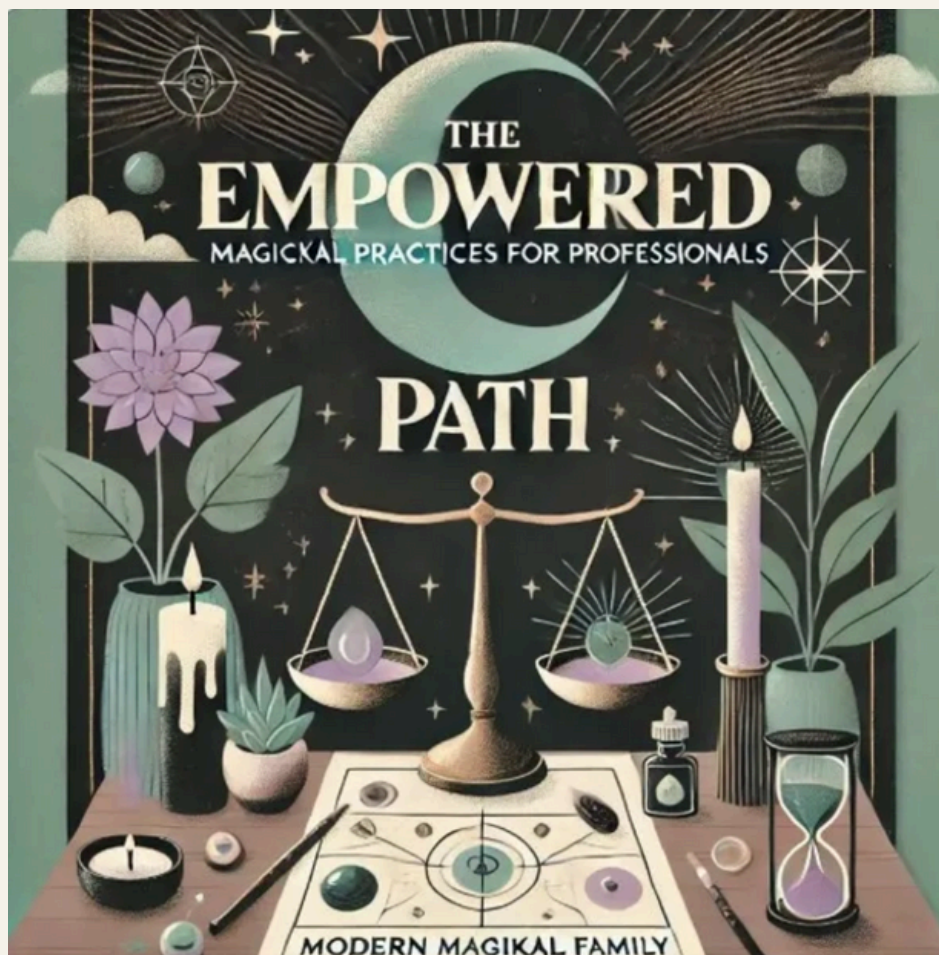




**MAGICKAL MORNING ROUTINES**

**START THE DAY WITH INTENTION**



# MAGICKAL MORNING ROUTINE WORKBOOK

This Magickal Morning Routine Workbook is designed to help you start each day with intention, focus, and a touch of magic. Whether you're juggling a corporate career, family life, or personal goals, this workbook provides simple practices to align your energy, enhance productivity, and bring mindfulness into your morning.

A magickal morning routine helps you set the tone for a productive, balanced day, even within a busy corporate schedule. By incorporating small, intentional practices into your morning, you can align your energy, enhance focus, and carry a sense of mindfulness and purpose into your workday. This guide outlines steps to create a simple but powerful magickal morning practice.

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# How to Use this Workbook

## 1. Set Up Your Space

Choose a quiet place to begin your routine, such as your bedside or a cozy chair. Gather tools like your journal, crystals, or candles, and keep this workbook handy.

