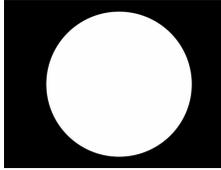


Malama : Māhoemua (Hawai'i Island)

(Hawaiian Lunar Month)

Date: _____

Day of the Week: _____



Hoku

Moonrise: _____

Moonset: _____

<https://www.timeanddate.com/moon/usa/hilo>

Go to Wehewehe.org and define Hoku: (Visit Homaikapono on IG for more on each moon)

You can find 'Ōlelo No'eau in the book or by searching on google.

'Ōlelo No'eau / Mana'o o ka lā
(Positive message of the day)

I mahalo for...

Self Affirmation

I am...

*Say nice things to yourself about yourself.
Challenge - Say them to yourself in the mirror*

Dreams: Did you have any interesting dreams?

Hō'ailona: Did you see any signs or messages in nature that have a meaning to you?

Malama : Māhoemua (Hawai'i Island)

(Hawaiian Lunar Month)

Date: _____

Day of the Week: _____

Hoku

Kilo i loko - Observe within

Kilo i waho - Observe outside



What is your energy level? Mood?

What is the weather like today?

<p><u>Self-care plans:</u> <i>What will you do today to aloha yourself?</i></p> <p>Physical: _____</p> <p>Mental: _____</p> <p>Spiritual: _____</p> <p>Emotional: _____</p>	<p><u>Self-care Check:</u> <i>Did you meet your self-care goals today?</i></p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>
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Remember to stop and breathe. 3 Hā - 3 deep breaths helps to release stress.

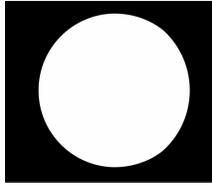
Self-reflection: _____

Malama : Māhoemua (Hawai'i Island)

(Hawaiian Lunar Month)

Date: _____

Day of the Week: _____



Māhealani

Moonrise:-----

Moonset:-----

<https://www.timeanddate.com/moon/usa/hilo>

Go to Wehewehe.org and define Māhealani: (Visit Homaikapono on IG for more info)

You can find 'Ōlelo No'eau in the book or by searching on google.

'Ōlelo No'eau / Mana'o o ka lā
(Positive message of the day)

Blank space for writing the positive message of the day.

I mahalo for...

Blank space for writing gratitude.

Self Affirmation

I am...

*Say nice things to yourself about yourself.
Challenge - Say them to yourself in the mirror*

Dreams: Did you have any interesting dreams?

Blank space for writing about dreams.

Hō'ailona: Did you see any signs or messages in nature that have a meaning to you?

Blank space for writing about signs or messages in nature.

Malama : Māhoemua (Hawai'i Island)

(Hawaiian Lunar Month)

Date: _____

Day of the Week: _____

Māhealani

Kilo i loko - Observe within

Kilo i waho - Observe outside



What is your energy level? Mood?

What is the weather like today?

<p><u>Self-care plans:</u> <i>What will you do today to aloha yourself?</i></p> <p>Physical: _____</p> <p>Mental: _____</p> <p>Spiritual: _____</p> <p>Emotional: _____</p>	<p><u>Self-care Check:</u> <i>Did you meet your self-care goals today?</i></p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>
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Remember to stop and breathe. 3 Hā - 3 deep breaths helps to release stress.

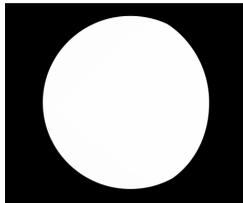
Self-reflection: _____

Malama : Māhoemua (Hawai'i Island)

(Hawaiian Lunar Month)

Date: _____

Day of the Week: _____



Kulu

Moonrise:-----

Moonset:-----

<https://www.timeanddate.com/moon/usa/hilo>

Go to Wehewehe.org and define Kulu: (Visit [Homaikapono](#) on IG for more on each moon)

You can find 'Ōlelo No'eau in the book or by searching on google.

'Ōlelo No'eau / Mana'o o ka lā
(Positive message of the day)

I mahalo for...

Self Affirmation

I am...

*Say nice things to yourself about yourself.
Challenge - Say them to yourself in the mirror*

Dreams: Did you have any interesting dreams?

Hō'ailona: Did you see any signs or messages in nature that have a meaning to you?

Malama : Māhoemua (Hawai'i Island)
(Hawaiian Lunar Month)

Date: _____
Day of the Week: _____

Kulu

Kilo i loko - Observe within



Kilo i waho - Observe outside



What is your energy level? Mood?

