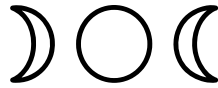


Daily Intention

*Quick magic for busy
humans*



Date: _____

Today's Intention:

What energy do you want to carry with you today?

Quick Morning Ritual:

- Light a candle (or just breathe deeply 3 times)
- Speak your intention out loud
- Carry it with you (write on paper, set phone wallpaper, etc.)

Evening Reflection:

Did your intention show up today? How?

Raven's Note:

Magic doesn't have to be complicated. Sometimes it's just you, your coffee, and three deep breaths.