## 2. Follow the Routine Steps

Use the step-by-step guide in this workbook to structure your practice. Each section includes prompts and activities to ground, set intentions, and align your energy, whether you have 5 minutes or 30 minutes, you can tailor the routine to your needs.

## 3. Choose a Mantra or Affirmation

Use the Mantra Library to select a phrase that resonates with your goals or energy for the day. Repeat it during your routine or keep it visible as a reminder throughout the day.

## 4. Work with Crystals and Tools

Incorporate crystals, or other magical tools into your routine to enhance focus and energy. Use the Crystal Guide to choose stones like Clear Quartz for clarity or Citrine for motivation.

## 5. Reflect and Record

Use the journaling prompts and planner pages to write your intentions and reflect on your goals for the day. These pages help you stay aligned and mindful, turning your morning practice into a powerful habit.

## 6. Seal Your Routine

Each morning, end your ritual with a closing affirmation or breathwork exercise to carry the energy of your practice into the rest of your day. Use the space provided to note any insights, feelings, or goals to revisit later.

## 7. Keep It Consistent

The power of this workbook comes from consistency. Use it daily to create a meaningful morning ritual that supports both your professional and personal growth. Over time, you'll notice how these small moments of intention make a big difference in your overall balance and energy.

QUESTIONS?

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# MORNING MAGICKAL ROUTINE

A morning magickal routine sets the tone for an intentional, grounded, and empowered day. This practice combines spiritual, mental, and physical elements to align with nature's energies and your inner wisdom. By incorporating small, intentional practices into your morning, you can align your energy, enhance focus, and carry a sense of mindfulness and purpose into your workday.

Use this workbook to guide your routine and adapt it to fit your personal needs and schedule. There are 12 different magickal routines to include in your day. We recommend that you pick 4-5 to incorporate in your mornings as a starting point.

May your mornings be magickal and empowering!



# MORNING MAGICKAL ROUTINE OVERVIEW

**Grounding** stabilizes your energy by connecting you to the Earth. It brings a sense of balance and calm. When you ground, you release excess or unwanted energy and draw in the nurturing, stabilizing energy of the Earth.



**Mindful Movement** awakens your body and connects you to your physical form. Engaging in mindful movement allows you to release stiffness, improve circulation, and align your physical energy with your spiritual intentions.

**Meditation** calms the mind and creates space for clarity and insight. This practice allows you to step away from the mental chatter and cultivate a sense of peace and stillness.



**Breathwork** energizes the body and centers the mind by manipulating your breath patterns, regulating your nervous system, and, promoting relaxation and focus. Different techniques can either invigorate or calm you, depending on your needs.

# MORNING MAGICKAL ROUTINE OVERVIEW

Starting your day with **gratitude** shifts your mindset to focus on the positive aspects of your life, setting a tone of appreciation and joy. It helps you cultivate a sense of abundance, reducing stress and enhancing overall well-being.



**Setting intentions** gives your day a focused purpose and aligns your actions with your goals. Intentions serve as a compass, guiding your decisions and energy throughout the day.

**Journaling** helps process thoughts, emotions, and insights. It is a tool for self-discovery, allowing you to reflect on your inner world and track your personal growth.



Mindfully preparing and enjoying a **morning beverage** infuses daily rituals with gratitude and presence. This simple act becomes sacred when done with intention, providing an opportunity to pause and center yourself.

# MORNING MAGICKAL ROUTINE OVERVIEW

Clearing your energy at the start of the day helps you release lingering negativity and create space for positivity and focus. This practice refreshes your mind, body, and spirit, allowing you to approach the day with clarity and balance.



Performing **daily divination** can provide clarity and guidance, offering insight into the energies and opportunities the day may bring. It helps you align your actions with your intentions, fostering a sense of purpose and confidence through your day.

