

Goal Spell Sheet

Structure meets soul.

A creative and intuitive guide
to aligned action.

Your Goal, Enchanted

(Specific + Soulful)

Describe your goal in detail.

What lights you up about it?

Why does it matter to you?

(Meaningful + Motivating)

What part of your heart, values, or vision
is this connected to?

Creative Flow & Emotional Rhythm

What might the creative path look like?

(Artful + Adaptive)

How can you make this process enjoyable, expressive, or magical? How can you stay emotionally resourced along the way?

(Resilient + Gentle)

Rituals, supports, boundaries, and reminders that keep you grounded.

@christineleiser

Timelines & Tuning In

When does this want to unfold?

(Tuned-in Timing)

Choose a timeline based on your energy, the moon phases, seasons, or astrology.

Magical Timing Prompt

Draw a tarot/oracle card or consult the ephemeris. What cosmic support wants to guide this goal?

Your Goal Spell

Fill in the blanks to build your own magical incantation

I call in the energy of _____ to support me.

I root this goal in _____ (value or desire).

I will nurture it with _____ (ritual, action, creativity).

I release the need for perfection. I trust in the timing.

This goal is _____ (a word that captures the soul of it).

Seal The Spell

Seal the Spell: Integration + Celebration

How will I celebrate this goal — in progress or completion?

Small wins deserve joy. What's one way you'll mark the magic?

What energy or intention do I want to carry forward?

A word, symbol, or affirmation that stays with you.

@christineleiser

Close The Spell

Speak It Into Being:

Here's a guide, use it or write your own.

I honor the dream that lives within me.

I trust the process, the timing, and my ability to co-create.

My goals are sacred.

My effort is enough.

And so it is.



You
Are
The
Spell