

The
Extraordinary

Witch



MINDFUL MAGIC

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

Interpretation

Writing is an incredible way to manage your mental health, but you might not know where to start yet. The thought of crafting your own poem or even just writing down your thoughts may be daunting. So, start by interpreting what others have already written. Use this worksheet to interpret *Phases*, a poem written by The Extraordinary Witch.

PHASES

By Angela Tiedemann – The Extraordinary Witch

A cycle of phases, consistent and true.
Linear in nature as if in a queue.

Gradually adjusting with each small change.
Experiences shifting from wonderful to strange.

Illuminating and new, forging a path I must follow.
Erasing the darkness that formed a great hollow.

Approaching the end of a phase, feeling fulfilled.
Only to discover I must once again rebuild.

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Meant for an ending so the next can begin.
Finding resilience no matter what stage I am in.

Navigating the darkness on occasion is expected.
Introspection and growth will soon be connected.

Much like the moon, I travel through stages.
Uncovering new chapters to fill in life's pages.

I accept all change, every step I must face.
Because through it all, I always find my place.