

Blue Lotus Mind Institute

Full Moon Clearing Worksheet



The Full Moon is a great time to let go of the beliefs, emotions and other things that are holding you back from achieving your goals. Complete the worksheet below in full, add additional pages if needed.

Once this page is complete, burn it. (Disclaimer: Tiffany Toombs, Blue Lotus Mind Institute and any associates of either are not responsible for any personal injury or property damage due to completing this. Please use fire safety.)

The beliefs that I am letting go of with this Full Moon that no longer serve me are:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

I will replace these old beliefs with the following new beliefs (use these as positive affirmations in the coming days and weeks):

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____



9. _____

10. _____

The emotions I am releasing during this Full Moon are:

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

This Full Moon, I am forgiving the following people:

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

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9. _____

10. _____

The things I am forgiving myself for during this Full Moon are:

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____