

*The girl + the moon*  
*membership*

*June Moon Diary*

**Created and Written by  
Stevie McCormick May  
2022**

# Manifesting Tips Using Affirmations

In the pages below you will see I have outlined what words to use to embody the energies under that new and full energy.

Affirmations are personal and lots of time it is easy to gain inspiration from ones which we see online. However, this can cause blockages we may use affirmations or words which we don't resonate with or which don't connect to our soul.

That's why it's so important to spend time journaling to identify what you wish to receive. You can then use words and phrases which your energetic system aligns with.

Everyone is so different. When you say it find one that feels right for you. When you say it and use the words you will feel really good. If you don't feel it doesn't matter what you are saying it won't shift your energy to be able to receive.

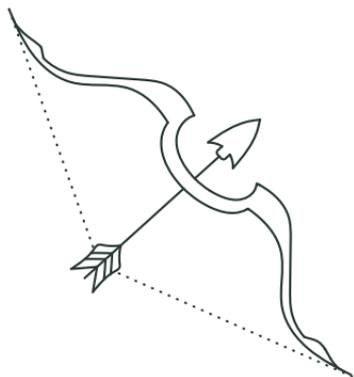
You need to feel the statement to allow it to raise your confidence. The affirmation has to resonate and click with you for it to work.

Homework:-

Journal and see what words come up for you when you think about your dream and vision.

Now begin to use the affirmations beginnings from this workbook and bonus you can go through the other ones and then use them on the days which the moon aligns with that energy so you begin to code them into your system deeper using the lunar energies throughout the month.

Another bonus exercise which I use with my 121 clients and do myself is writing them out 20 times a day and repeating them in a mirror to really help embed them in your subconscious mind.

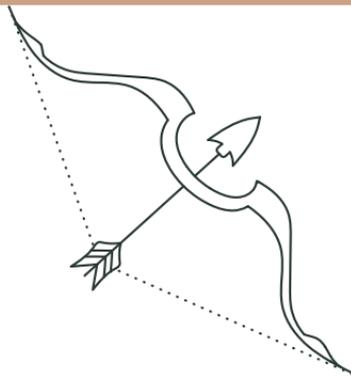


# *Sagittarius*

Sagittarius Full Moon Energy.

14th June 2022

Use affirmations which begin with I aim.



# Sagittarius

**November 22 - December 23 I Aim**

1. Enthusiasm - This energy is lively and positive. Use this energy to connect with your own passions and loves. Share this with others and inspire them. Or maybe use this energy to reignite the fire within your belly.

2. Joy - Uplifting energy it has the ability to lift us up. It can be easy to fall into traps of negative thoughts now is a great opportunity to find joy in the little things. Make more space for the things that bring joy into your life.

3. Go on an adventure - The ultimate wanderlust energy comes with Sagittarius. It's one of adventure, travel and exploring. Find adventure in your everyday or plan a future vacation in this energy.

4. Dare to aim - This lively energy enjoys a challenge. So use this time to think about honestly how you are growing. What are you aiming for? Are you stepping into that everyday. Start a project so take this energy to the next level and make a goal that will serve your higher self.

When in balance: Honest, Adventurous, Cheerful and Lively

When out of balance: Hasty, Irresponsible, Outspoken and Escapists

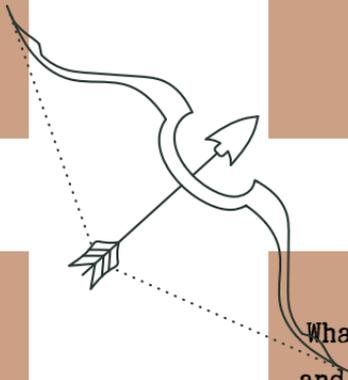
# Sagittarius Card/Journal Prompts

Where does my heart desire to aim towards?

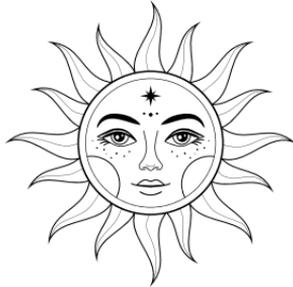
What holds me back from taking flight in my dreams and wishes?

