



Desk Witch Practices

MAGICK AT WORK



DESK WITCH PRACTICES: MAGICK AT WORK



Welcome to Desk Witch Practices: Magick at Work—your ultimate guide to bringing intentional magick into your professional life, seamlessly blending the mystical with the practical. This workbook offers simple yet powerful tips, rituals, and practices designed to transform your workspace into a sanctuary of focus, harmony, and success. From setting energetic boundaries and creating mini altar spaces to harnessing the power of moon phases and natural elements for goal-setting, each practice is tailored to elevate your productivity and cultivate a more balanced, intentional work environment. Perfect for the modern professional, Desk Witch Practices is your invitation to infuse your workday with subtle magick, empowering you to thrive in every aspect of your career.

This guide is your sacred toolkit, offering a flexible, supportive, and approachable path whether you're just beginning your magickal journey or deepening your existing practice. There's no right or wrong way to use it—take what resonates, try new practices as you feel inspired, and trust your intuition along the way.

How to Use this Workbook

1. **Read at Your Own Pace** - Each section is written as a standalone focus area. You can start from the beginning and move through step by step—or jump to the practices that call to you most in the moment, like productivity spells, sigil creation, or workspace cleansing.
2. **Customize Your Practice**- Magick is deeply personal. Adapt rituals, tools, and intentions to suit your lifestyle and environment. Whether you work in a cubicle, a corner of your kitchen, or a creative studio, the practices are designed to be flexible and discreet while still powerful and effective.
3. **Engage with the Workbook Pages** - Throughout this guide, you'll find reflection prompts, journal spaces, spell jar recipes, sigil creation guides, and ritual templates. Use them to deepen your connection with the practices, record your experiences, and track your energetic growth over time.
4. **Work with the Rhythms of Your Day** - This guide is structured to support your workday from beginning to end. Try starting with morning intention setting, incorporating midday recalibration rituals, and ending with an energy release practice. These simple habits form the energetic backbone of a thriving desk witch practice.
5. **Make Your Practice Your Own** - Magick doesn't need to be loud or visible to be effective. Many practices in this guide are designed to be subtle and seamless—affirmations tucked into your planner, sigils hidden beneath your keyboard, or crystals tucked into a desk drawer. It's about weaving sacredness into the ordinary.
6. **Revisit Often** - As your goals, energy, and work environment shift, your needs will change too. Revisit different sections when you feel stuck, uninspired, overwhelmed, or ready for a fresh energetic reset. Let this guide grow with you.
7. **Remember: You Are the Magick** - The most powerful tool in your workspace isn't your laptop or your planner—it's your energy, your intention, and your presence. This guide simply helps you remember your own power, even in the busiest of days.

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WHAT IS A DESK WITCH?

A Desk Witch is someone who brings intention, mindfulness, and subtle magick into their professional life. Whether you work from home or in a corporate office, Desk Witchery is about aligning your workspace with your energy, infusing your day with rituals that support clarity, productivity, and spiritual well-being. You don't need incense clouds or elaborate tools to be a Desk Witch—it's about quiet, powerful magick woven into your everyday environment. You might use crystals to enhance focus, keep a tiny altar tucked in your drawer, or craft affirmations into your emails. Desk Witchery is the art of making your work sacred, even in the most mundane environments.



THE MAGICK OF INTENTIONAL WORKSPACES

Your workspace is more than just a desk—it's an energetic container for your ideas, communication, and creative output. The energy you cultivate in that space can either drain or empower you. By intentionally designing your workspace—through layout, symbolism, and energetic flow—you create an environment that supports not just productivity, but harmony and wellbeing.

Think of your desk as your sacred circle. How you decorate it, what items you include, and how you engage with it can become an act of everyday magick. A single plant becomes a grounding ally. A candle becomes a beacon of focused fire energy. A neatly placed crystal becomes a focus charm for clarity and calm. When you intentionally shape your space, you become more present, more aligned, and more empowered.



SETTING YOUR INTENTION FOR THIS WORKBOOK

Before diving into the rituals and practices ahead, take a moment to set your energetic intention. What do you want to invite into your work life through this magickal journey? Greater focus? Boundaries? Peaceful energy? More confidence in meetings? Prosperity?

