

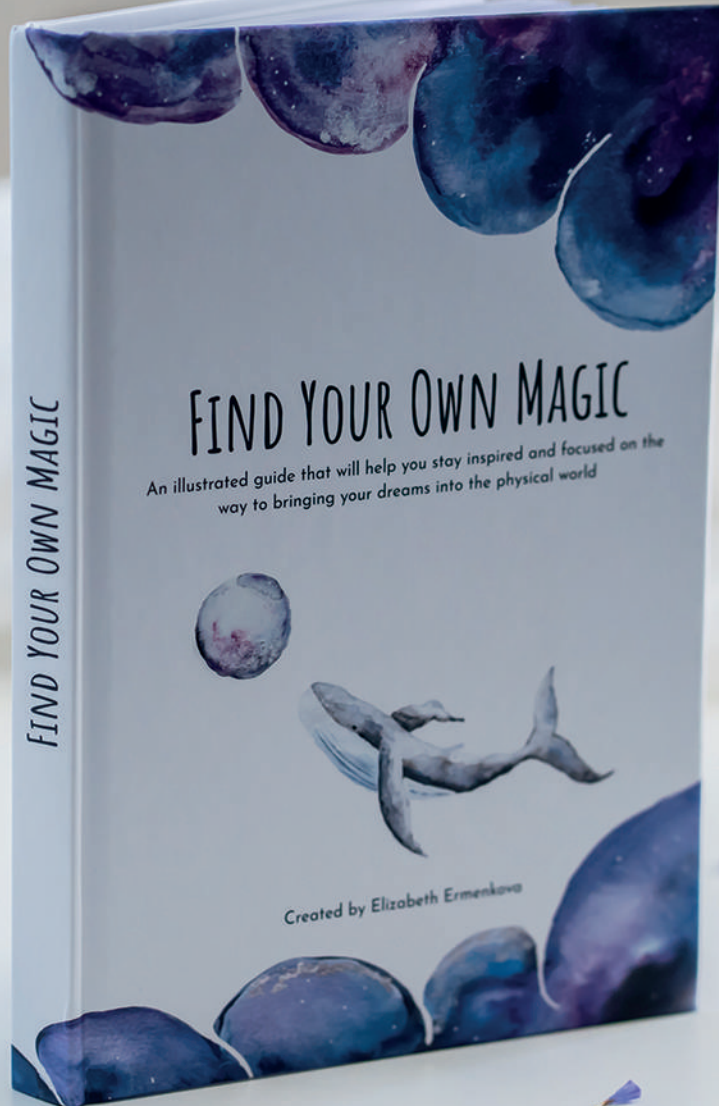
FIND YOUR OWN MAGIC

FIND YOUR OWN MAGIC

An illustrated guide that will help you stay inspired and focused on the way to bringing your dreams into the physical world



Created by Elizabeth Ermenkova





SPEND SOME TIME DREAMING
AND THEN EXTEND INTO ACTIONS
The month of ...



May all your dreams come true
/ a powerful exercise of setting direction/



Imagine yourself one year from now. Describe your dream life as if it has already happened. Where are you writing from? Where have you been the past one year? What have you done? What have you achieved? How do you spend your time? How do you feel? How do you look? Be as specific as you can. Visualize in rich detail and involve your emotions and feelings.

Start here

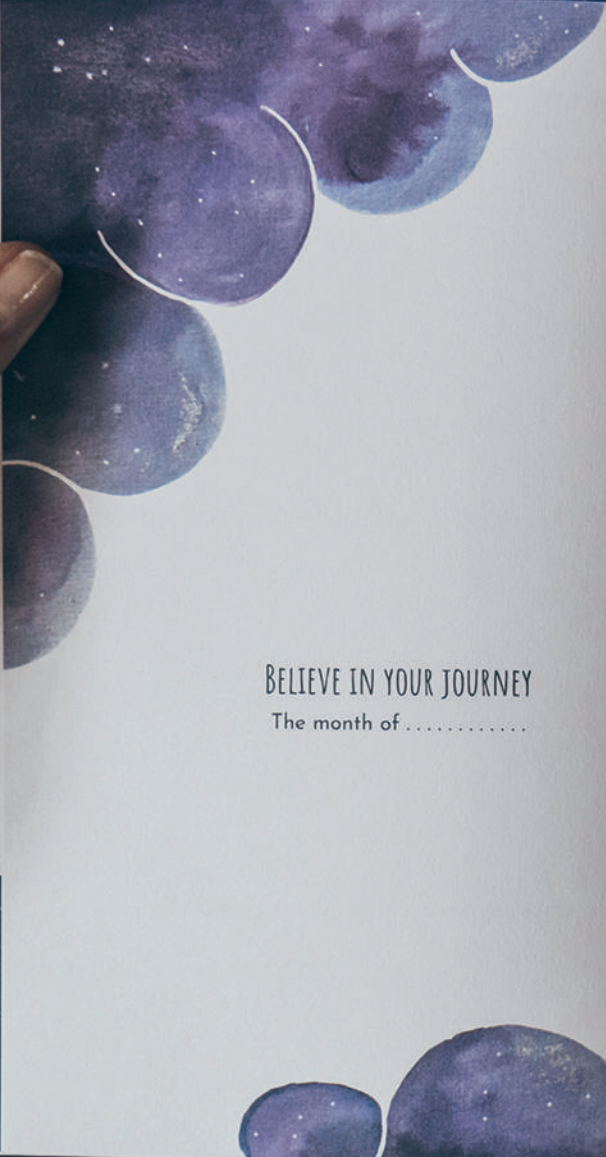
Self Reflection

What belief, habit or behaviour has improved my life the most and how?



What belief, habit or behaviour has been most harmful to me?
How can I change it?





BELIEVE IN YOUR JOURNEY

The month of



Habit Tracker

Habits are powerful. They are the strong foundation of who we are and what we achieve. Set a habit for the next 30 days. It could be physical activities or eating healthy. Maybe you would like to read more? Or stick to some action related to your main goal? Whatever it is - write it in the blank spot in the upper right corner on the next page. Mark every day that you succeed in the boxes below. If you miss a day - leave the box empty. Use the left page for notes: what stops you from keeping on and why? Let's track your habit!

Notes:



'We are what we repeatedly do.
Excellence, then, is not an act, but a habit.'
- Aristotle

Self Reflection

What small and big victories did I have when challenging my willpower the past few weeks? How did I feel? Should I practice this more often?

Which of my accomplishments in life are the result of stepping out of my comfort zone?





BRILLIANT THINGS CAN HAPPEN IN A MIND THAT IS CALM

The month of ...



Build your SUN /mood tracker challenge/

Track your mood every day by drawing one ray of the sun on the next page. The longer the line - the happier you felt. Add notes next to the rays to remember what made you feel good or bad. When you complete your sun take some time to analyze what has influenced your mood the most and how. Here's an example:



Perception is reality

