



Integrating your Magical Self into Daily Life

1. What do I need to feel safe and secure in my body right now?

2. Which problem is causing me the most stress at this moment? Who do I know who is best qualified to help me move through it?

3. What things, places or people bring me the most joy in my life? How can I bring more of these into my life?

4. What practices do I love, which make me feel like my best self? Have I let any of these slip from my routine?

5. Write down the highlights for your next 6 months. How does this list feel? Make adjustments if you feel it's needed.

Extra writing space/notes

Sending Love & Light to you and your beautiful journey

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