Use the prompts below to anchor your intention into this experience:

Journal Prompts

I am creating this magickal workspace to invite:

I want my workday to feel:

I am calling in support from: (Elements, Ancestors, Deities, Inner Self)

I dedicate this workbook to supporting my growth in:

ENERGETIC FOUNDATIONS

Before you can fully thrive in your magickal workspace, it's essential to set a strong energetic foundation. Just as we might clean our physical space to feel refreshed and organized, we also need to cleanse and shape the energetic field around us. Your desk, computer, office chair, and even your inbox carry energetic residue from stress, deadlines, or other people's emotions. This section will help you clear stagnant energy, protect your space, and create energetic boundaries so your magick can flourish throughout your work day.

Cleanse Your Workspace (Physical)

A magickal workspace begins with clear energy—and that starts with decluttering. Begin by gently cleaning your desk and removing anything that feels heavy, chaotic, or distracting. As you clean, treat it as a ritual. Every movement becomes intentional. Wipe surfaces while repeating an affirmation such as: "I make space for clarity, focus, and magick."

Once your physical space is cleared, it's time to address the energetic layer. Just like dust, energy builds up in our environments. If you've ever felt drained after a meeting or restless at your desk, that's your intuition sensing stagnant or discordant energy.



ENERGETIC CLEANSING

Smoke

If you have a private or home office, gently waft smoke from herbs like rosemary, lavender, or palo santo (ethically sourced) over your workspace. As you move through your space, say aloud or in your mind: “I cleanse this space of all energy that does not serve me. Only clarity, peace, and purpose remain.”

Sound

Use a bell, chime, or even a gentle clap to break up stuck energy. Sound waves can reset the vibration of a space with ease. Ring your chime or clap near your computer, chair, and corners of your room while visualizing any stagnant energy dissolving.



Sprays

Create a magickal cleansing mist with water, essential oils (like lavender, sage, peppermint, or lemon), and a pinch of salt or crystal-infused water.

Spritz lightly across your desk area with an affirmation like:

“I refresh and bless this space with light and intention.”

Visualization

If you can't physically cleanse, you can always energetically do so. Close your eyes and imagine a wave of light (choose a color that feels powerful to you) washing over your workspace, clearing all energetic clutter and leaving it sparkling clean.

SETTING ENERGETIC BOUNDARIES

Once your space is cleansed, it's time to protect it. Setting energetic boundaries helps keep your energy from being drained by coworkers, meetings, or even tech fatigue.

With Crystals

Keep small, discreet crystals on your desk to reinforce your boundary:

- Black Tourmaline – absorbs negativity and EMF energy
- Selenite – cleanses and uplifts your energetic field
- Fluorite – enhances focus and filters distractions
- Amethyst – offers psychic protection and stress relief

Arrange your crystals intentionally—perhaps forming a grid, a small bowl, or lining the edge of your desk.

With Symbols

Place protective symbols where only you know they exist:

- Draw a sigil on the underside of your desk or keyboard.
- Use stickers or artwork that carry hidden meaning.
- Tuck a protective rune or charm into your drawer.

Create your own “Work Shield Sigil” with a phrase like “My energy is mine alone.” Combine the letters into a symbol and place it on a sticky note under your keyboard. (Instructions can be found in this guide).

With Visualization

Before starting your day, take a moment to center yourself. Imagine a protective sphere of light (gold, white, or violet) surrounding your desk or body. Affirm:

“I am shielded from stress and distraction. My space is sacred.”

You can reinforce this energy as needed throughout the day—especially before meetings, heavy tasks, or after absorbing others' emotions.

ENERGY JOURNAL PROMPTS

Use the prompts below to state your energetic intentions

What energy do I want to cultivate in my workspace?

What tends to disrupt my focus or drain me during the day?

What simple ritual can I commit to each morning to energetically reset?

What symbols or crystals make me feel safe, grounded, and empowered?

DESK DÉCOR WITH INTENTION

Your environment deeply influences your energy. Use décor to subtly shift and shape the energetic tone of your workspace.

