

Reboot Your *magick*



Conjure Your Power, Passion and Purpose

Making Your Own Magick

Whilst it's great to follow a spell, it's much more powerful to create your own magick. (It also has greater success too).

All magick starts when you attune with exactly who you are. And to do that you need to **ROOT** Into Your Magick.

ROOTing into Your Magick reminds you who you were before the world told you who you should be.

Remembering this truth creates an inner confidence that allows you to bypass self-doubt, self-criticism, and the 'Should I/shouldn't I?' energy. Enabling you to stand tall and firm as you make powerful decisions with confidence, knowing that they align with who you are.

As you **ROOT** into Your Own Magick, you will be able to:

RECOGNISE Your Truth

OWN Your Unique Blend of Magick

OCCUPY Your Space

Be **TRUE** to You

LESSON: ROOT Into Your Magick

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

Key points	Details

RECOGNISE Your Truth

Go through the list of values and feelings below. Circle the ones that are most important to you.

You'll probably want to circle many of them! Focus on the ones that really are the most important to you.

The lists below aren't exhaustive, feel free to add your own too!

Values List

Authenticity	Achievement	Adventure	Authority	
Balance	Beauty	Boldness	Challenge	
Commitment	Community	Compassion	Confidence	
Connection	Consciousness	Contribution	Courage	
Creativity	Curiosity	Decisive	Dependability	
Determination	Diversity	Empathy	Fairness	Faith
Flexibility	Focus	Freedom	Friendships	Fun
Generosity	Gratitude	Growth	Happiness	
Harmony	Health	Honesty	Humour	Integrity
Intimacy	Intuition	Joyful	Justice	Kindness
Knowledge	Leadership	Learning	Love	Loyalty
Meaningful	Work	Mindfulness	Openness	Optimism
Passion	Peace	Pleasure	Recognition	Resilience
Respect	Responsibility	Security	Self-Respect	
Sensuality	Service	Simplicity	Sovereignty	
Spirituality	Stability	Success	Status	
Thoughtfulness	Trustworthiness	Understanding		
Uniqueness	Warmth	Wealth	Wisdom	

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Feelings List

Abundant Accomplished Active Adaptable Admired Adored

Adventurous Alive Ambitious Appreciated At-ease

Attractive Authentic Aware Balanced Beautiful Blissful

Brave Brilliant Calm Capable Carefree Centred Certain

Cheerful Cherished Complete Confident Connected

Conscious Courageous Daring Decisive Delighted

Discerning Disciplined Distinguished Dynamic Ecstatic

Elated Elegant Empowered Energetic Energised Enthusiastic

Exhilarated Fierce Flowing Focused Free Friendly Fulfilled

Genuine Glowing Graceful Grounded Happy Harmonious

Healthy Heart-centred SHeroic Hopeful Independent

Influential Inspired Invigorated Invincible Joyful Kind

Liberated Light Loved Lucky Magnetic Mindful Motivated

Natural Nurtured Open Open-hearted Organised Passionate

Peaceful Positive Powerful Present Productive Prosperous

Purposeful Radiant Receptive Relaxed Rooted Satisfied

Secure Serene Soulful Spiritual Strong Successful

Supported Tenacious Tender Thankful Tranquil Treasured

Unique Wild Wise Wonderful

Go back through the list and now narrow it down to:

- ◆ Two values
- ◆ Three Feelings

Yes - just two values and three feelings.

Notice what you're willing to trade off, what you're resistant to let go of, and where you feel really stuck.

Remember this is about you aligning with what's important to you. Not what you think is right, or what looks best, but what FEELS aligned with who you are.

Values

Feelings

Priorities

Below is a list of 18 items that many consider to be important in life.

Complete the following steps to get really clear on what's important to you.

Step 1: Prioritise the list into the following categories:

A - 6 Essentials

The things that are without doubt the most important to you, and you would never compromise on.

B - 6 Nice to haves

The things that are important to you, but you would be willing to let go of in certain situations.

C - 6 Non-essentials

The things that you would be willing to be without.

Step 2: Rank the 18 items into order based on your priorities at this point in your life.

