

writing exercises
for all days of the week



Monday

"what you feed will grow"

Gratitude is the key!

Starting the day by focusing on what you are grateful for has a magical power. The more grateful you are, the more you will be grateful for.

Write three things you are grateful for:

1.

2.

3.

Set an intention for the week ahead of you.

What do you want to focus on? What's your intention?

Be sure to have your intention close to you during the week to remind yourself of your focus!

My intention this week is:



Tuesday

"create your own magic"

Envision your dream life.

An easy but powerful tool for daily magic is to envision yourself living the life of your dreams & experience how it feels to be there.

So now, take a few minutes to day dream. Close your eyes and see yourself living your dream. What does it look like? How do you feel?

Finish by reminding yourself that you are worthy of fulfilling your dream and that you can do it!

What would make this day magical?

How do you want to feel today?



Wednesday

"what will exist in the future is being imagined right now"

Time to manifest!

Today, write down three things that you want to be grateful for in the future. It can be about fulfilling your dream or feeling special.

Write a list of gratitude as if these things already happened

Don't let thoughts like "that will never happen to me" or "I'll never do that" stop you. The most important thing you need to achieve your dreams is your own belief in yourself and your ability.



Thursday

"do whatever makes you feel good"

How are you today?

How does your body feel?

What can you do today to feel even better?

Pssst! Remember your intention for this week.



Friday

"let your magic be your compass"

Let go and open up to the new!

Put your hands on your heart, close your eyes, take a deep breath in through your nose and out through your mouth. Think about if there is something that weighs you down or if there is something you want to get rid of.

What weighs you down?

How do you get rid of these things?



Saturday

"slow down so you can see the magic"

SELF CARE SATURDAY!

Loving one's self is the foundation of everything, but sometimes we forget to give ourselves the love we deserve. But today is the day when you spend time and energy on the most important person in your life, yourself!

What can you do today to give yourself some extra love?

Write three things you love about yourself:

1.

2.

3.



Sunday

"grateful for where I am, excited about where I'm going"

What are your takeaways from this week?

By reflecting on how we are doing and how the week has been, can we learn: what do we need to focus more on, what we can let go of, and what we can do to create more magic in life.

How did it go with this week's intention?

How did you feel this week?

What has been a challenge?

What would have made you feel better?

What are your wins of the week?

What will you bring with you into next week?

Remember: You've come far. Be proud of that!