Color Magick

Each color holds its own frequency. Use this guide to choose intentional desk accents (notebooks, mousepads, mugs, pen holders, etc.):

- Blue: Calm, communication, mental clarity
- Green: Growth, abundance, balance
- Yellow: Focus, motivation, brightness
- Purple: Intuition, wisdom, magick
- Red: Confidence, energy, action
- White: Clarity, peace, purification
- Black: Protection, grounding, boundaries

With Plants Allies

Plants not only improve air quality—they bring Earth energy into your space. A small potted plant can become a living magickal ally.

- Snake Plant or Pothos: Low-maintenance grounding support
- Rosemary: Mental clarity and memory
- Lavender: Calming energy
- Aloe Vera: Healing and protective energy
- Mint or Basil: Fresh energy, success, and abundance

Subtle Symbolism

Incorporate hidden magick into your décor:

- A sigil drawn under your mousepad or keyboard
- A rune or protective symbol inside your drawer
- A decorative object that doubles as a charm (e.g., a paperweight shaped like a sun, owl, or crescent moon)
- Stationery or art with sacred geometry or nature imagery

MAGICKAL TOOLS YOU CAN KEEP AT YOUR DESK

You don't need a full altar chest to bring your magick to work—just a few small, discreet tools can keep your energy aligned and empowered throughout the day. Here are magickal items that blend seamlessly into a professional space:

Crystals

- Clear Quartz: Amplifies intention and clears energy
- Fluorite: Focus, mental clarity
- Amethyst: Stress relief and intuitive insight
- Black Tourmaline: Protection from energetic drain and tech fatigue
- Carnelian: Creativity and motivation

Affirmation or Sigil Cards

Write your own power affirmations or draw simple sigils on cards or sticky notes. Tuck them into a drawer, post on your monitor, or place under your keyboard. They act as gentle energetic prompts throughout your day.

Essential Oils or Aromatherapy Rollers

Discreet and effective, these can help shift your mood or energy instantly. Use them before meetings, during breaks, or while setting intentions for the day.

- Peppermint: Mental refreshment and energy
- Lavender: Calm and peace
- Orange: Joy and focus
- Frankincense: Spiritual connection

Talisman or Charm

A necklace, keychain, or pin with symbolic meaning—like a pentacle, spiral, rune, or animal ally—can serve as a powerful energetic support.

DAILY MAGICKAL PRACTICES

Magick doesn't require elaborate rituals or a full moon to be effective—it thrives in your everyday moments. By incorporating small, intentional practices into your daily work routine, you create energetic bookends that enhance your productivity, maintain your focus, and protect your spiritual well-being. This section offers simple magickal rituals you can incorporate in the morning, midday, and end of day to keep your energy aligned and your workspace vibrant.



MORNING INTENTION SETTING: STARTING YOUR DAY WITH PURPOSE

The way you begin your workday sets the energetic tone for everything that follows. Morning intention setting is a powerful magickal habit that grounds your focus, anchors your goals, and invites supportive energy before the chaos begins.

How to Practice:



- Light a candle (or imagine a flame) as you sit down at your desk.
- Take three deep grounding breaths, feeling your energy settle into your body.

Speak or write a simple daily intention:

You can keep a small notebook or sticky note just for your daily intentions, or write them on an affirmation card and place it where you'll see it throughout the day.

- "Today I move with clarity and confidence."
- "I create space for flow, ease, and success."
- "I trust my intuition and take aligned action."



Optional Additions



- Pull a tarot or oracle card for a daily message.
- Rub a dab of essential oil on your pulse points (e.g., peppermint for clarity or orange for joy).
- Hold a crystal (like clear quartz or citrine) while stating your intention.

MIDDAY ENERGY RITUALS: REALIGNING YOUR FOCUS

The midday slump is real—but so is your power to shift it. These quick recalibration rituals help you realign your energy, shake off tension, and refocus your intention as you move into the second half of your day.

Elemental Reset

- Earth: Hold a grounding crystal or stand barefoot for a few moments.
- Air: Take deep, intentional breaths or step outside for fresh air.
- Fire: Light a candle or visualize your inner fire being reignited.
- Water: Sip a glass of infused water or gently rinse your hands to reset your energy.



