DATE: | FULL MOON JOURNAL BY @FRANCISANDMEYER

I'M LETTING GO OF

I'M REPLACING IT WITH

SAYING GOODBYE:

SAY GOODBYE TO THE THINGS THAT NO LONGER SERVE YOU. AKNOWLEDGE THEIR PURPOSE IN THE PAST, AND EXPLAIN WHY THEY ARE NOT NEEDED IN THE FUTURE:

RIP THIS PAPER & BURN IT (IN FIREPROOF BOWL OR PIT) DURING THE FULL MOON.