What is the weather like today?

<u>Self-care plans:</u>	<u>Self-care Check:</u>
<i>What will you do today to aloha yourself?</i>	<i>Did you meet your self-care goals today?</i>
<i>Physical:</i> _____	_____
<i>Mental:</i> _____	_____
<i>Spiritual:</i> _____	_____
<i>Emotional:</i> _____	_____

Remember to stop and breathe. 3 Hā - 3 deep breaths helps to release stress.

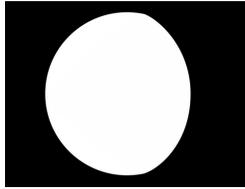
Self-reflection: _____

Malama : Māhoemua (Hawai'i Island)

(Hawaiian Lunar Month)

Date: _____

Day of the Week: _____



Lā'aukūkahi

Moonrise: _____

Moonsset: _____

<https://www.timeanddate.com/moon/usa/hilo>

Go to Wehewehe.org and define lā'au: (Visit Homaikapono on IG for more on each moon)

You can find 'Ōlelo No'eau in the book or by searching on google.

'Ōlelo No'eau / Mana'o o ka Lā
(Positive message of the day)

I mahalo for...

Self Affirmation

I am...

*Say nice things to yourself about yourself.
Challenge - Say them to yourself in the mirror*

Dreams: Did you have any interesting dreams?

Hō'ailona: Did you see any signs or messages in nature that have a meaning to you?

Malama : Māhoemua (Hawai'i Island)

(Hawaiian Lunar Month)

Date: _____

Day of the Week: _____

Lā'aukūkahī

Kilo i loko - Observe within

Kilo i waho - Observe outside



What is your energy level? Mood?

What is the weather like today?

<p><u>Self-care plans:</u> <i>What will you do today to aloha yourself?</i></p> <p>Physical: _____</p> <p>Mental: _____</p> <p>Spiritual: _____</p> <p>Emotional: _____</p>	<p><u>Self-care Check:</u> <i>Did you meet your self-care goals today?</i></p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>
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Remember to stop and breathe. 3 Hā - 3 deep breaths helps to release stress.

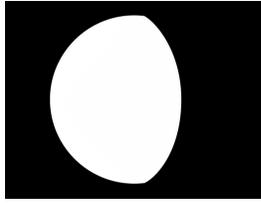
Self-reflection: _____

Malama : Māhoemua (Hawai'i Island)

(Hawaiian Lunar Month)

Date: _____

Day of the Week: _____



Lā'aukūlua

Moonrise: _____

Moonset: _____

<https://www.timeanddate.com/moon/usa/hilo>

Go to Wehewehe.org and define *lā* and *'au*: _____

ʻŌlelo No ʻeau / Manaʻo o ka lā
(Positive message of the day)

I mahalo for...

Self Affirmation

I am...

*Say nice things to yourself about yourself.
Challenge - Say them to yourself in the mirror*

Dreams: Did you have any interesting dreams?

Hō'ailona: Did you see any signs or messages in nature that have a meaning to you?

Malama : Māhoemua (Hawai'i Island)

(Hawaiian Lunar Month)

Date: _____

Day of the Week: _____

Lā'aukūlua

Kilo i loko - Observe within

Kilo i waho - Observe outside



What is your energy level? Mood?

What is the weather like today?

<p><u>Self-care plans:</u> <i>What will you do today to aloha yourself?</i></p> <p>Physical: _____</p> <p>Mental: _____</p> <p>Spiritual: _____</p> <p>Emotional: _____</p>	<p><u>Self-care Check:</u> <i>Did you meet your self-care goals today?</i></p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>
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Remember to stop and breathe. 3 Hā - 3 deep breaths helps to release stress.

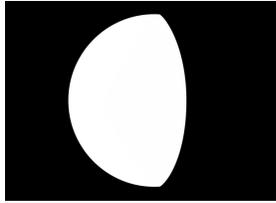
Self-reflection: _____

Malama : Māhoemua (Hawai'i Island)

(Hawaiian Lunar Month)

Date: _____

Day of the Week: _____



Lā'au pua

Moonrise: _____

Moonset: _____

<https://www.timeanddate.com/moon/usa/hilo>

What do you feel called to do on these lā'au moons?: _____

‘Olelo No’eau / Mana’o o ka Lā
(Positive message of the day)

I mahalo for...

Self Affirmation

I am...