Call Back Your Energy

- Close your eyes and place your hand over your heart.
- Say: “I call my energy back to me. I release all that is not mine to carry.”
- Visualize your aura glowing bright and balanced.

Mid-Day Sigil Activation



Trace a pre-made sigil for focus or clarity with your finger on your notebook or mousepad while repeating your intention silently.

Affirmation Breathwork

Even a short, sacred pause can revive your spirit and enhance your productivity.

- Inhale: “I am energized.”
- Exhale: “I release all distractions.”



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BREATHE

END-OF-DAY ENERGY PRACTICES: LETTING GO AND CLOSING YOUR SPACE

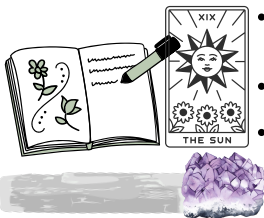
Just as you opened your energetic container in the morning, it's equally important to close it at the end of the day. This not only supports your work-life balance but also ensures that stress and residual energy don't follow you home (or into your evening if you're working remotely).

How to Practice

- Take a few deep breaths and sweep your hands above your desk as if clearing invisible energy.
- Say: "I release this workday and all energy that does not belong to me. I return to peace."
- Blow out a candle, ring a chime, or close a small altar box to symbolically close the space.
- Wash your hands or use a cleansing spray as a final energetic "cutting cord" action.



Optional Additions



- Write down one success or positive moment from your day (big or small).
- Pull a card to reflect on what you learned or released today.
- Place a calming crystal like amethyst, lepidolite, or selenite on your desk overnight to cleanse the space.

PRODUCTIVITY AND FOCUS RITUALS

You don't need elaborate rituals to boost your productivity—just small, intentional magickal practices that align your energy with your goals. Whether you're preparing for a big project, trying to stay on track with daily tasks, or simply need a little extra focus, these spells and tools are designed to energize your workflow, support mental clarity, and keep your momentum strong.



SIMPLE DESK SPELLS FOR CONCENTRATION, CONFIDENCE, AND FLOW

These easy spells can be performed discreetly at your desk, helping you align your energy with productivity and purpose:

Focus Flame Spell (for Concentration)

- Light a candle (or use a virtual one).
- Gaze softly into the flame and say: “As this flame burns steady and bright, so does my mind stay sharp and light.”
- Visualize your mental fog clearing, your focus sharpening like a beam of light.
- Let the candle burn while you work (or carry the image of the flame in your mind).



Crystal Tap Spell (for Confidence and Clarity)



- Keep a small focus crystal (like fluorite, tiger's eye, or citrine) on your desk.
- Before starting a task, gently tap the crystal and say: “I activate this energy for clarity and success.”
- Feel the energy of the crystal merge with your own, amplifying your presence and power.

Quick Clarity Breath Spell

- Inhale deeply while saying (internally or softly): “I draw in clear thought.”
- Exhale: “I release all distractions.”
- Repeat three times before starting a mentally intensive task.



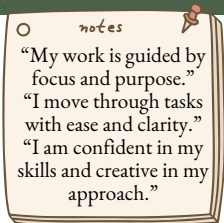
AFFIRMATION CARDS OR STICKY NOTE SIGILS

Small but mighty, visual reminders can keep your energy aligned throughout the day. Incorporate these tools into your desk setup:

Affirmation Cards

Create or print mini affirmation cards and rotate them daily. Place them on your monitor, keyboard, or notebook. Here are some examples.

It's even better if you can write you own affirmations that reflect your unique goals and challenges.



Sticky Note Sigils

Turn your goals into magical symbols! Place sticky note sigils in subtle spots like under your keyboard, inside your desk drawer, or even behind your monitor to act as energetic anchors.



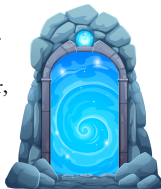
You may also choose to write a personal affirmation or sigil that embodies your intention and place it on your desk as a daily reminder. This first act of conscious alignment sets the tone for the magick you're about to create.

VISUALIZATION EXERCISES FOR GOAL ACHIEVEMENT

Visualization is a powerful way to channel magical intention into real-world results. These quick mental rituals can be used at your desk, before a project, or during breaks to realign your energy with your goals.