**Affirmations** reprogram the subconscious mind for positivity and success. By repeating empowering statements, you shift your inner dialogue and reinforce beliefs that support your growth



**Connecting with spirit guides** or ancestors provides wisdom, support, and a sense of belonging. This practice reminds you that you are never alone and that unseen allies are available to assist you.



# GROUNDING

Grounding stabilizes your energy by connecting you to the Earth. It brings a sense of balance and calm. When you ground, you release excess or unwanted energy and draw in the nurturing, stabilizing energy of the Earth. This practice helps you feel more present, secure, and prepared to face the day with resilience. Grounding also strengthens your connection to nature, reminding you of the support and abundance that the Earth provides.

## How It's Done (Outdoors):

1. Stand barefoot on the ground or visualize roots growing from your feet into the Earth.
2. Breathe deeply and feel the Earth's energy rising to support you.
3. Imagine any tension or negativity flowing down into the ground.



## How It's Done (Inside):

1. Sit in a quiet spot, either at the edge of your bed or a cozy chair.
2. Take three deep breaths, imagining roots growing from your feet into the earth.
3. Repeat an affirmation such as: "I am grounded and ready to embrace the day"

# MINDFUL MOVEMENT

Movement awakens your body and connects you to your physical form. Engaging in mindful movement allows you to release stiffness, improve circulation, and align your physical energy with your spiritual intentions. By focusing on the sensations within your body, you create a deeper awareness of your physical state and foster a sense of gratitude for its strength and capabilities. This practice sets a positive tone for how you inhabit your body throughout the day.

How It's Done:

1. Spend 5-10 minutes moving intentionally.
2. Focus on how your body feels with each movement.
3. Align your breath with your motions.

## Types of Mindful Movement



### Yoga Practice:

Practice a few sun salutations, moving slowly and intentionally as you coordinate your breath with each pose.

### Stretching:

Engage in gentle stretches, holding each position for a few deep breaths while focusing on how your muscles feel as they lengthen.



### Dancing:

Put on your favorite music and dance freely, paying attention to the rhythm and the sensations of your body as it moves.

# MEDITATION

Meditation calms the mind and creates space for clarity and insight. This practice allows you to step away from the mental chatter and cultivate a sense of peace and stillness. Regular meditation fosters a deeper connection to your inner wisdom and intuition, helping you navigate your day with greater ease and focus. It is a powerful tool for reducing stress, increasing self-awareness, and enhancing your ability to remain present in the moment.

How It's Done:

1. Sit comfortably and close your eyes.
2. Focus on your desired meditation technique.
3. Allow thoughts to flow without attachment for 5-10 minutes.

## Meditation Techniques



### Focused Meditation

Breathe in and out. In and out.

Count 1 to 10 and repeat.

Repeat a Mantra over and over again.

### Body Scan Meditation:

Starting with the top of your head, tense up and then release all the way down to your feet.



### Guided Meditation:

Choose from an App or on YouTube for according to your preference and goal.

# BREATHWORK

Breathwork energizes the body and centers the mind by manipulating your breath patterns. Conscious breathing helps regulate your nervous system, promoting relaxation and focus. Different techniques can either invigorate or calm you, depending on your needs. This practice is a bridge between the physical and energetic realms, allowing you to harness the power of your breath to shift your state of being.

## How It's Done:

1. Practice deep belly breathing, inhaling for a count of 4, holding for 4, and exhaling for 6.
2. Repeat for 5-10 cycles.
3. Visualize energy filling you with each inhale and releasing stress with each exhale.

## Types of Breathwork



### Alternate Nostril Breathing:

A yogic practice that balances energy and calms the mind by alternating breaths between nostrils.



### Wim Hof Method:

A dynamic breathwork technique involving deep, rhythmic inhalations and exhalations followed by breath retention to boost energy and resilience.

### Box Breathing:

A structured breathing technique involving equal counts for inhaling, holding, exhaling, and pausing to reduce stress and enhance focus.