No joint places allowed!

As you approach this exercise, go with what FEELS right, not what you *think* is right.

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What's important to you?

AREAS OF LIFE:	A B C	RANK
Children		
Community		
Family		
Friends		
Financial security		
Growth		
Health and Fitness		
Hobbies and Leisure		
Home		
Independence		
Influence and Power		
Living on-purpose		
Partner/Spouse		
Pets		
Positive impact		
Rewarding work		
Security		
Spirituality		

GRADING SYSTEM

A - Essential

B - Nice to have

C - Non-Essential

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What Kind of pizza topping are you?

Item

Meaning

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Bringing It All Together

After completing these exercises, you now have a deeper understanding of what's really important to you, as your list of qualities, traits, values and feelings are beginning to reflect the truth of who you are.

Your list is made up of:

2 values

3 feelings

6 'Essential' areas of your life

Qualities and traits from our 'Pizza Topping' exercise

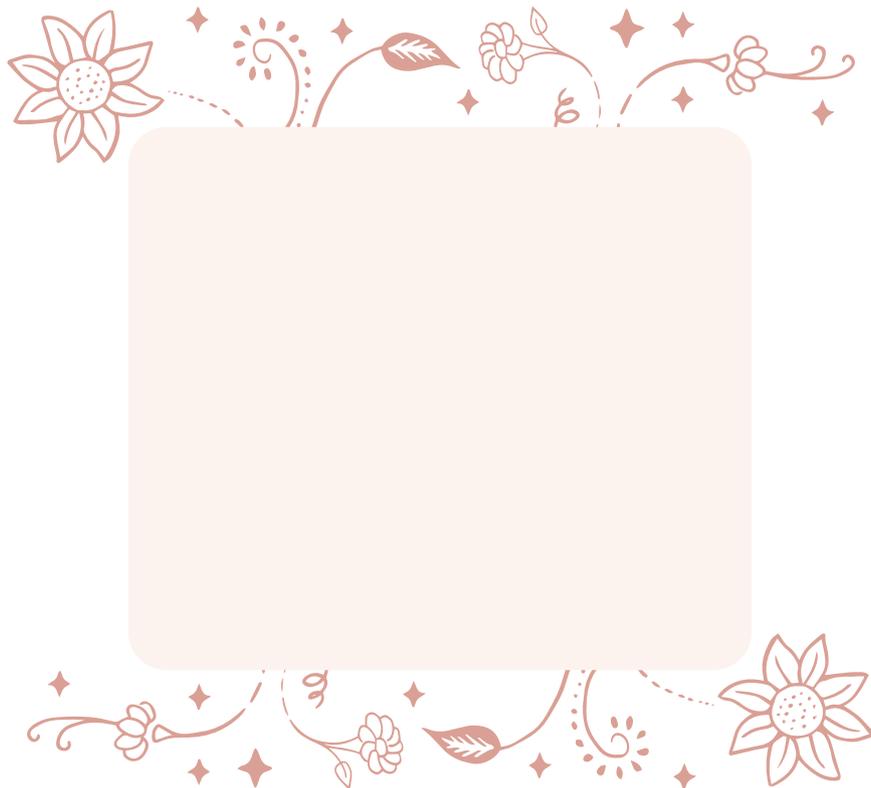
OWN your unique blend of magic

Your ROOT Essence Word



OCCUPY Your Space

Your ROOT Essence Acronym



Be TRUE To You

Use The Witches Wheel of Revelation to identify how in alignment you are with living your true essence.

The Witches Wheel of Revelation is based on a traditional coaching tool called the Wheel of Life.

