



Chochilino

New Moon Calendar & Intention Planner

2026 UK Times (London)

Includes monthly intention templates for manifestation and planning.

Times are local UK time and automatically adjusted for BST/GMT where applicable.

How to Use This New Moon Planner

A simple monthly ritual that keeps your goals clear and consistent

Best timing: do your intention-setting within **0-24 hours** after the New Moon time (up to **48 hours** is still good).

What to do:

- Calm your mind (5 slow breaths).
- Write 5-10 intentions in the present tense.
- Add 1-3 real-world actions for the next 7 days.
- Review your intentions daily for the first week of the lunar cycle.

Writing rules (quick):

- Be specific and positive (focus on what you want).
- Avoid controlling other people - write intentions that depend on you.
- Choose goals that feel expansive but believable.
- Keep your list focused (quality over quantity).

Monthly Reset Checklist

- Clear a small space
- Write 5-10 intentions
- Choose 1 action to take
- Read intentions for 7 days

Data source: timeanddate.com (Moon phases for London) — retrieved January 2026.

New Moon Dates & Times — 2026 (UK)

All times are local time for London (BST/GMT adjusted)

Month	Date (Day)	Time	UK TZ
January	18 Jan 2026 (Sun)	19:52	GMT
February	17 Feb 2026 (Tue)	12:01	GMT
March	19 Mar 2026 (Thu)	01:23	GMT
April	17 Apr 2026 (Fri)	12:51	BST
May	16 May 2026 (Sat)	21:01	BST
June	15 Jun 2026 (Mon)	03:54	BST
July	14 Jul 2026 (Tue)	10:43	BST
August	12 Aug 2026 (Wed)	18:36	BST
September	11 Sep 2026 (Fri)	04:27	BST
October	10 Oct 2026 (Sat)	16:50	BST
November	09 Nov 2026 (Mon)	07:02	GMT
December	09 Dec 2026 (Wed)	00:51	GMT

Note: A New Moon is a precise moment (not a full day). If the exact time occurs overnight, do your ritual later the same morning or evening.



New Moon Moment (UK)

Sunday, 18 January 2026 at 19:52 (GMT)

Suggested intention window: 0-24h after the time above (up to 48h is still good).

Quick Ritual (10–20 minutes)

- Calm your mind: 5 slow breaths.
- Write 5-10 intentions in the present tense.
- Add 1-3 actions you will take in the next 7 days.
- Read your intentions daily for the first week.

Notes & Reflections

January Intention Template

Write clearly. Stay positive. Take aligned action.

Date / Time: 18 Jan 2026 19:52 (GMT)

Focus area: _____

My New Moon Intentions (write 5–10)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Actions I will take in the next 7 days

Gratitude (3 things)

Reminder: keep intentions specific, positive, and within your control. Review daily for 7 days.



New Moon Moment (UK)

Tuesday, 17 February 2026 at 12:01 (GMT)

Suggested intention window: 0-24h after the time above (up to 48h is still good).

Quick Ritual (10–20 minutes)

- Calm your mind: 5 slow breaths.
- Write 5-10 intentions in the present tense.
- Add 1-3 actions you will take in the next 7 days.
- Read your intentions daily for the first week.

Notes & Reflections

February Intention Template

Write clearly. Stay positive. Take aligned action.

Date / Time: 17 Feb 2026 12:01 (GMT)

Focus area: _____

My New Moon Intentions (write 5–10)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Actions I will take in the next 7 days

Gratitude (3 things)

Reminder: keep intentions specific, positive, and within your control. Review daily for 7 days.



New Moon Moment (UK)

Thursday, 19 March 2026 at 01:23 (GMT)

Suggested intention window: 0-24h after the time above (up to 48h is still good).

Quick Ritual (10–20 minutes)

- Calm your mind: 5 slow breaths.
- Write 5-10 intentions in the present tense.
- Add 1-3 actions you will take in the next 7 days.
- Read your intentions daily for the first week.

Notes & Reflections

March Intention Template

Write clearly. Stay positive. Take aligned action.

Date / Time: 19 Mar 2026 01:23 (GMT)

Focus area: _____

My New Moon Intentions (write 5–10)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Actions I will take in the next 7 days

Gratitude (3 things)

Reminder: keep intentions specific, positive, and within your control. Review daily for 7 days.



New Moon Moment (UK)

Friday, 17 April 2026 at 12:51 (BST)

Suggested intention window: 0-24h after the time above (up to 48h is still good).

Quick Ritual (10–20 minutes)

- Calm your mind: 5 slow breaths.
- Write 5-10 intentions in the present tense.
- Add 1-3 actions you will take in the next 7 days.
- Read your intentions daily for the first week.

Notes & Reflections

April Intention Template

Write clearly. Stay positive. Take aligned action.

Date / Time: 17 Apr 2026 12:51 (BST)

Focus area: _____

My New Moon Intentions (write 5–10)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Actions I will take in the next 7 days

Gratitude (3 things)

Reminder: keep intentions specific, positive, and within your control. Review daily for 7 days.



New Moon Moment (UK)

Saturday, 16 May 2026 at 21:01 (BST)

Suggested intention window: 0-24h after the time above (up to 48h is still good).

Quick Ritual (10–20 minutes)

- Calm your mind: 5 slow breaths.
- Write 5-10 intentions in the present tense.
- Add 1-3 actions you will take in the next 7 days.
- Read your intentions daily for the first week.

Notes & Reflections

May Intention Template

Write clearly. Stay positive. Take aligned action.