# GRATITUDE

Starting your day with gratitude shifts your mindset to focus on the positive aspects of your life, setting a tone of appreciation and joy. It helps you cultivate a sense of abundance, reducing stress and enhancing overall well-being. By acknowledging what you're thankful for, you invite more positivity and meaningful connections into your day. This practice is a reminder of the beauty and richness already present in your life, no matter how small or grand.

## How It's Done:

1. Reflect on 3-5 things you're grateful for.
2. Write them down in a journal or say them aloud.
3. Feel genuine appreciation as you acknowledge these blessings.



Research shows that gratitude practice activates brain regions associated with reward and empathy, increases levels of dopamine and serotonin, and strengthens neural pathways, fostering improved mental health and emotional resilience.

# INTENTION SETTING

Setting intentions gives your day a focused purpose and aligns your actions with your goals. This practice transforms passive wishing into active co-creation with the universe. Intentions serve as a compass, guiding your decisions and energy throughout the day. By consciously setting your focus, you become more mindful of opportunities and more aligned with your desired outcomes

## How It's Done:

1. Identify what you wish to achieve or embody today.
2. State your intention clearly
3. Visualize this intention manifesting throughout your day.



## Example Intentions

"I intend to approach today with gratitude and an open heart, embracing opportunities for growth and connection."

"I intend to honor my energy and focus on tasks that align with my highest good and long-term goals."

"I intend to stay grounded and mindful, finding moments of joy and peace in the flow of my day."

Magickal Tip:  
Write Your Intention on a post-it note so  
you can see it throughout the day



# JOURNALING

Journaling helps process thoughts, emotions, and insights. It is a tool for self-discovery, allowing you to reflect on your inner world and track your personal growth. Writing down your thoughts can bring clarity, inspire creativity, and help you release what no longer serves you. Over time, your journal becomes a sacred space to explore your journey and celebrate your progress.

## Tips for Journaling



### Prompts:

Use prompts if needed, such as "What do I want to create today?"



### Dream Journal:

Write about your dreams, intentions, or anything on your mind



### Just Write:

Allow free-flowing thoughts without judgment.

### Magickal Tip:

Consider buying a journal or creating your own using your own prompts and a blank notebook.

# MORNING BEVERAGE

Mindfully preparing and enjoying a morning beverage infuses daily rituals with gratitude and presence. This simple act becomes sacred when done with intention, providing an opportunity to pause and center yourself. Whether it's coffee, tea, or another beverage, this ritual nourishes your body while offering a moment to reflect on your intentions for the day.

## How It's Done:

1. Choose a beverage that aligns with your intention (e.g., herbal tea for calm, coffee for energy).
2. As you prepare it, infuse it with a positive affirmation or intention.
3. Sip slowly, savoring the flavors and warmth.

## Magickal Additions to Your Beverage



Sprinkle cinnamon into your coffee to attract abundance, success, and positive energy for the day.

Stir in honey to sweeten your intentions and promote harmony and love in your endeavors.



Add vanilla extract to enhance your personal power and invite joy and warmth into your morning.



### Magickal Tip:

Come up with a mantra to say when you stir your beverage. Clockwise brings to you. Counter clockwise pushes away.



# ENERGY CLEARING

Clearing your energy at the start of the day helps you release lingering negativity and create space for positivity and focus. This practice refreshes your mind, body, and spirit, allowing you to approach the day with clarity and balance. By starting with a clear energetic slate, you align yourself with opportunities for growth, joy, and purposeful action.

## How It's Done:

1. Use a tool such as sage, incense, or sound (e.g., a bell).
2. Move through your space with the clearing tool, setting an intention like, "I release all that no longer serves."
3. Visualize your environment being filled with light.

## Tools for Energy Clearing



### Smoke:

Smoke cleansing using herbs like sage or palo santo, or incense clears stagnant or negative energy from your space and body, creating a sense of renewal.

### Sound:

Sound cleansing with tools like singing bowls, bells, music, or clapping, uses vibrations to realign your energy and restore harmony.