*Say nice things to yourself about yourself.
Challenge - Say them to yourself in the mirror*

Dreams: Did you have any interesting dreams?

Hō‘ailona: Did you see any signs or messages in nature that have a meaning to you?

Malama : Māhoemua (Hawai'i Island)

(Hawaiian Lunar Month)

Date: _____

Day of the Week: _____

Lā'āupau

Kilo i loko - Observe within

Kilo i waho - Observe outside



What is your energy level? Mood?

What is the weather like today?

<p><u>Self-care plans:</u> What will you do today to aloha yourself?</p> <p>Physical: _____</p> <p>Mental: _____</p> <p>Spiritual: _____</p> <p>Emotional: _____</p>	<p><u>Self-care Check:</u> Did you meet your self-care goals today?</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>
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Remember to stop and breathe. 3 Hā - 3 deep breaths helps to release stress.

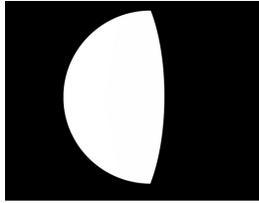
Self-reflection: _____

Malama : Māhoemua (Hawai'i Island)

(Hawaiian Lunar Month)

Date: _____

Day of the Week: _____



'Olekūkahi

Moonrise: _____

Moonset: _____

<https://www.timeanddate.com/moon/usa/hilo>

Go to Wehewehe.org and define 'ole: _____

'Ōlelo No'eau / Mana'o o ka lā
(Positive message of the day)

I mahalo for...

Self Affirmation

I am...

*Say nice things to yourself about yourself.
Challenge - Say them to yourself in the mirror*

Dreams: Did you have any interesting dreams?

Hō'ailona: Did you see any signs or messages in nature that have a meaning to you?

Malama : Māhoemua (Hawai'i Island)

(Hawaiian Lunar Month)

Date: _____

Day of the Week: _____

'Olekūkahi

Kilo i loko - Observe within

Kilo i waho - Observe outside



What is your energy level? Mood?

What is the weather like today?

<p><u>Self-care plans:</u> <i>What will you do today to aloha yourself?</i></p> <p>Physical: _____</p> <p>Mental: _____</p> <p>Spiritual: _____</p> <p>Emotional: _____</p>	<p><u>Self-care Check:</u> <i>Did you meet your self-care goals today?</i></p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>
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Remember to stop and breathe. 3 Hā - 3 deep breaths helps to release stress.

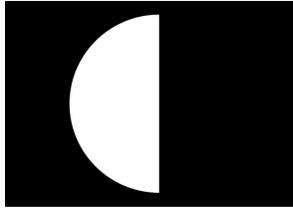
Self-reflection: _____

Malama : Māhoemua (Hawai'i Island)

(Hawaiian Lunar Month)

Date: _____

Day of the Week: _____



'Olekūlua

Moonrise:-----

Moonset:-----

<https://www.timeanddate.com/moon/usa/hilo>

Reflect on the shape of 'Olekūlua and how you experience balance today.: _____

*'Olelo No'eau | Mana'o o ka lā
(Positive message of the day)*

I mahalo for...

Self Affirmation

I am...

*Say nice things to yourself about yourself.
Challenge - Say them to yourself in the mirror*

Dreams: Did you have any interesting dreams?

Hō'ailona: Did you see any signs or messages in nature that have a meaning to you?

Malama : Māhoemua (Hawai'i Island)

(Hawaiian Lunar Month)

Date: _____

Day of the Week: _____

'Olekūlua

Kilo i loko - Observe within

Kilo i waho - Observe outside



What is your energy level? Mood?

What is the weather like today?

<p><u>Self-care plans:</u> <i>What will you do today to aloha yourself?</i></p> <p>Physical: _____</p> <p>Mental: _____</p> <p>Spiritual: _____</p> <p>Emotional: _____</p>	<p><u>Self-care Check:</u> <i>Did you meet your self-care goals today?</i></p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>
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Remember to stop and breathe. 3 Hā - 3 deep breaths helps to release stress.

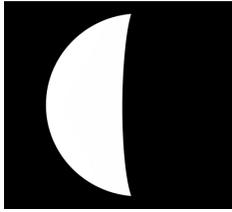
Self-reflection: _____

Malama : Māhoemua (Hawai'i Island)

(Hawaiian Lunar Month)

Date: _____

Day of the Week: _____



'Olepau

Moonrise: _____

Moonsset: _____

<https://www.timeanddate.com/moon/usa/hilo>

How do these waning 'ole moons feel? How do they differ from the waxing 'ole moons?: _____

'Olelo No'eau / Mana'o o ka lā
(Positive message of the day)

I mahalo for...