The Goal Portal Visualization

- Close your eyes and imagine a glowing door in front of you.
- Behind the door is the successful outcome of your current task or project.
- See yourself confidently walking through the door, having completed your goal with ease and success.
- Feel the emotions—pride, clarity, relief—anchoring them in your body.
- Open your eyes and begin your task, already aligned with the energy of success

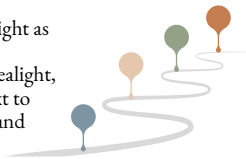


Light Beam Focus Exercise

- Visualize a beam of golden or white light shining down onto your head and flowing through your body.
- This light filters out distractions and fills you with energy and clarity.
- Imagine it glowing around your hands as you type or write, charging your actions with power and purpose.

Success Timeline Spell

- Sketch a timeline of your work goals, with checkpoints and milestones.
- Envision each milestone glowing with light as you reach it.
- Each time you complete a step, light a tealight, say an affirmation, or place a crystal next to your timeline as a ritual of completion and forward movement.



SUBTLE MAGICK FOR MEETINGS & COMMUNICATION

Whether you're preparing for a difficult conversation, leading a presentation, or navigating team dynamics, communication is one of the most powerful energetic exchanges in your workday. With a little subtle magick, you can protect your energy, express yourself clearly, and step into your voice with confidence and purpose. This section offers simple yet effective energetic tools and rituals to help you navigate the professional world with grace and strength.



ENERGY PROTECTION FOR DIFFICULT CONVERSATIONS

Not every meeting or interaction is smooth—and sometimes, we need a little extra energetic shielding when dealing with tension, criticism, or emotionally charged situations. These subtle practices help you hold your energetic boundaries and keep your calm center.

Visualization Shield

Before the meeting, take a moment to close your eyes and visualize a protective barrier around you—like a bubble of white or mirrored light. Imagine it filtering out negativity while allowing truth and clarity to pass through. Affirmation: “I am protected, grounded, and present. Only respectful, constructive energy enters my space.”



Protective Crystals at Your Fingertips

Keep a protective stone in your pocket, under your notebook, or even on your keyboard during tense conversations. Hold your crystal briefly before the meeting and silently state your protection intention.



- Black Tourmaline – deflects negative energy
- Hematite – grounding and stabilizing
- Obsidian – truth and energetic defense
- Blue Lace Agate – calms anxiety and smooths communication

Sigil of Shielding

Draw a tiny sigil for energetic protection on your meeting notes, in your planner, or under your coffee mug. It can be a personal symbol of strength or a pre-charged sigil you create in advance. Activate it by tapping it three times and whispering: “I stand protected in peace and power.”

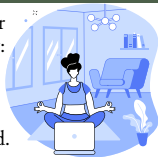


EMPOWERMENT RITUALS BEFORE PRESENTATIONS

Presenting your ideas, leading meetings, or speaking up in groups can sometimes feel nerve-wracking—but magick can support you in stepping into your full presence and power.

Power Pose + Breathwork

- Take a few moments in a quiet space to stand or sit in a confident posture. Inhale deeply and say: “I claim my voice.”
- Exhale: “I speak with clarity and purpose.”
- Repeat 3 times while visualizing golden light filling your throat chakra and radiating outward.



Crystal Amplifier



Place a carnelian, citrine, or tiger's eye on your desk during your presentation to boost courage, charisma, and clarity. Touch it briefly beforehand to activate your intention.

Affirmation Activation

Write a short affirmation on a sticky note, in your notes, or on your device background. Say it aloud (or silently) right before you speak.



“I speak with confidence & clarity.”
“My voice is powerful & impactful.”
“I am grounded, capable, and magnetic.”

Sigil-Drawn Water or Tea



Draw a sigil for confidence or clarity on your cup or coaster before sipping. Enchant your beverage by whispering: “With each sip, I speak with strength and grace.”

SIGILS OR MANTRAS FOR CLEAR COMMUNICATION

Your words hold power—and you can amplify that power with magickal tools that help your message land with ease, clarity, and resonance.

