of any emotional baggage you have been holding onto
- Charge your crystals in the moonlight
- Meditate to access your inner wisdom
- Dance or do something wild to release your pent up energy
- Check-in with your to-do list – the one you created at the new moon and get rid of what no longer needs your attention
- Chill out. The full moon is great for observing what comes up, situations, circumstances, people, and emotions. This will give you a chance really see and understand what the universe is trying to tell us.

12-Month timeline - 90-day Plans

Eclipses

Eclipses are agents of change and growth, often prompting sudden turning points in our lives. Where have you been procrastinating or avoiding a decision? Solar eclipses happen at the new moon. Lunar eclipses fall at the full moon. Look at which kind of eclipse it is, in which sign and how that relates to your chakras and then decide on how to best look after yourself. Note your mood and the energy.

Creating future magic

You could set goals using the SMART system, but we are going to create our goals by creating future magic. Magic stands for:

- M – Measurable
- A – Aligned action
- G – Grounded in reality
- I – Inspired and inspiring. Is this goal, dream or desire consistent with your values?
- C – Clarity

An example for writing a novel might be:

- M – written by March 20xx
- A – create a plan, outline, write, edit and publish, with dates beside each action
- G – given everything else I need to do, the deadline is achievable
- I – becoming a novelist inspires me – it is my big life dream, and it will inspire others
- C – I am clear on the specifics, which are – I have written a book called xxx, by xxx, I have my action plan, steps and I know what it will give me, how I will feel and who I will become