

WHY DO YOU WANT A DAILY PRACTICE?

WHAT HAS WORKED? WHY?

WHAT HAS NOT WORKED? WHY?

CONSIDER ROUTINES

Morning or Night

- Prayers/Greetings to Deities/Earth
- Light a candle!
- Silence, meditation, or breath work
- Cleansing (even just a shower)
- Outdoor Walk
- Daily Divination
- Affirmations

IDEAS FOR ROUTINE

CONSIDER DOING AS NEEDED

Routines work great for some people, but sometimes people prefer a more spontaneous practice! It is a matter of personality preferences.

Also, don't beat yourself up for not meeting a daily practice or an arbitrary time requirement. You are still valid even if you only practice once a week, once a month, or once a year. The goal is to integrate magic more on a daily basis but it doesn't mean full blown spells.

QUICK WAYS TO INFUSE MORE MAGIC INTO YOUR DAILY LIFE

- Listen to a playlist that reminds you of magic
- Read a book/research an area you want to get into
- Use mindfulness practices to stay grateful and in the present moment
- Get involved with your community because there is a magic in making friends
- Keep a small notebook for magical ideas on the go.
- Water your house plants
- Do basic connections with the elements (breath, stay hydrated, light candle, and ground yourself)
- Just notice what's happening in nature
- Teas that you have can have intent
- Ground and center before bed!!!!
- Daily crystal bags to match the vibe of the day
- Wear a color that makes you feel some type of way
- Eat in total silence .and learn how to listen to your body
- When at a party, hail your deity/spirit of choice
- Travel/Drawn altars are fun
- Vision board/Visualization

In short, find an area of your life that could have magic in it and then put it there.