

Reboot Your *magick*



Radiant Routines

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For the longest time, people have found comfort in ritual and routines, and have used them – knowingly or not – as a vehicle for magick.

After all, rituals allow us to focus and direct our energy and intention and that’s all that magick really is. And routines help us to do things with ease and less conscious effort.

Rituals and routines can also guide us into a deeper relationship with ourselves and the world around us.

I invite you to choose practices to create your own magical rituals and routines in whatever way works best for you.

These radiant routines will support your magick and build your soul stamina so that you can stay true to yourself as you do more and receive more.

Lesson: Radiant Routines

Record your notes here while viewing the video lesson for this module.

Key points	Details

Your Mystical Morning Routine

How would you like to feel in the morning?

Practices	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Affirmations							
Journaling							
Meditation							
Mirror Work							
Movement							
Power Pose							
Reading							
How you felt after your routine							
How you felt at the end of the day							

Reflections

How you felt at the end of the week:

What will you carry forward:

Your Enchanted Evening Routine

How would you like to feel in the evening?

Practices	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Affirmations							
Journaling							
Meditation							
Mirror Work							
Movement							
Power Pose							
Reading							
How you felt in the evening							
How you felt at the beginning of the day							

Reflections

How you felt at the end of the week:

What will you carry forward:

Habit Tracker

Habit

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31		

Reflections