Date / Time: 16 May 2026 21:01 (BST)

Focus area: _____

My New Moon Intentions (write 5–10)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Actions I will take in the next 7 days

Gratitude (3 things)

Reminder: keep intentions specific, positive, and within your control. Review daily for 7 days.



New Moon Moment (UK)

Monday, 15 June 2026 at 03:54 (BST)

Suggested intention window: 0-24h after the time above (up to 48h is still good).

Quick Ritual (10–20 minutes)

- Calm your mind: 5 slow breaths.
- Write 5-10 intentions in the present tense.
- Add 1-3 actions you will take in the next 7 days.
- Read your intentions daily for the first week.

Notes & Reflections

June Intention Template

Write clearly. Stay positive. Take aligned action.

Date / Time: 15 Jun 2026 03:54 (BST)

Focus area: _____

My New Moon Intentions (write 5–10)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Actions I will take in the next 7 days

Gratitude (3 things)

Reminder: keep intentions specific, positive, and within your control. Review daily for 7 days.



New Moon Moment (UK)

Tuesday, 14 July 2026 at 10:43 (BST)

Suggested intention window: 0-24h after the time above (up to 48h is still good).

Quick Ritual (10–20 minutes)

- Calm your mind: 5 slow breaths.
- Write 5-10 intentions in the present tense.
- Add 1-3 actions you will take in the next 7 days.
- Read your intentions daily for the first week.

Notes & Reflections

July Intention Template

Write clearly. Stay positive. Take aligned action.

Date / Time: 14 Jul 2026 10:43 (BST)

Focus area: _____

My New Moon Intentions (write 5–10)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Actions I will take in the next 7 days

Gratitude (3 things)

Reminder: keep intentions specific, positive, and within your control. Review daily for 7 days.



New Moon Moment (UK)

Wednesday, 12 August 2026 at 18:36 (BST)

Suggested intention window: 0-24h after the time above (up to 48h is still good).

Quick Ritual (10–20 minutes)

- Calm your mind: 5 slow breaths.
- Write 5-10 intentions in the present tense.
- Add 1-3 actions you will take in the next 7 days.
- Read your intentions daily for the first week.

Notes & Reflections

August Intention Template

Write clearly. Stay positive. Take aligned action.

Date / Time: 12 Aug 2026 18:36 (BST)

Focus area: _____

My New Moon Intentions (write 5–10)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Actions I will take in the next 7 days

Gratitude (3 things)

Reminder: keep intentions specific, positive, and within your control. Review daily for 7 days.



New Moon Moment (UK)

Friday, 11 September 2026 at 04:27 (BST)

Suggested intention window: 0-24h after the time above (up to 48h is still good).

Quick Ritual (10–20 minutes)

- Calm your mind: 5 slow breaths.
- Write 5-10 intentions in the present tense.
- Add 1-3 actions you will take in the next 7 days.
- Read your intentions daily for the first week.

Notes & Reflections

September Intention Template

Write clearly. Stay positive. Take aligned action.

Date / Time: 11 Sep 2026 04:27 (BST)

Focus area: _____

My New Moon Intentions (write 5–10)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Actions I will take in the next 7 days

Gratitude (3 things)

Reminder: keep intentions specific, positive, and within your control. Review daily for 7 days.



New Moon Moment (UK)

Saturday, 10 October 2026 at 16:50 (BST)

Suggested intention window: 0-24h after the time above (up to 48h is still good).

Quick Ritual (10–20 minutes)

- Calm your mind: 5 slow breaths.
- Write 5-10 intentions in the present tense.
- Add 1-3 actions you will take in the next 7 days.
- Read your intentions daily for the first week.

Notes & Reflections

October Intention Template

Write clearly. Stay positive. Take aligned action.

Date / Time: 10 Oct 2026 16:50 (BST)

Focus area: _____

My New Moon Intentions (write 5–10)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Actions I will take in the next 7 days

Gratitude (3 things)

Reminder: keep intentions specific, positive, and within your control. Review daily for 7 days.



New Moon Moment (UK)

Monday, 09 November 2026 at 07:02 (GMT)

Suggested intention window: 0-24h after the time above (up to 48h is still good).

Quick Ritual (10–20 minutes)

- Calm your mind: 5 slow breaths.
- Write 5-10 intentions in the present tense.
- Add 1-3 actions you will take in the next 7 days.
- Read your intentions daily for the first week.

Notes & Reflections

November Intention Template

Write clearly. Stay positive. Take aligned action.

Date / Time: 09 Nov 2026 07:02 (GMT)

Focus area: _____

My New Moon Intentions (write 5–10)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Actions I will take in the next 7 days

Gratitude (3 things)

Reminder: keep intentions specific, positive, and within your control. Review daily for 7 days.



New Moon Moment (UK)

Wednesday, 09 December 2026 at 00:51 (GMT)

Suggested intention window: 0-24h after the time above (up to 48h is still good).

Quick Ritual (10–20 minutes)

- Calm your mind: 5 slow breaths.
- Write 5-10 intentions in the present tense.
- Add 1-3 actions you will take in the next 7 days.
- Read your intentions daily for the first week.

Notes & Reflections

December Intention Template

Write clearly. Stay positive. Take aligned action.

Date / Time: 09 Dec 2026 00:51 (GMT)

Focus area: _____

My New Moon Intentions (write 5–10)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Actions I will take in the next 7 days

Gratitude (3 things)

Reminder: keep intentions specific, positive, and within your control. Review daily for 7 days.