

W O R K B O O K



30 DAYS TO
DISCOVERING
YOUR MAGIC

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JOURNAL PROMPTS - DAY 1

Describe your dream life right now? What, where and who would it include? How would you spend your days?

What externally is stopping you from living this dream life?

What internally is stopping you from living this dream life?

What habits are stopping your growth?

JOURNAL PROMPTS - DAY 5

What positive habits do you want to implement into your daily routine?

JOURNAL PROMPTS - DAY 6

What would you do if you had one more hour in the day?

JOURNAL PROMPTS - DAY 7

What is your soul asking of you right now? Listen carefully...

JOURNAL PROMPTS - DAY 8

What wins are you celebrating right now?

JOURNAL PROMPTS - DAY 9

What are you most grateful for right now in your life?

JOURNAL PROMPTS - DAY 10

How can you send love to your highest self right now?

JOURNAL PROMPTS - DAY 11

What would you like to say to your inner child? What guidance and reassurance do they need?

JOURNAL PROMPTS - DAY 12

What is weighing on your mind right now? How can you move through this?

What action are you being called to take in your life?

JOURNAL PROMPTS - DAY 14

When do you feel the most free?

JOURNAL PROMPTS - DAY 15

Where are you at your happiest?

Who is an expander to you? Why do they inspire you?

JOURNAL PROMPTS - DAY 17

What are you putting off?

JOURNAL PROMPTS - DAY 18

What goal could you work towards today? How will you do that?

What needs to leave your life to make room for the new?

JOURNAL PROMPTS - DAY 20

How are you really feeling today? Share your truth...

What is your biggest fear?

If you knew the answer was going to be yes, what would you ask the universe for?

What belief are you holding on to that is no longer serving you?

What are your super powers?

How can you add more moments of magic to your life?

Where are your emotions stored in your body right now?

What is something new you'd like to try?

JOURNAL PROMPTS - DAY 28

If you compare your life to seasons, what season are you in right now?

Who do you need to forgive?

JOURNAL PROMPTS - DAY 30

What can you do to make today a great day?