### Cleansing Spray:

Use Holy Water or a Cleansing Spray to wash away emotional and energetic blockages, leaving you feeling refreshed and purified.

# DIVINATION

Performing daily divination can provide clarity and guidance, offering insight into the energies and opportunities the day may bring. It helps you align your actions with your intentions, fostering a sense of purpose and confidence as you navigate your day. By tapping into your intuition through tools like tarot or runes, you deepen your connection to yourself and the universe, creating a more intentional and empowered start to your day.

## How It's Done:

1. Choose a tool like tarot cards, runes, or pendulums.
2. Ask a specific question or seek general guidance for the day.
3. Reflect on the message received and how it applies to your intentions.

## Divination Methods



### Runes:

Cast or draw runes while focusing on your query, reading their symbols and positions to uncover wisdom and potential outcomes.



### Cards (Tarot/Oracle):

Draw cards with a clear question or intention in mind, interpreting the images and messages to gain insight and guidance for your situation.



### Pendulum:

Hold the pendulum steady and ask yes-or-no questions, observing its movements to receive intuitive answers.

# CONNECTION WITH SPIRIT GUIDES OR ANCESTORS

Connecting with spirit guides or ancestors provides wisdom, support, and a sense of belonging. This practice reminds you that you are never alone and that unseen allies are available to assist you. By honoring their presence, you strengthen your spiritual connection and receive insights that can guide your journey. This connection fosters trust in the greater plan and your place within it.

## How It's Done:

1. Light a candle or sit quietly.
2. Speak or think an invitation, e.g., "I invite my spirit guides to share their guidance."
3. Pay attention to intuitive thoughts, feelings, or symbols.
4. Thank them for their presence and insight.



## Magickal Tip:

Create an ancestor altar with photos, heirlooms, or meaningful items to honor your lineage and invite spiritual connection.

# AFFIRMATIONS / MANTRAS

Affirmations reprogram the subconscious mind for positivity and success. By repeating empowering statements, you shift your inner dialogue and reinforce beliefs that support your growth. Affirmations are a potent way to combat self-doubt, build confidence, and attract the energy of your desired outcomes. This practice helps you start the day with an uplifted and motivated mindset

## How It's Done:

1. Choose affirmations that resonate with your current needs, e.g., "I am confident and capable."
2. Repeat them aloud or silently.
3. Feel the truth of these statements as you say them.



## Magickal Tip:

Have a list of Affirmations/Mantras to pull from (see later in this guide). Put them somewhere you can see them.

# MORNING RITUAL PLANNER

DATE

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TODAY'S INTENTION

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## GROUNDING TECHNIQUE

- DEEP BREATHING
- VISUALIZATION
- GOING OUTSIDE
- OTHER: \_\_\_\_\_

## MOVEMENT OR BREATHWORK

- STRETCHING
- YOGA
- BREATHWORK
- OTHER: \_\_\_\_\_

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## ENERGY CLEARING

- SMOKE
- SOUND
- CLEANSING MIST
- OTHER: \_\_\_\_\_

## DAILY DIVINATION

- CARD PULL
- CRYSTAL
- RUNES
- OTHER: \_\_\_\_\_

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## DAILY GRATITUDE

1

2

3

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TODAY'S AFFIRMATION OR MANTRA

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# JOURNALING PROMPTS

## MORNING REFLECTIONS

“What is one energy I want to invite into my day (e.g., calm, focus, creativity), and what is one energy I want to release?”

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“If I could envision my day going perfectly, what would it look and feel like? How can I align my actions to bring this vision to life?”

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What is one thing my body, mind, or spirit needs from me today, and how can I honor that need?”

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“What challenges might I encounter today, and what magical or practical tools can I use to navigate them with ease?”

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# MORNING MANTRAS LIBRARY

## Mantras for Clarity and Focus

“I am clear, focused, and ready to accomplish my goals.”

