



# MINDFUL MAGIC

★ Activities crafted to help you awaken the magic of your mind and to discover how extraordinary you are. Brought to you by:



## The Extraordinary Witch

Journal **MINDFUL MAGIC** activities by:  
saving this fillable PDF to edit, print, or use your smart device to take a screenshot of each page then fill in using a photo editing app.



# MINDFUL MAGIC

## *Internal Reflection*

You are extraordinary. You may not always feel this way so it is important to reflect internally on the moments, the successes, the friendships, the relationships, etc. that make you extraordinary.

*I am extraordinary because...*



# MINDFUL MAGIC

## *Internal Reflection*

**My stressor(s):**

**Why does this cause me stress?**

**Is this stressor something I can control?**

**If this stressor is beyond my control, what about the situation can I control?  
My emotions, reactions, can I remove myself?**

**How can I manage this stress in a positive way?**



# MINDFUL MAGIC

## *Craft a Poem*

Writing about your thoughts can be great for your mind. Try crafting a poem of your own. It could be about something you enjoy, someone you care about, or maybe a poem about your frustrations. My hope is that in this activity you will find strength, resilience, peace, and a new way to positively manage your stress.

**Poem topic or theme:**

**Key words that relate to your topic:**

**Words that rhyme with the key words:**



# MINDFUL MAGIC

## *Craft a Poem*

**Poem notes and ideas:**



# MINDFUL MAGIC

## *Craft a Poem*

**Title:**

**Poem:**



# MINDFUL MAGIC

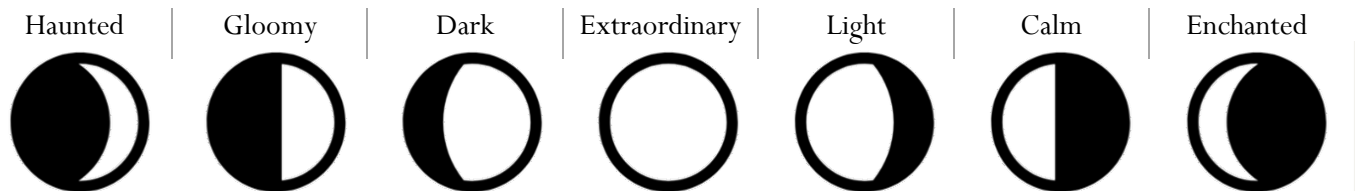
## Positive Vibes

Color code the positive vibes listed below. Add your own vibes. Color in the monthly chart that follows to indicate which positive vibes you complete each day. Multiple colors each day will create a beautiful chart and a healthy witch.

- Stretch
- Yoga
- Read
- Meditate
- Deep Breaths
- Visualization
- Journal
- Quite Time
- Listen to music with purpose
- Game/puzzle to engage your mind
- Acknowledge your accomplishments
- Think positive thoughts
- 
- 
- 
- 

## Mood

Color code the mood key below. Color the moon that coordinates with your daily mood in the monthly charts to follow.



## Manifest

To manifest is to put forth positive vibes with intention. Craft monthly intentions to follow each month in order to manifest positivity into your life.

*The following page contains a monthly Positive Vibes, Mood, and Manifest trackers. Journaling each will help you become more in tune with your mind. Visualize how your perceptions improve, change, or view trends.*

*The best way to complete the following tracker is to print or take a screenshot to use a photo editing tool.*

\*The Extraordinary Witch book purchased on Amazon contains 12 months of the following page for ongoing tracking in addition to other Mindful Magic activities.

# MINDFUL MAGIC

## Month:

### Positive Vibes

			
WEEK 1	WEEK 2	WEEK 3	WEEK 4

### Mood

			
WEEK 1	WEEK 2	WEEK 3	WEEK 4

### Manifest

Personal Intention:

---

Social Intention:

---

Wellness Intention:

---

Career/Education Intention:

---

Intentional Poem:





# MINDFUL MAGIC

## *Purposely Positive*

Craft positive intentions every morning in order to have a purposely positive day. Benefits of positive thinking include a better mindset, elevated mood, improved mental and physical well-being, and more.

*Self-Affirmations:*

*Today's Intentions:*

*Purposely Positive Poem of the Day:*  
*(or craft a positive mantra of the day)*



# MINDFUL MAGIC

## Purposely Positive

A daily checklist to craft a purposely positive day.

### Morning

10 Magical Breaths

---

2+ Minutes of Mindful Stretching

---

Craft a positive Intention of the day

---

### Afternoon

Listen to your favorite song

---

Take a 5+ Minute Mindful Walk

---

Learn Something New

---

### Evening

Reflect on Today's Positives

---

2+ Minute Spirituality Moment

---

10 Magical Breaths

---

The  
Extraordinary  
Witch



MINDFUL MAGIC  
*Journal*  
Write



MINDFUL MAGIC  
*Journal*  
Craft Art



# MINDFUL MAGIC

Activities crafted to help you awaken the magic of your mind  
and to discover how extraordinary you are. Brought to you by:



The  
Extraordinary  
Witch