Self Affirmation

I am...

Say nice things to yourself about yourself.
Challenge - Say them to yourself in the mirror

Dreams: Did you have any interesting dreams?

Hō'ailona: Did you see any signs or messages in nature that have a meaning to you?

Malama : Māhoemua (Hawai'i Island)

(Hawaiian Lunar Month)

Date: _____

Day of the Week: _____

'Olepau

Kilo i loko - Observe within

Kilo i waho - Observe outside



What is your energy level? Mood?

What is the weather like today?

<p><u>Self-care plans:</u> <i>What will you do today to aloha yourself?</i></p> <p>Physical: _____</p> <p>Mental: _____</p> <p>Spiritual: _____</p> <p>Emotional: _____</p>	<p><u>Self-care Check:</u> <i>Did you meet your self-care goals today?</i></p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>
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Remember to stop and breathe. 3 Hā - 3 deep breaths helps to release stress.

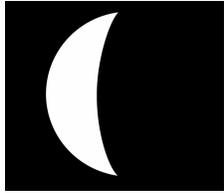
Self-reflection: _____

Malama : Māhoemua (Hawai'i Island)

(Hawaiian Lunar Month)

Date: _____

Day of the Week: _____



Kāloakūkahi

Moonrise:-----

Moonset:-----

<https://www.timeanddate.com/moon/usa/hilo>

Go to Wehewehe.org and define Kāloa: _____

‘Olelo No’eau / Mana’o o ka lā
(Positive message of the day)

I mahalo for...

Self Affirmation

I am...

Say nice things to yourself about yourself.
Challenge - Say them to yourself in the mirror

Dreams: Did you have any interesting dreams?

Hō‘ailona: Did you see any signs or messages in nature that have a meaning to you?

Malama : Māhoemua (Hawai'i Island)

(Hawaiian Lunar Month)

Date: _____

Day of the Week: _____

Kāloakūkahi

Kilo i loko - Observe within

Kilo i waho - Observe outside



What is your energy level? Mood?

What is the weather like today?

<p><u>Self-care plans:</u> <i>What will you do today to aloha yourself?</i></p> <p><i>Physical:</i> _____</p> <p><i>Mental:</i> _____</p> <p><i>Spiritual:</i> _____</p> <p><i>Emotional:</i> _____</p>	<p><u>Self-care Check:</u> <i>Did you meet your self-care goals today?</i></p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>
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Remember to stop and breathe. 3 Hā - 3 deep breaths helps to release stress.

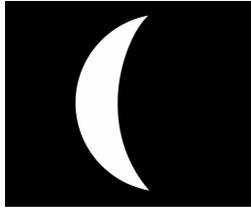
Self-reflection: _____

Malama : Māhoemua (Hawai'i Island)

(Hawaiian Lunar Month)

Date: _____

Day of the Week: _____



Kāloakūlua

Moonrise:-----

Moonset:-----

<https://www.timeanddate.com/moon/usa/hilo>

Go to Wehewehe.org and define Kāloakūlua: _____

‘Ōlelo No’eau | Mana’o o ka lā
(Positive message of the day)

I mahalo for...

Self Affirmation

I am...

Say nice things to yourself about yourself.
Challenge - Say them to yourself in the mirror

Dreams: Did you have any interesting dreams?

Hō’ailona: Did you see any signs or messages in nature that have a meaning to you?

Malama : Māhoemua (Hawai'i Island)

(Hawaiian Lunar Month)

Date: _____

Day of the Week: _____

Kāloakūlua

Kilo i loko - Observe within

Kilo i waho - Observe outside



What is your energy level? Mood?

What is the weather like today?

<p><u>Self-care plans:</u> <i>What will you do today to aloha yourself?</i></p> <p><i>Physical:</i> _____</p> <p><i>Mental:</i> _____</p> <p><i>Spiritual:</i> _____</p> <p><i>Emotional:</i> _____</p>	<p><u>Self-care Check:</u> <i>Did you meet your self-care goals today?</i></p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>
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Remember to stop and breathe. 3 Hā - 3 deep breaths helps to release stress.