Communication Sigils

Create or use pre-made sigils for:

- Clear speaking
- Being heard and understood
- Speaking from truth
- Calm communication
- Courage in expression

You can place your sigil in many different places around your workspace



Desk Mantras for Communication Flow

“My words are clear, aligned, and powerful.”

“I listen deeply, and I speak with purpose.”

“I express myself with calm confidence.”

Use simple phrases that act as energetic anchors throughout the day. Repeat these silently before or during meetings, while typing emails, or when preparing communication materials.

Throat Chakra Quick Reset

When you feel blocked or misunderstood:

- Place your hand gently over your throat.
- Breathe in light (visualize blue light swirling in your throat center).
- Say: “I speak my truth with clarity and ease.”



EVERYDAY DESK SPELLS

Magick doesn't need to be grand or dramatic to be effective—in fact, some of the most powerful spells are the simplest ones, crafted with clear intention and woven quietly into your everyday routine. In this section, you'll discover easy and approachable spells designed specifically for your work life. From spell jars that boost focus, motivation, and confidence to sigils that can be tucked into notebooks or drawn beneath your keyboard, these practices are subtle, powerful, and tailor-made for the modern desk witch. Whether you're calling in productivity, protecting your energy, or manifesting success, these small rituals serve as energetic allies to support your goals and empower your professional path.



SIGILS: TRANSFORM YOUR INTENTION INTO MAGICKAL SYMBOLS

Sigils are powerful symbols infused with personal intention and magick. Think of them as energetic shorthand—sacred symbols that bypass mental clutter and speak directly to your subconscious. In a desk witch's world, sigils are the perfect subtle magickal tool: they're discreet, versatile, and incredibly effective for infusing your workspace with purpose.

Whether you want to call in focus, confidence, calm, clarity, or protection, sigils are a beautiful way to anchor your energy and intentions into your daily environment.

Step-by-Step Sigil Creation Method

Step 1: Write Your Intention as a Statement

Start by clearly writing what you want your sigil to represent—state your intention in the present tense and in positive form. Choose a phrase that feels empowering and aligned.

Examples:

- “I am focused and productive.”
- “I speak with confidence and clarity.”
- “I am protected and grounded.”

Step 2: Remove All Vowels

Cross out the vowels (A, E, I, O, U) in your statement. This helps break the phrase down into energetic building blocks.

I AM FOCUSED AND PRODUCTIVE → M F C S D N D P R D C
T V
→ MF CSD ND PRDCTV

SIGIL CREATION

Step 3: Remove Duplicate Consonants

Now remove any repeating consonants so you're left with a core set of unique letters.

M, F, C, S, D, N, P, R, T, V

Step 4: Combine the Letters Into a Symbol

Now for the fun part! Begin creatively combining these letters into a unique symbol. You can:

- Overlap letters
- Mirror them
- Rotate or abstract them
- Stylize them into curves, lines, and geometric shapes

There's no wrong way—let your intuition guide you. Make it beautiful, weird, personal, and powerful. You may draw several drafts until one feels “just right.”

Step 5: Charge Your Sigil

Once your sigil is created, it's time to activate or “charge” it with energy.

You can do this in a few ways:

- Visualization: Hold your sigil and imagine it glowing with bright energy, pulsing with power and intention.
 - Elemental charging: Pass it through candle flame (Fire),
 - Breathe over it (Air),
 - Sprinkle water or anoint it (Water),
 - Place it on a crystal or the ground (Earth).
- Movement charging: Dance, hum, tap your desk—infuse your body energy into it.
- While charging, repeat your intention aloud or silently, feeling it vibrate through the symbol.

SIGIL CREATION

Step 6: Use Your Sigil in Your Workspace

Now your sigil is ready to go! You can:

- Draw it on a sticky note and place it under your keyboard or notebook.
- Trace it with your finger on your coffee mug or water bottle.
- Add it subtly to your planner, whiteboard, desk decor, or even digital files.
- Tuck it inside a spell jar, under a crystal, or in your wallet or drawer.

The sigil continues working behind the scenes, subtly aligning your energy with your intention every time you glance at or touch it.

