

A silhouette of a woman with her arms outstretched, standing on a hill against a sunset background. The sun is low on the horizon, creating a bright glow and lens flare. The sky transitions from a pale blue at the top to a warm orange near the horizon.

HER

Prerogative

Her Magnetic Year.

AWAKENING YOUR MAGNETIC POTENTIAL TO MANIFEST THE LIFE YOU DESIRE.

Her

Prerogative

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HER MAGNETIC YEAR- PART 1

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SOPHIA SHAFFER**

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INTRODUCTION

ENJOY THE PROCESS

Welcome soul sister! I am thrilled to see you take the first step towards creating your most magical life! This workbook is your ultimate guide to envisioning your dream life and manifesting it into your reality. Remember, this is a journey of self-discovery and growth, so give yourself the freedom to be a little messy and let your feminine energy flow. The universe has your back, and she will guide you every step of the way.

The first few sections are like your first draft, where you'll be exploring your vision of your most magnetic self. As you progress, connect each section to your intentions and let your vision evolve and grow. Don't be afraid to reword, add or edit as you go.

Finally, the last section, My Vision, is where you'll bring everything together and write your final draft. Visualize yourself as your magnetic self, and let your present and future selves merge as one.

I am beyond excited for your journey and can't wait for you to witness the magic that the universe has in store for you. Remember to take your time and enjoy the process, and always trust in the universe to deliver your dreams.

TIPS & TRICKS



BE OPEN

The universe has brought you to this moment to embark on a journey of self-discovery and manifestation. Trust that you are exactly where you need to be, and stay open to the infinite possibilities that the universe has in store for you. Stay curious, ask questions, and let yourself be guided by the magic of the universe as you work through this process. The more you trust and surrender to the process, the more you will align with your authentic self and create the magnetic life you were meant to live



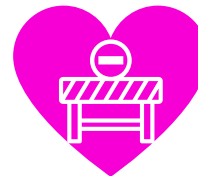
DONT RUSH IT

Take all the time you need, beautiful soul! Remember, this is your journey and you get to set the pace that feels most aligned to your intentions. While some may take a week to work on each section, you may prefer to take a bit longer or move a bit faster. What truly matters is your alignment with the process and your commitment to your vision. Whether you want to create your magnetic life in 6 months, 2 years, or 10 years, it's completely up to you. Trust yourself and honor your unique journey.



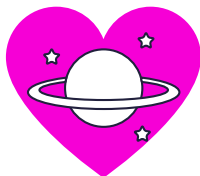
TUNE IN

Take a moment to breathe, center yourself and get in touch with your inner being. You can do a quick meditation or any other practice that helps you connect with your heart and soul. As you go through the questions in each section, approach them with a sense of wonder and curiosity. Let your answers flow naturally, without any judgement or pressure. And don't forget to use the journal pages to capture any extra thoughts and ideas that come up along the way. Remember, this is a journey of self-discovery and manifestation, so let's trust the process and enjoy the ride!



STAY AWARE

as you journey through this process, you may come across some limiting beliefs or pesky negative thoughts that pop up, trying to hold you back from creating your magnetic life. Don't worry, this is all part of the human experience. Simply jot them down in the journal pages provided, knowing that we will tackle them head-on together later on. Remember, you are deserving of all the magic and abundance the universe has to offer, and you have the power to overcome any obstacle in your way. Trust the journey and trust yourself.



DREAM BIG

Dream big, beautiful soul! This journey is all about creating the life of your wildest dreams. Don't hold back, allow yourself to imagine the most magical and amazing experiences. As you work through the process, focus on how you feel. Your feelings will guide you towards manifesting your deepest desires. Remember, it's not just about positive thoughts or affirmations, it's about cultivating positive feelings within yourself. Let the joy, love, and excitement flow through you and watch as the universe brings your dreams to life.



BE FLEXIBLE

As you move through this transformative process, you may find that your dreams evolve and change, and that's beautiful! Embrace the ebb and flow of the universe and allow space for new desires to arise. Remember to be gentle with yourself and if you miss a day or two, it's okay! Just pick up where you left off and continue your journey towards your most magnetic life. Trust the process and have faith that the universe is guiding you every step of the way.

HER INTENTIONS

IN A YEAR FROM NOW I WILL FEEL...

