



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 the 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.



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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?

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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:





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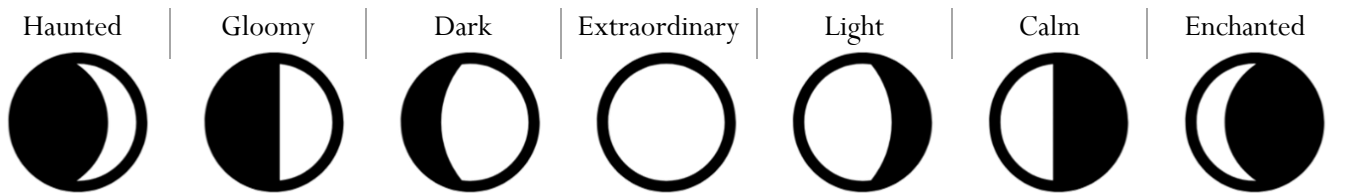
Positive Vibes

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.

- | | |
|--|---|
| <input type="checkbox"/> Stretch | <input type="checkbox"/> Listen to music with purpose |
| <input type="checkbox"/> Yoga | <input type="checkbox"/> Game/puzzle to engage your mind |
| <input type="checkbox"/> Read | <input type="checkbox"/> Acknowledge your accomplishments |
| <input type="checkbox"/> Meditate | <input type="checkbox"/> Think positive thoughts |
| <input type="checkbox"/> Deep Breaths | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Visualization | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Journal | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Quite Time | <input type="checkbox"/> _____ |

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 to view trends.

Print as many months as you would like to follow or take a screenshot and use your photo editing tool to complete monthly.

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

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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:





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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)



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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

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Journal
Craft Art

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