Sigil Creation Printable Layout

My Intention Statement: _____

Vowel-Free Letters: _____

Unique Consonants: _____

Charging Method: _____

Where I'll Place My Sigil: _____

Sigil Sketch Box:



FOCUS SPELL JAR FOR CLARITY & CONCENTRATION

A focus spell jar is a powerful yet simple tool that you can keep on your desk to support mental clarity, enhance concentration, and sharpen your intent throughout the workday. Think of it as a tiny energy anchor—holding your intentions and radiating support whenever your mind starts to wander.

What You'll Need:

- A small glass jar or vial with a lid or cork
- Dried herbs (choose one or more):
 - Rosemary – mental clarity, memory
 - Peppermint – energy boost and sharpness
 - Bay leaf – success and clear vision
 - Lavender – calm focus and stress relief
- Crystal chips (optional):
 - Clear Quartz – amplifies focus and energy
 - Fluorite – enhances concentration and decision-making
 - Citrine – boosts motivation and productivity
- Salt – for purification and grounding
- Paper and pen
- Candle Wax (Orange, Gold, or Yellow)
- Optional: a small charm or symbol to tie around the jar



CREATING THE SPELL JAR

1. Cleanse the Jar

Using Smoke from incense, palo santo, or some other herb, cleanse the jar by making sure the smoke goes into the jar.



2. Set your intention

Before you begin, pause and breathe deeply. Hold the jar in your hands and say aloud (or silently): “I charge this spell jar to support my focus, clarity, and mental sharpness throughout my workday.”



3. Layer the Ingredients

As you add each ingredient, state the intention that you want it to bring to the jar.



4. Add your written intention

On a small piece of paper, write a simple focus affirmation or intention. Fold it and place it into the jar.

5. Seal and charge the jar

Close the jar tightly and drip candle wax over the lid to seal the energy. As the wax hardens, say: “This spell is sealed, my mind is clear, focus flows to me throughout the year.”



SPELL JAR INGREDIENTS

Written Intention:

- “My mind is clear, focused, and sharp.”
- “I stay present and aligned with my tasks.”
- “My attention flows effortlessly to what matters most.”

Herbs:

- Rosemary for clarity and clear thinking.
- Peppermint to energize my mind.
- Bay leaf to help me stay aligned with my goals.
- Lavender to bring calm and balance.

Crystals:

- Clear Quartz to amplify my focus.
- Fluorite for focus
- Citrine for motivation

Salt to ground and protect my energy.



How to Use Your Focus Spell Jar

- Keep it on your desk or nearby while working.
- Hold it in your hands before starting a task to center your energy.
- Recharge it periodically by placing it under sunlight or moonlight, or holding it while repeating your intention.

DESK WITCH TOOLKIT

If you're ready to take your Desk Witch journey even deeper—bringing even more intention, clarity, and daily ritual into your workflow—then the Desk Witch Printable Toolkit was made for you. This downloadable workbook is a powerful companion to Desk Witch Practices filled with beautifully designed pages you can print and use again and again. It's perfect for witches who want a little more structure, inspiration, and energetic alignment in their day-to-day life.

Inside the Toolkit, you'll find:

- 📅 Planners: Daily Planner, Morning Ritual Page, Daily & Weekly Reflections
- 📖 Journal Prompts: Magical questions to start and end your day with presence
- 💬 Affirmations & Mantras: Examples + blank cards to write your own
- 🌿 Cheat Sheets: Crystals, herbs, moon phases, and more for quick desk-side reference
- 🌙 Moon Phase Tracker & Cycle Planner: Plan your work and life in harmony with lunar energy

Whether you want to set intentions each morning, track your energy through the moon cycle, or surround yourself with empowering affirmations, the Desk Witch Printable Toolkit is designed to support your magical and professional growth.

✨ Available now as a digital download for \$3.33 ✨

<https://modernmagickalfamily.com/shop/ols/products/professional-witch-printable-toolkit>



THE EMPOWERED PATH: MAGICKAL PRACTICES FOR PROFESSIONALS



The Desktop Witch Practices: Magick at Work Guidebook 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. These workbooks empower you to infuse intention, balance, and magic into your work and personal life.



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
and let the magic unfold!

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