



Enchanted

embody the magick of you

JOURNAL
Soul Vitamins



Soul Vitamins

The secret ingredient for your magick

Soul vitamins create the perfect environment for you to confidently weave your magick.

They give your soul stamina. They allow you to do more and be more. To believe in yourself and dream bigger.

In the same way that a multivitamin supports your physical body, soul vitamins support your energy system.

And just in the same way that you may not notice any immediate improvements the first time you take your multi-vitamin, you may not notice any immediate change after the first time you do one of the soul vitamins.

Any yet, with both, the more you take them, the stronger you become.

Soul Vitamins include:

- ◆ Affirmations
- ◆ Gratitude
- ◆ Journaling
- ◆ Mirror work
- ◆ Radiant Routines
- ◆ Sacred pauses
- ◆ Sacred Practices
- ◆ Visualisation

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JOURNAL: Soul Vitamins

LESSON: Soul Vitamins

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

Key points	Details

Your Soul Vitamin Daily Record

Which of the following did you do:

	Date	Notes
Affirmations		
Gratitude		
Journaling		
Mirror work		
Radiant Routines		
Sacred Pauses		
Sacred Practices		
Visualisation		

How you felt at the end of the day:

What obstacles did you overcome:

Internal:

External:

Did you notice if you handled something differently?

How are you feeling in your energy body? (*This is separate from your emotions*)

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