- Close your eyes and connect with your heart. As you think about your life a year from now, ask yourself: How do I want to feel about myself and my life? Write from your authentic self, prioritizing feelings over physical items.
- Don't overthink or limit yourself. Allow yourself to dream big and imagine the possibilities. Consider the contrast of how you don't want to feel and write the opposite. This will help you identify and focus on the feelings that you truly desire.
- Remember, your feelings are the key to manifesting your dreams into reality. Trust in yourself and know that anything is possible. Keep your focus on the positive, and your future self will thank you for it.



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HER DESIRES

IN A YEAR FROM NOW I WILL HAVE...

- Now that you have set your intentions for how you want to feel, it's time to bring them to life. Imagine the physical things and experiences that align with your desired emotions.
- Take each feeling from the previous section and visualize what you truly desire. Think about the specific physical things and experiences that will bring you joy and fulfillment.
- Don't hold back or worry about the how, just let your imagination run wild. The more details you can provide, the better you can attract what you truly desire.
- Remember to approach this exercise with love and authenticity. Let your heart guide you as you manifest your dreams into reality.

THE FEELING:



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WHAT I WILL MANIFEST:



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THE FEELING:



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WHAT I WILL MANIFEST:



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THE FEELING:



WHAT I WILL MANIFEST:







THE FEELING:



WHAT I WILL MANIFEST:







THE FEELING:



WHAT I WILL MANIFEST:







HER PRESENCE

THE BEHAVIORS OF MY FUTURE SELF ARE...

- Let's explore the traits of your magnetic future self. Imagine who you aspire to be and how you want to show up each day.
- What daily practices, routines, and habits does she have? How does she prioritize self-care and what is her level of commitment?
- Reflect on the behaviors that may be hindering your progress and consider their opposites. By acknowledging what is holding you back and envisioning a positive change, you can create a roadmap to becoming your magnetic future self.
- Visualize yourself living as this magnetic version of you and allow this vision to inspire you. Remember that the power to transform is within you, and with dedication and determination, you can become the person you want to be.

THE FEELING:



HOW SHE SHOWS UP:



THE FEELING:



HOW SHE SHOWS UP:



THE FEELING:



HOW SHE SHOWS UP:









THE FEELING:



HOW SHE SHOWS UP:









THE FEELING:



HOW SHE SHOWS UP:









HER MESSAGE

A MESSAGE FROM MY FUTURE SELF...

Let's tap into the wisdom of your future self, the one who has already manifested everything you desire. Close your eyes and imagine her writing you a letter filled with valuable insights and empowering advice.

- Reflect on the challenges she overcame, the experiences she embraced, and the steps she took to manifest her desires. What can you learn from her journey?
- Listen to her advice on how you can align with your vision and step into your power. What steps can you take today to move closer to your desired reality?

Allow her words to uplift and inspire you. Remember that you too have the ability to create the life of your dreams. Take a deep breath and open your heart to receive her wisdom and guidance. Let her remind you that anything is possible with belief, determination, and action.

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A large rectangular area containing 20 horizontal dotted lines, spaced evenly down the page, intended for writing.

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HER BELIEFS

THE THOUGHTS AND BELIEFS OF MY FUTURE SELF ARE...

It's time to unleash the power within you and embody the energy of your magnetic future self. Believe in yourself and speak from her perspective in the present tense.

Declare to the world, "I am..." and let your words reflect your confident and unstoppable nature.

- What thoughts and beliefs will keep you motivated and inspired?
- Create affirmations that ignite your passion and remind you of the magic that awaits you. Let your heart and soul guide you in crafting statements that resonate with you on a deep level.

Embrace the power of your words and truly believe in them. You deserve to feel the strength and conviction that comes with aligning with your magnetic self. It's time to step into your power and declare to the world who you are becoming. Let's go!

THE FEELING:



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I WILL KNOW:



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THE FEELING:



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I WILL KNOW:



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THE FEELING:



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I WILL KNOW:



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THE FEELING:



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I WILL KNOW:



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THE FEELING:



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I WILL KNOW:



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MY VISION

CREATING A CONNECTION

It's time to take your vision to the next level and create a separate vision for each of your intentions. This will help you connect with the feelings, manifestations, behaviors, and beliefs that align with your magnetic future self.

