

EM COSMETICS



Sloom Journal

The moon is a powerful force in the universe! As it journeys through its phases, your mind, body and spirit transition into phases as well! Understanding and journaling throughout the lunar cycle is a powerful way to connect with this celestial event! Start tracking the lunar calendar so you can follow along.

This journal serves as your guide to help you through each moon phase and align with the cosmic energies to manifest the life you desire! This is a safe space for you to express how you feel, invite positive energies and release what is no longer serving you. Remember you are the author of your life—so grab a pen and begin.

Welcome to your cosmic universe. 🌕



New Moon

It's time for new beginnings and endless possibilities. Plant your seeds of intentions and get clear on the things you'd like to manifest.

Waxing Crescent

The seeds you have planted are sprouting—use this energy to focus on your manifestations and conceptualize your plan of action.

First Quarter

Place a focus on self-growth. Stay committed and keep pushing toward your intentions. Overcome any challenges that may arise.

Waxing Gibbous

Trust the Universe and get in alignment with your desires. Understand that obstacles may also be guiding lights.

Full Moon

Illuminate your intentions with the energy of manifestations. Your energy and power are strongest during this time. The progress you've made toward your vision is becoming clear.

Waning Gibbous

This is a time to reflect. Express gratitude, release what no longer serves you and mediate.

Third Quarter

This phase is a time of transition. Forgive yourself and forgive others. Let go of regrets and resentments to welcome a fresh start.

Waning Crescent

Rest, reflect and recuperate. Surrender to the Universe and what's meant to be, will come to fruition. Time to prepare your seeds for the next cycle.

Moons Phases

INTENTIONS + GOALS

New Moon

Did you know: When you write, say and envision your goals there is a higher possibility that you will achieve them?



Date _____

Checklist



- Tidy your sacred space.
- Journal your goals.
- Create a vision board.

- _____
- _____
- _____

How are you feeling?

Write or draw how you're feeling.

Goal 01

Goal 02

Goal 03

3 GOALS
You Want To
Achieve



What new healthy habits do you want to start?

What's your moon sign?

What sign is the new moon currently in?

How can you get there?

Are these compatible or conflicting?

MANIFEST + SET YOUR INTENTIONS



Date _____

Waxing Crescent

Manifesting 101: This is all about believing that you already have something and letting it come to you, so speak in the present and use active words. Use words such as "I love", "I have", "I attract" or "I am".

Checklist



- Visualize your greatest dreams coming true.
- Verbally express the things you're manifesting.
- Meditate.
- _____
- _____
- _____

Write down what you are manifesting as if you already have it.

What makes you truly happy?



ACTION + CHALLENGES



First Quarter

Are you facing any challenges right now?

Date _____

Checklist



- Give yourself positive affirmation
- Listen to your intuition. What is it telling you?
- Journal your intuitions.
- Do something that brings you one step closer to your goal.
- _____

Dreams are a reflection of the unconscious mind and often signs from the universe.
Have you been having dreams lately?
What were they about?

REFINE + OBSERVE



Waxing Gibbous

When you're manifesting, you often start seeing what you manifesting everywhere. It's not a coincidence. You are manifesting your desires into reality! Keep going.

How have your goals changed?

What signs from the universe have you received?

Date _____

Checklist



- Enjoy a self-care moment and take a mental break.
- Thank the universe or your higher self for guiding you.
- Journal your new goals and intentions to set them into place.
- _____
- _____
- _____

Have you noticed any synchronicities around you (numbers, animals, words)?

111

INTUITION

Trust your gut & listen to your heart

222

ALIGNMENT

You are in the right place & the right time.

333

SUPPORT

Your spiritual guides are around you sending you love, support & guidance

444

PROTECTION

The Universe and your spiritual guides are protecting you

555

CHANGE

Something new is coming

666

REFLECT

It's time to wake up to your higher spiritual truth

777

LUCK

Wonderful things are about to happen

888

BALANCE

Everything is falling into place as it's meant to be

999

RELEASE

It's time to let go of what's no longer serving you

MANIFEST + SEAL INTENTIONS



Full Moon

The Effects of the Full Moon

The gravitational pull of the full moon is so powerful it actually affects your emotions, sleep and mental health. The way you are feeling is okay!

What are you manifesting?
What are you manifesting?
What are you manifesting?
What are you manifesting?
What are you manifesting?
Repetition is key.

Large empty rectangular box for writing intentions.

What no longer serves you?

Date _____

Checklist



- Practice grounding:
Absorb the natural energies around you!
Increase skin-to-earth contact by walking outside barefoot on the grass or in the sand. Soak up the sun!
- Charge your crystals outside under the full moon to harness energy.
- Look up what sign the moon is in! How could this be affecting your mood?
- _____
- _____
- _____

How are you feeling?

Tired 🥱

Anxious 😓

Happy 😊

Sad 😭

Restless 😞

Overwhelmed 🤯

Energetic 😄

GRATITUDE + RELEASE NEGATIVE ENERGY



Waning Gibbous

Date _____

Checklist



- Verbally express gratitude.
- Release what no longer serves you.
- 15-minute meditation.
- _____
- _____
- _____

What are you feeling grateful for?

Who are you thankful for?

What will you be releasing?



LET GO + FORGIVE



Third Quarter

What bad habits would you like to release that do not serve you?

What actions do you want to integrate into your routine to create a habit for a more fulfilling life?

Date _____

Checklist



- Tidy and organize your sacred space.
- Take a little extra time for self-care.
- Write down any thoughts or feelings you have.

- _____
- _____
- _____

REST + REFLECT



Waning Crescent

What accomplishments have you made this month?

A large rectangular box with a white background and a light blue border, containing several small, light blue star icons scattered throughout. This area is intended for writing about accomplishments.

How are you feeling?

A large white circle with two solid black oval shapes inside, representing eyes. This is a visual scale for expressing emotions.

Date _____

Checklist



- Thank yourself for what you have accomplished this month!
- Light a candle or incense.
- Unplug and relax.
- _____
- _____
- _____

What did you learn this month?

A series of horizontal lines for writing, starting with a solid line and followed by several dashed lines, providing space to reflect on lessons learned.

WHAT'S ON YOUR MIND?



Date _____

Think Space

A series of horizontal lines for writing, with a decorative pattern of small gold stars scattered across the page.

WHAT ARE YOU DREAMING ABOUT?



Date _____

Dream Space

A series of horizontal lines for writing, spanning the width of the page.