“My mind is sharp, my heart is calm, and I am prepared for the day ahead.”

## Mantras for Confidence and Strength

“I am capable, strong, and ready to shine in all that I do.”

“I trust in my skills, my intuition, and the universe to guide me.”

## Mantras for Balance and Peace

“I carry calm within me and radiate it into the world.”

“I am grounded, centered, and aligned with my highest good.”

## Mantras for Abundance and Gratitude

“I attract success, abundance, and joy into my life with ease.”

“I am grateful for this day and the opportunities it brings.”

## Mantras for Positivity and Alignment

“I release what no longer serves me and welcome new possibilities.”

“I align with the flow of the universe and trust the magic of this day.”



# CRYSTAL GUIDE

**Clear Quartz:** Clarity, Focus, Amplification.

Known as the “Master Healer,” Clear Quartz enhances clarity of thought and intention. It amplifies the energy of other crystals and helps align your mind and spirit for a productive day.



**Amethyst:** Peace, Intuition, Protection.

Amethyst soothes stress and promotes calm, making it ideal for starting your day with a clear mind. Its intuitive energy can help guide decision-making and protect against negativity.

**Citrine:** Positivity, Abundance, Motivation.

Citrine brings uplifting energy, encouraging confidence and creativity. It's perfect for manifesting success and approaching the day with optimism and focus.

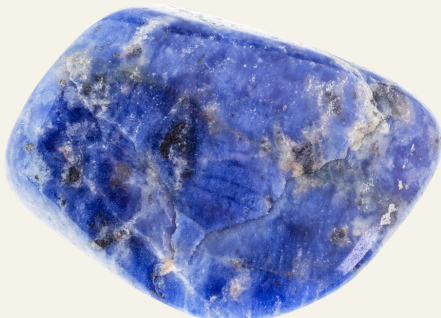
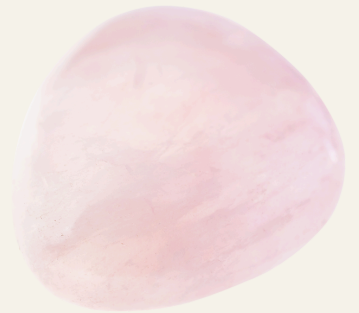


**Black Tourmaline:** Grounding, Protection.

This powerful grounding stone helps shield you from negative energy and keeps you centered. Use it in your morning routine to feel protected and rooted in your intentions.

**Rose Quartz:** Compassion, Self-Love, Harmony.

Rose Quartz radiates gentle, loving energy, fostering kindness toward yourself and others. Start your day by connecting with this crystal to encourage harmony in relationships and within yourself.



**Sodalite:** Communication, Insight, Focus.

Known as the “Stone of Logic,” Sodalite enhances communication, focus, and insight. It's an excellent companion for workdays that require collaboration and clear thinking.





