

# Mercury Retrograde Manifestation Worksheet

Mercury retrograde is a powerful time for reflection, release, and revision. Use this worksheet to identify areas in your life that need reworking and to set intentions for growth and healing.

## What to Release:

Reflect on the habits, relationships, beliefs, or emotions that no longer serve you. Write them down and set an intention to let them go.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## What to Revise:

Consider aspects of your life that need reevaluation. Are there past projects, relationships, or ideas that require refinement?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Intentions Moving Forward:

What positive changes will you implement once Mercury goes direct? Write down your intentions to move forward with clarity and alignment.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_