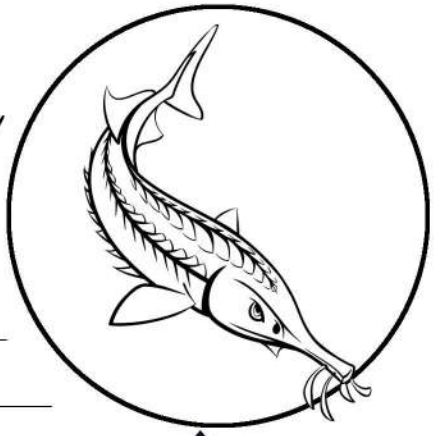
Full Sturgeon Moon



On August's Full Moon, date: _____

My intention is: ***to identify and banish a bad habit such as***

_____

Things that are triggering this habit:

My plan to avoid these triggers:

A Sturgeon Full Moon symbolizes endurance and resilience. This fish represents incredible strength and powerful decision-making.

Use this energy to break a bad habit or to stop a compulsive behavior.

Use a calendar to track your habits. Mark down every day that you cave in to your vice.

Find a healthy activity to replace your habit.

Activities that I can use to replace my habit:

People who can help me in this process:

"I can change my life,
One habit at a time."