# EMBRACE THE MAGICK OF EVERY MORNING

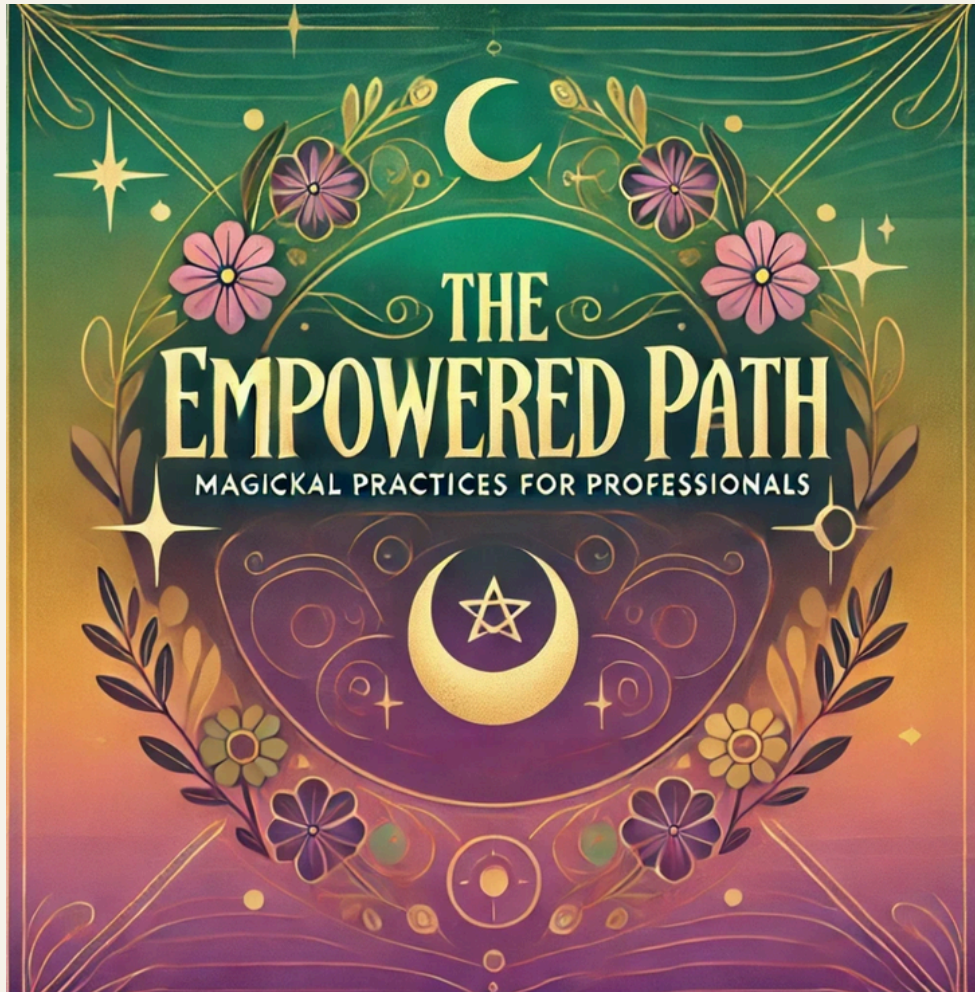
As you embrace the practices in this workbook, may your mornings become a sacred space of balance, intention, and magick. Each small step you take toward aligning your energy sets the tone for a purposeful and empowered day.

Remember, the magick lies not just in the rituals but in your commitment to showing up for yourself each morning.

Wishing you clarity, focus, and a touch of enchantment to carry with you into every moment ahead.

The Modern Magickal Family Team

# THE EMPOWERED PATH: MAGICKAL PRACTICES FOR PROFESSIONALS



This Magickal Morning Routine Workbook is part of a curated series designed for the corporate individual seeking to expand their spirituality and embrace magick while balancing a busy professional life. Each workbook in the series focuses on integrating practical and magical practices into daily routines, making spirituality accessible and impactful. Other workbooks in the series include Lunar Magick for Professionals, which aligns career goals with the moon phases, Stress Relief Rituals for the Workplace, offering quick grounding techniques for high-pressure environments, and Magickal Goal-Setting, combining manifestation techniques with strategic planning. Together, these workbooks empower you to infuse intention, balance, and magic into your work and personal life.

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## FOR MORE MAGICK

We hope you find joy, inspiration, and connection as you work through this magical workbook. It's designed to help you align with nature's rhythms, set powerful intentions, and infuse your daily life with meaning and enchantment. If you're looking to dive deeper into magickal practices, explore seasonal celebrations, or connect with more tools and guidance for intentional living, we invite you to visit our website. There, you'll find resources, curated products, and teachings to support your journey and help you embrace a truly magical lifestyle. ✨

Learn more at [www.modernmagickalfamily.com](http://www.modernmagickalfamily.com) and let the magic unfold!

[WWW.MODERNMAGICKALFAMILY.COM](http://WWW.MODERNMAGICKALFAMILY.COM)