Step into this magnetic life you have envisioned for yourself by using "My" instead of "Her." This energy shift is crucial and will help attract all the abundance you have been working towards.

In the connectors section, capture any words, phrases, and images that resonate with your desires, presence, and beliefs. Let your mind be sparked by these images and words, and write, draw, or paste them in.

Think of this as your final draft and make any tweaks or changes that feel aligned to you. Write everything in present tense and first person, ensuring that the images and words in the connectors section spark the essence and feelings of your vision and feel personal to you.

After completing each separate vision page, consolidate all your connector words to one vision board. Post it where you can see it every day and be reminded of the incredible life you are co-creating with the universe. Trust in your vision and know that it is already on its way to you.

MY VISION

CREATING A CONNECTION

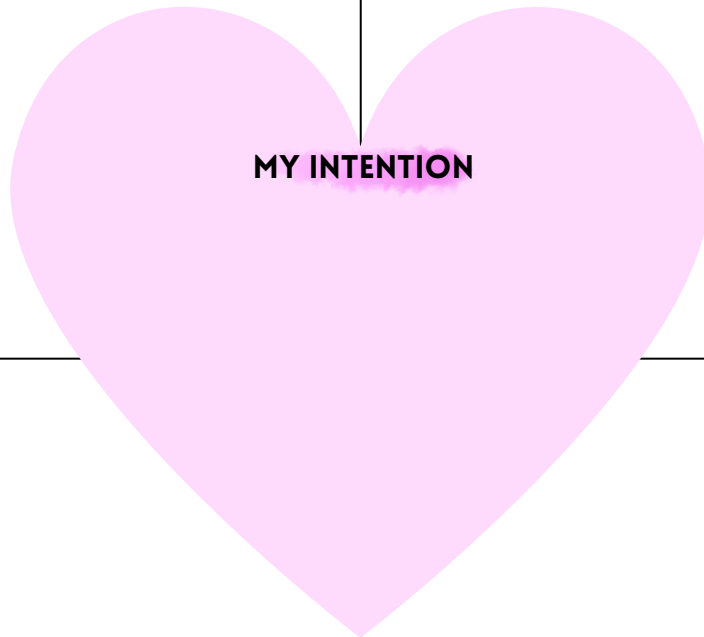
MY DESIRES

MY PRESENCE

MY INTENTION

MY BELIEFS

MY CONNECTORS



MY VISION

CREATING A CONNECTION

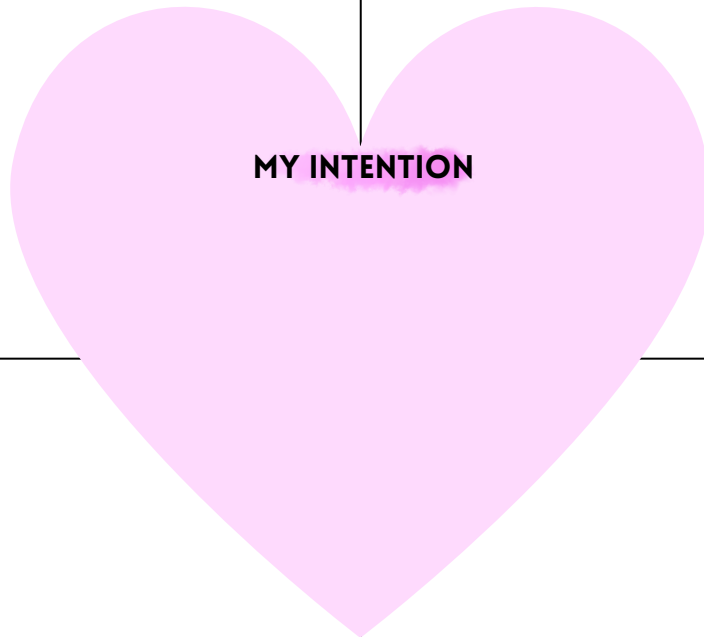
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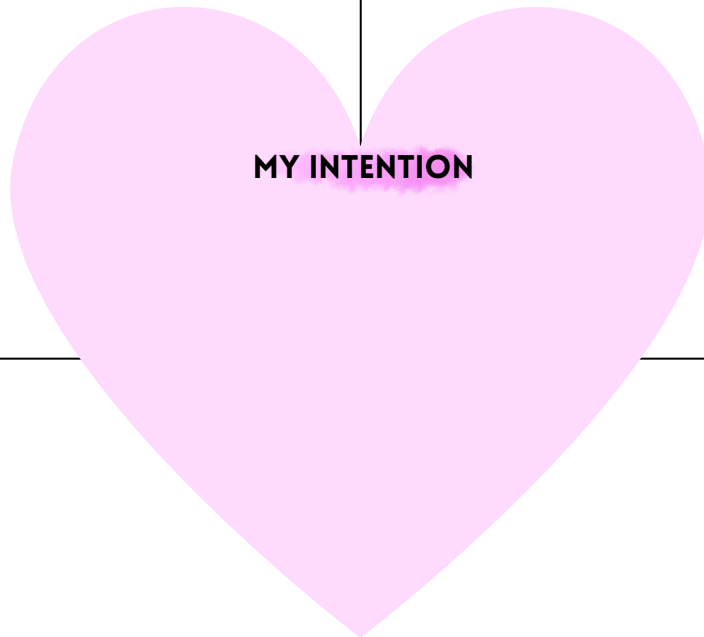
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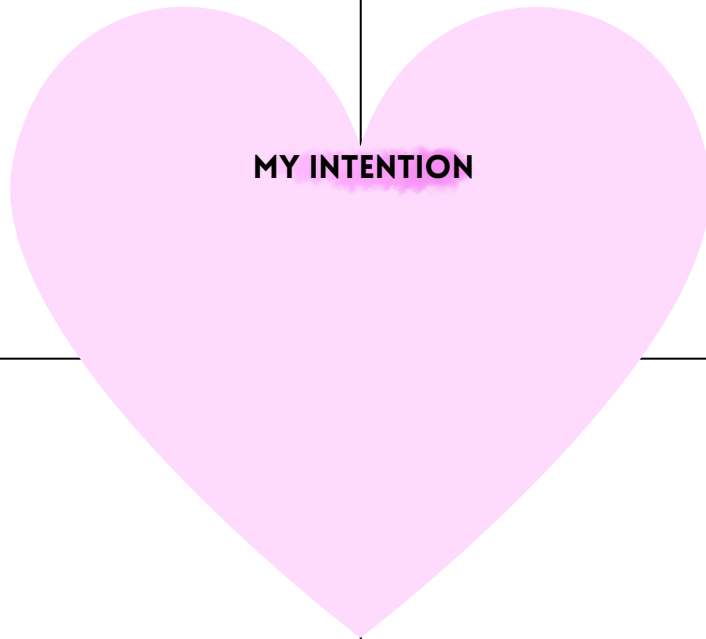
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MY VISION

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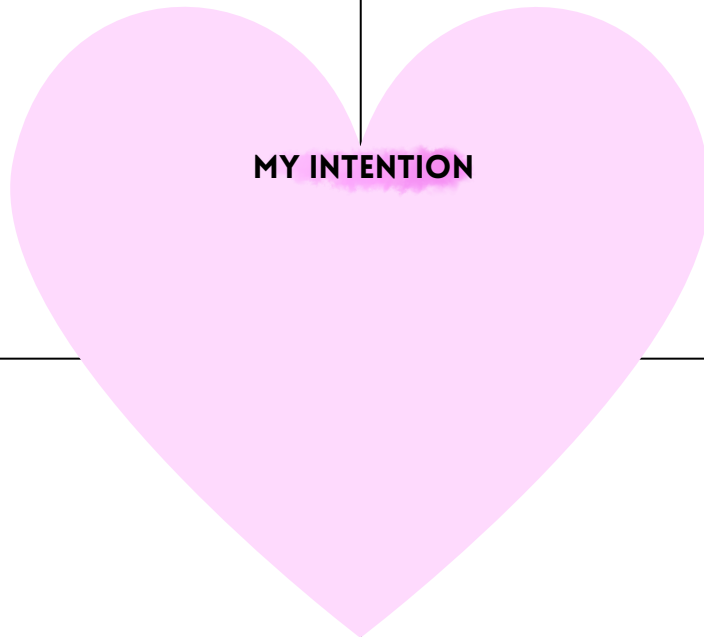
MY DESIRES

MY PRESENCE

MY INTENTION

MY BELIEFS

MY CONNECTORS



MY VISION BOARD