Choose 10 areas of your life that are important to you, they could include:

- ◆ Career
- ◆ Contribution
- ◆ Community
- ◆ Health and Fitness
- ◆ Hobbies and Leisure
- ◆ Home
- ◆ Family and Friends
- ◆ Finances/Wealth
- ◆ Growth
- ◆ Spirituality

Or use the values/feelings that are important to you, for example:

- ◆ Love
- ◆ Honesty
- ◆ Appreciation
- ◆ Compassion
- ◆ Respect
- ◆ Unity
- ◆ Integrity

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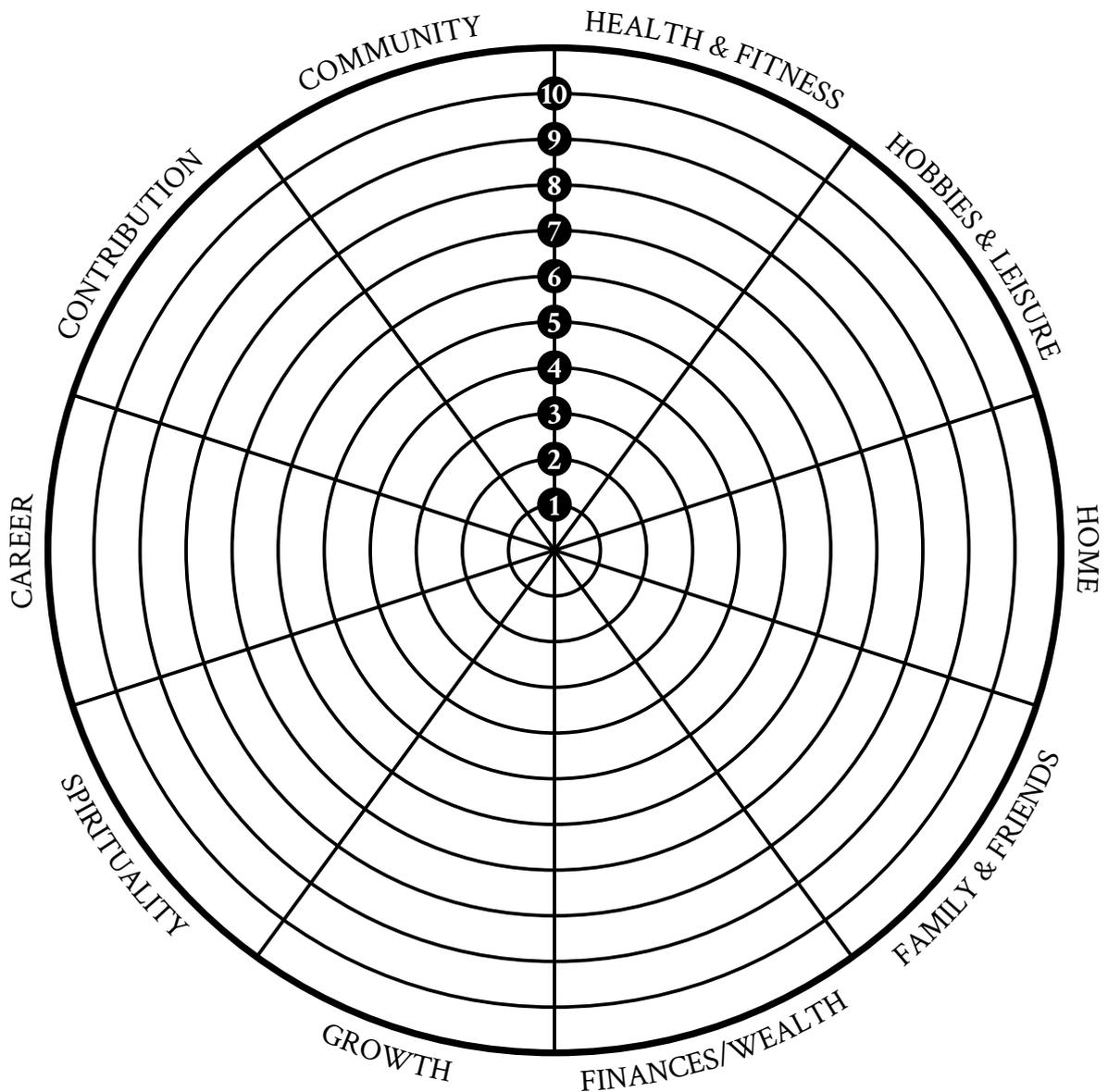
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Once you have chosen the areas of your life that you want to focus on, write them onto The Witches Wheel below, and rate each area out of 10.