How can I make space for more joy and freedom in the pursuit of my dreams?

What thoughts and behaviours once released will allow me to aim higher?



# Summer Solstice Ritual



**Affirmations use them beginning with the word I can.**

Summer Solstice Ritual

The summer solstice signifies the first day of summer. It's a time to set new goals and celebrate the growth of the seeds you may have sown during the winter/spring months.

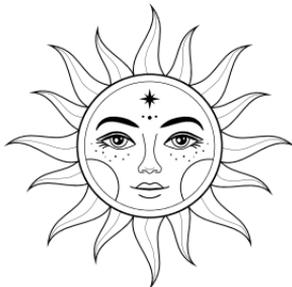
A ritual can help you super charge your inner strength to move forward into the coming weeks with passion, light, and vitality..

Did you ever make perfume from rose petals as a child, or collect items in jars during this time of the year? This was your inner witch coming out. It makes the most beautiful time to create a summer solstice ritual jar. Here is what you will need:-

## Materials for Your Summer Solstice Jar

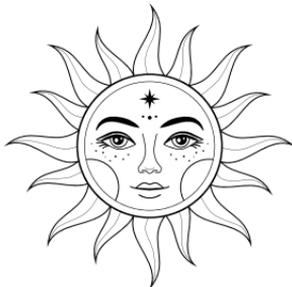
- 1 jar any refillable glass or jar will do
- Fresh earth or sand
- Some grass, leaves or petals choose what you feel drawn to as you collect for your jar.
- Chamomile/Daisy flowers (fresh or dried) – for healing and prosperity
- Dried Thyme – for good luck and health
- Clear Quartz Crystal - For protection and all around healing.
- Citrine Crystal – to represent the sun and abundance
- Piece of yellow ribbon or fabric
- 1 piece of paper and pen

# Summer Solstice Ritual



1. Place your jar in the sunlight and allow yourself to drink in some sunlight if possible. If not that's ok place it in a place where it can drink the day light a windowsill will do if it is raining the light is the longest day of the year so it will allow the light energy to be drawn into your spell jar.
2. Fill your summer solstice ritual jar with the items you have gathered. As outlined above you can add any other crystals or items you feel drawn to. As I live by the sea I work with shells alot at this time of year but if you are drawn to a certain flower or item include it you can't go wrong its your spell jar.
3. As you place the items in the spell jar do so with loving intention.
4. You leave the jar in the sunlight until sunset that day.
5. Give thanks at sunset for the light and nourishing warmth she is providing us.
6. As you hold your own bottle of sunshine between your hands visualise gold, glitter and shimmering specks reflecting throughout your whole being. Take a deep breathe in and visualise your ability to attract and magnetise your summer solstice wishes to you.
7. Take your pen and paper and write down what you are grateful for, what light has the summer solstice shone onto your dreams, where do you wish to grow - you can also refer to the card/journal prompts below to use with this. If you feel called to you can future script a letter and write as if your wishes have come true as if there were here now in first person.
8. Place your paper in the jar and spend some time visualising or with your dreams outside if its warm to do so. Then when you feel ready tie the top of the lid.

# Summer Solstice Ritual



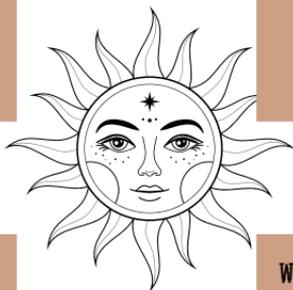
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# Summer Solstice Card/Journal Prompts

How do I hold  
back my light?

What prevents  
me from sharing  
my light?

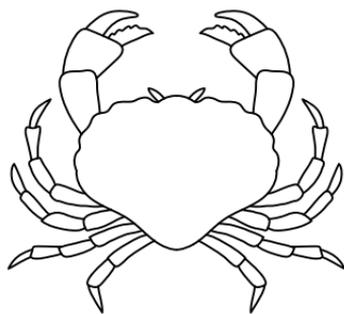
What  
behaviour/pattern  
or habit is in the  
dark with the  
light now shone  
can I release  
which no longer  
serves me?