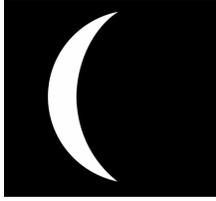
Self-reflection: _____

Malama : Māhoemua (Hawai'i Island)

(Hawaiian Lunar Month)

Date: _____

Day of the Week: _____



Kāloapau

Moonrise: _____

Moonset: _____

<https://www.timeanddate.com/moon/usa/hilo>

Go to Wehewehe.org and define kā and loa: _____

*‘Olelo No‘eau / Mana‘o o ka lā
(Positive message of the day)*

I mahalo for...

Self Affirmation
I am...
*Say nice things to yourself about yourself.
Challenge - Say them to yourself in the mirror*

Dreams: Did you have any interesting dreams?

Hō‘ailona: Did you see any signs or messages in nature that have a meaning to you?

Malama : Māhoemua (Hawai'i Island)

(Hawaiian Lunar Month)

Date: _____

Day of the Week: _____

Kāloapau

Kilo i loko - Observe within

Kilo i waho - Observe outside



What is your energy level? Mood?

What is the weather like today?

<p><u>Self-care plans:</u> <i>What will you do today to aloha yourself?</i></p> <p>Physical: _____</p> <p>Mental: _____</p> <p>Spiritual: _____</p> <p>Emotional: _____</p>	<p><u>Self-care Check:</u> <i>Did you meet your self-care goals today?</i></p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>
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Remember to stop and breathe. 3 Hā - 3 deep breaths helps to release stress.

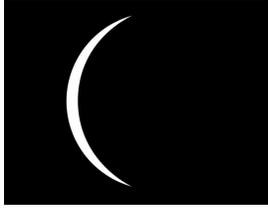
Self-reflection: _____

Malama : Māhoemua (Hawai'i Island)

(Hawaiian Lunar Month)

Date: _____

Day of the Week: _____



Kāne

Moonrise:-----

Moonset:-----

<https://www.timeanddate.com/moon/usa/hilo>

Go to Wehewehe.org and define Kāne: _____

‘Ōlelo No’eau / Mana’o o ka lā
(Positive message of the day)

I mahalo for...

Self Affirmation

I am...

***Say nice things to yourself about yourself.
Challenge - Say them to yourself in the mirror***

Dreams: Did you have any interesting dreams?

Hō‘ailona: Did you see any signs or messages in nature that have a meaning to you?

Malama : Māhoemua (Hawai'i Island)

(Hawaiian Lunar Month)

Date: _____

Day of the Week: _____

Kāne

Kilo i loko - Observe within

Kilo i waho - Observe outside



What is your energy level? Mood?

What is the weather like today?

<p><u>Self-care plans:</u> <i>What will you do today to aloha yourself?</i></p> <p><i>Physical:</i> _____</p> <p><i>Mental:</i> _____</p> <p><i>Spiritual:</i> _____</p> <p><i>Emotional:</i> _____</p>	<p><u>Self-care Check:</u> <i>Did you meet your self-care goals today?</i></p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>
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Remember to stop and breathe. 3 Hā - 3 deep breaths helps to release stress.

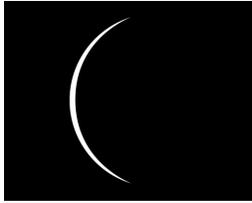
Self-reflection: _____

Malama : Māhoemua (Hawai'i Island)

(Hawaiian Lunar Month)

Date: _____

Day of the Week: _____



Lono

Moonrise: _____

Moonset: _____

<https://www.timeanddate.com/moon/usa/hilo>

Go to Wehewehe.org and define Lono: _____

‘Olelo No’eau / Mana’o o ka lā
(Positive message of the day)

I mahalo for...

Self Affirmation

I am...

*Say nice things to yourself about yourself.
Challenge - Say them to yourself in the mirror*

Dreams: Did you have any interesting dreams?

Hō‘ailona: Did you see any signs or messages in nature that have a meaning to you?

Malama : Māhoemua (Hawai'i Island)

(Hawaiian Lunar Month)

Date: _____

Day of the Week: _____

Lono

Kilo i loko - Observe within

Kilo i waho - Observe outside

How are you feeling?



Kilo the weather



What is your energy level? Mood?

What is the weather like today?

Self-care plans:

What will you do today to aloha yourself?

Physical: _____

Mental: _____

Spiritual: _____

Emotional: _____

Self-care Check:

Did you meet your self-care goals today?

Remember to stop and breathe. 3 Hā - 3 deep breaths helps to release stress.

Self-reflection: _____