0 = Not satisfied with area at all

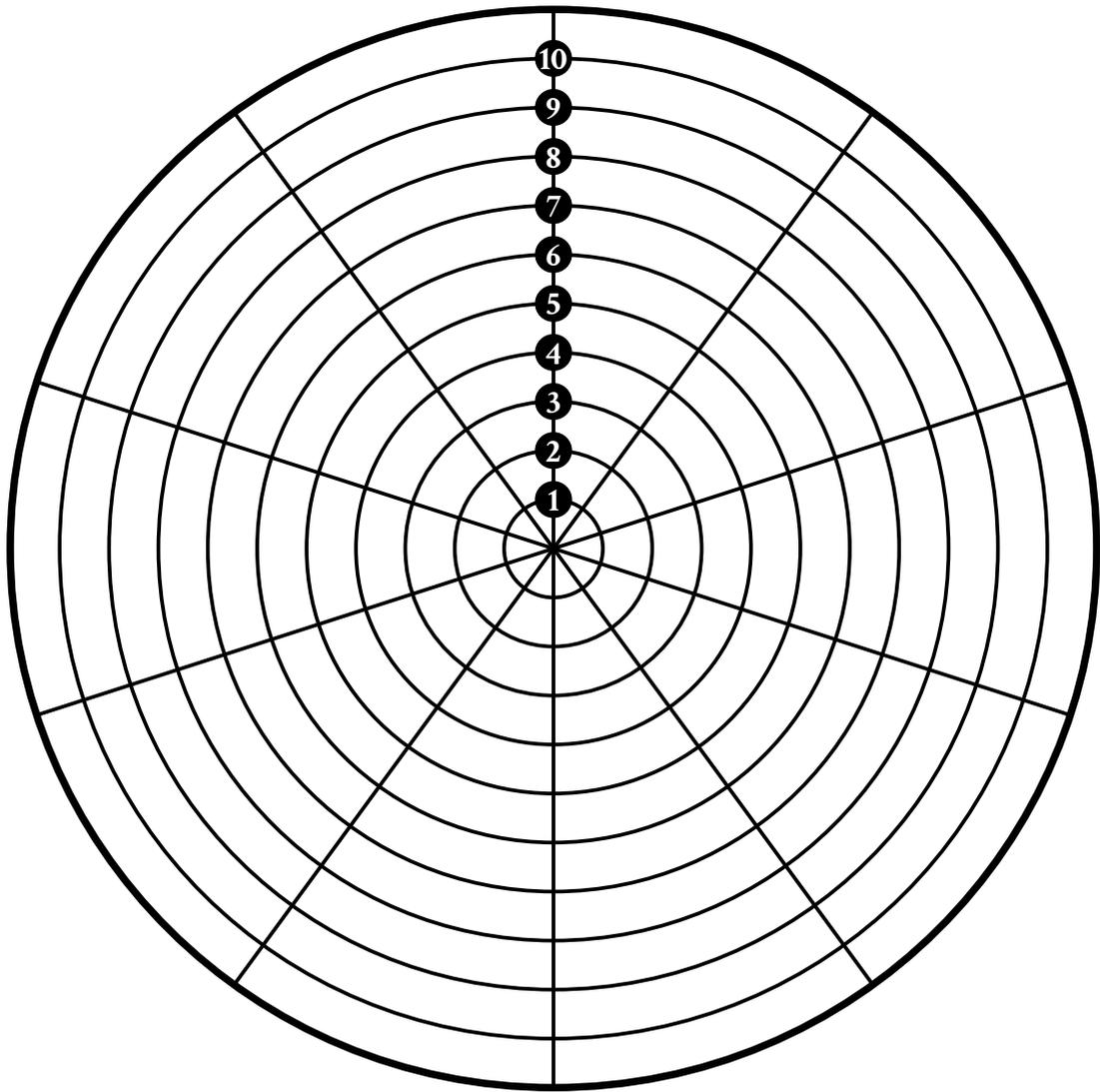
10 = Fully satisfied

The lower the number, suggests you have some improvements to make in that area.



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Reflections