How can I make  
space to  
receive more  
abundance of  
light, joy and  
happiness in my  
life?

What goals does  
my soul feel lit  
up to do right  
now?

How can I make  
space to achieve  
these?

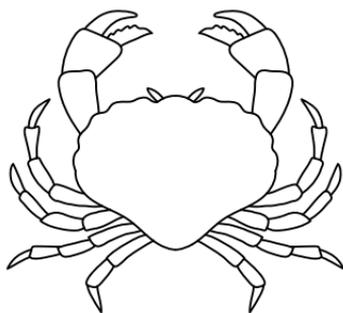


# *Cancer*

Cancer New Moon Energy

28th June 2022

Use affirmations which begin with I feel.



# Cancer

**Water June 21 - July 22 - I feel**

1. Nurture yourself and others - promise to take care of others. Make yourself a warm drink or get into a nice bath for someone else. Giving to others releases feel good hormones.

2. Build on your self-worth - What fears come up for you? How can you let down those fears and barriers that hold you back. Where are these coming from? Write them down and release them under the full moon in June.

3. Have a lovely bath or bathe in the sea or fresh water - Cancer is a water creature so doing activities near or around water can bring in a healing energy and reenergise your creativity and balance your emotional world.

4. Reassess your barrier - what barriers do you have in place as a form of protection. Are these barriers serving you? How can you let these down? Maybe you don't have and boundaries - what do you say yes to that doesn't light your soul? What makes you struggling in saying no?

When in balance: Nurturing, artistic, sensitive, intuitive and gentle

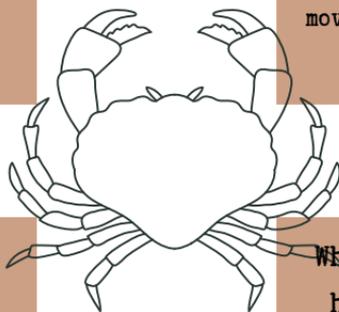
When out of balance: Clingy, fragile, doubtful, worrier and panicky

# Cancer Card/Journal Prompts

How can I open myself to receive more of what I desire?

How can I let down my guard?

What guards and boundaries do I have that are preventing me from moving forward?



When I let go of protecting myself what would the universe like to gift me?

What feelings have I been holding on to?

What new routine do I desire to support my intentions?

# Upcoming Workshops

23rd June 2022 at 12.00 Becoming  
your most productive self +  
fulfilling your potential with  
@haydanfirth



21st July at 12.00

Let down your guard and receive  
some cancerian self love. Reiki,  
journalling and breathe work. With  
Christine @worthywellbeing

Secret workshop to be announced  
shortly led by me and a guest  
expert.....  
6th July @12.00



# Upcoming Workshops

11th July at 12.00 Bonus  
workshop

Age of Aquarius embracing your  
uniqueness and standing in  
your power workshop



8th August at 12.00

Awaken your creativity and heart  
chakra with a Leo Dance Lesson with  
[@tassiemumclub](#)

And more super exciting guests to be announced soon -  
September's guest is one of my most favourite instagram  
connections which I've made and I know some of you  
adore her work to....

I'm gonna go before I spill the beans.

# The challenge

You can enter the challenge to be in for a chance to win these are the rules:-

[SIGN UP TO THE GIRL + THE MOON MANIFESTING FREE CHALLENGE](#) [CLICK HERE](#)

SCREENSHOT YOUR CONFIRMED SPACE AND TAG ME IN YOUR STORIES.

ACTIVELY PARTICIPATE IN THE CHALLENGE.

Just click the 31st May click on 12.30 slot and you can book in.

If you have friend who loves the moon feel free to pass it on too.

I can't wait to see you there and if you have any questions you can send them to me and I will be answering these live on the sessions to help you gain a better understanding of the moon and if you can't make the live everything will be saved on a hub for you to be able to access in your own time and space.