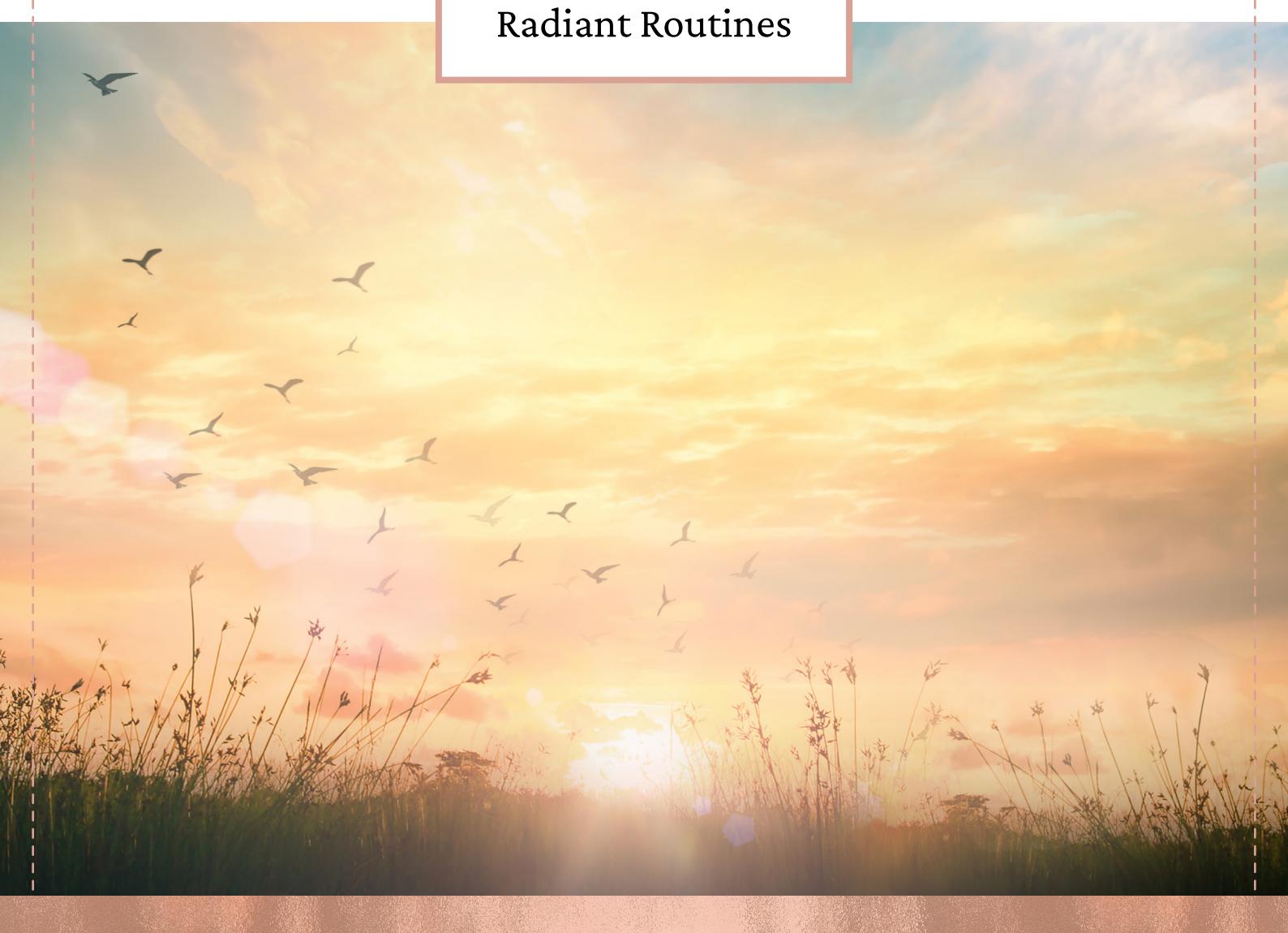




Enchanted

embody the magick of you

Radiant Routines



Enchanted

embody the magick of you

Radiant Routines

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 |
|------------|---------|
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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:

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Radiant Routines

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:

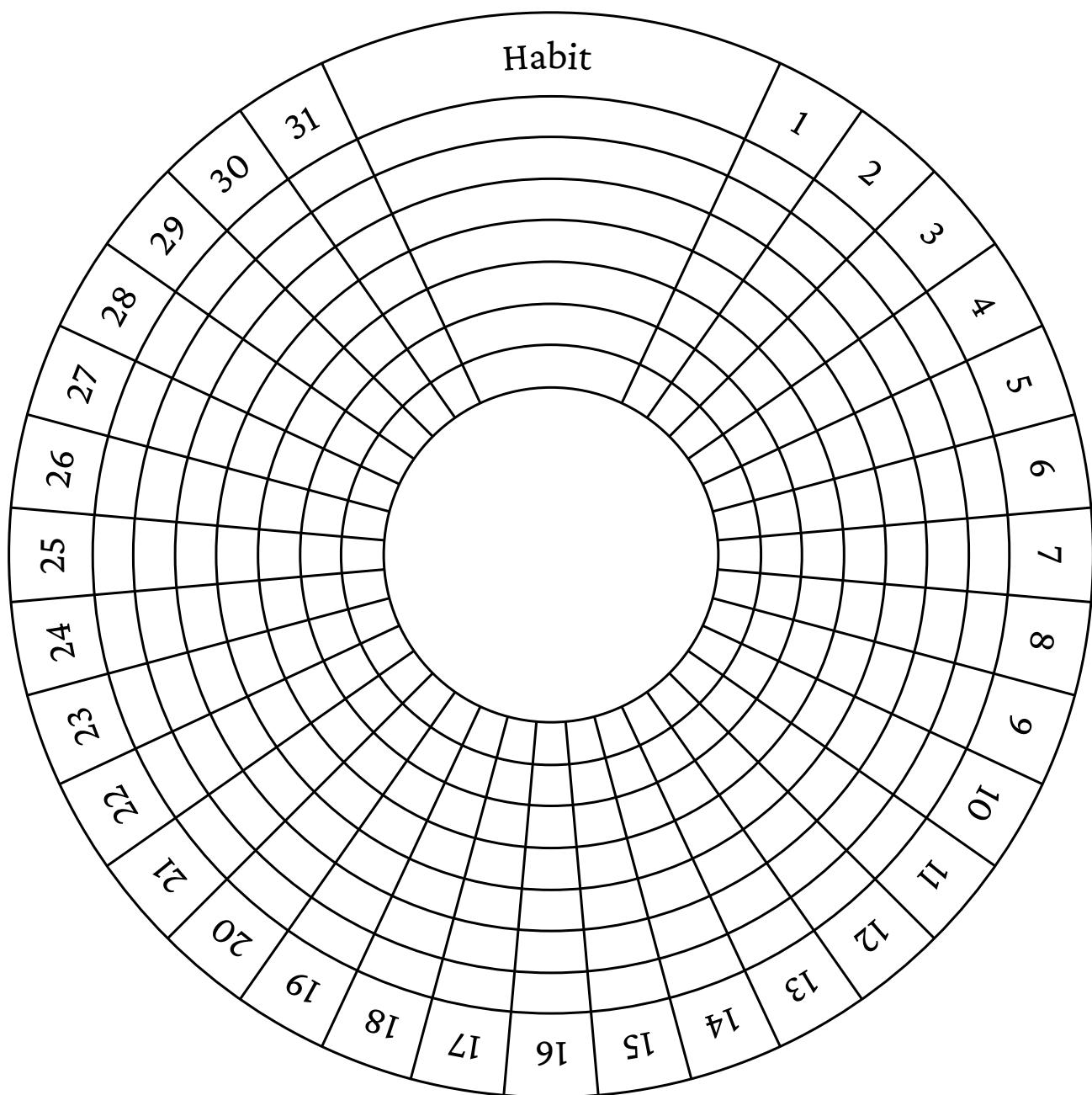
What will you carry forward:

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Habit Tracker



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Radiant Routines

Reflections