

SEVEN KEYS TO

UNLOCK YOUR MAGIC



Reconnect with Your Intuition, Awaken Your Creative
Spark, and Infuse Your Days with Magic—
One Simple Practice at a Time





WELCOME

I'm so glad you're here.

I know beyond a shadow of a doubt that we are all magic, and helping women like you unlock the magic inside themselves is my superpower. My hope is that you find your own keys within these pages to unlock your own.

Christine



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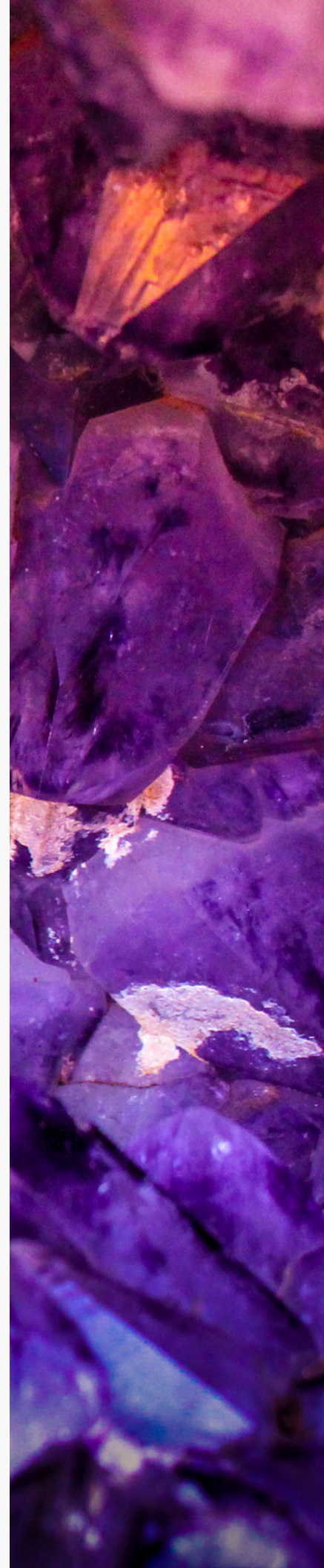
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HOW TO USE THIS WORKBOOK

Every section is crafted to help you acknowledge how you want to celebrate yourself, your creative journey, and your planning practices as you embark on your most enchanting life. I've included exercises and ideas to help you explore what resonates with you and how you wish to progress. Take your time with each section; there's no rush. Remember, you don't need to choose between being productive and embracing your brilliance. You are a magical being; magic is not merely an action we perform, but a true reflection of who we are. Embrace it fully.



PRACTICE ONE



MORNING ORACLE

A morning oracle practice is all about starting your day with clarity and intention. Instead of diving straight into work, scrolling your phone, or rushing through tasks, you'll take a moment to pause, reflect, and align.



PRACTICE ONE

MORNING ORACLE

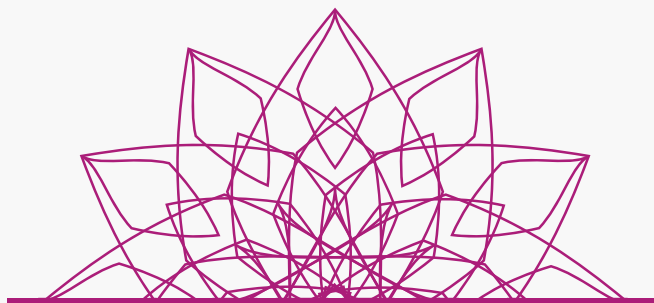
STEP 1: CHOOSE YOUR ORACLE

Pick a tool that resonates with you:

- Tarot or Oracle Cards — Pull one card and reflect on its message.
- Astrology — Check the moon phase or planetary aspects for the day.
- Intuitive Journaling — Free-write for a few minutes and see what comes up.

STEP 2: ASK THE RIGHT QUESTION

- To get the most out of this practice, ask a simple but powerful question:
- What energy should I embody today?
- What message do I need to hear right now?
- What small action will align me with my highest good?



PRACTICE ONE

MORNING ORACLE

STEP 3: INTERPRET & INTEGRATE

Take a moment to sit with your answer. Ask yourself:

- How does this message relate to what's happening in my life?
- What's one small shift I can make today based on this insight?

Example: If you pull the Strength card, today might be about quiet confidence and inner resilience. If the moon is in a water sign, it could be a reminder to flow with emotions rather than resist them.

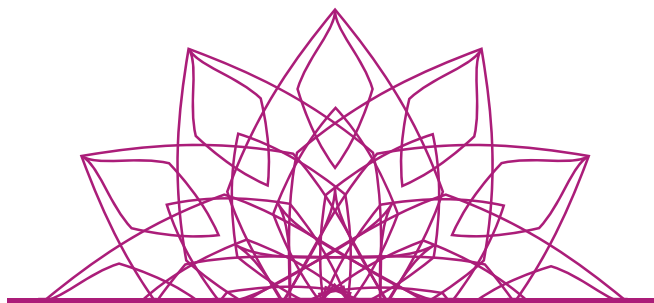
STEP 4: ANCHOR THE ENERGY

Seal the practice with a simple ritual:

- Light a candle with an intention for the day.
- Hold a crystal that represents your focus.
- Write your insight on a sticky note and place it where you'll see it.

Bonus: Share your card, insight, or intention with a friend (or journal it for future reflection).

This simple 5-minute practice will help you move through the day with clarity, alignment, and a sense of magic woven into the ordinary.



PRACTICE TWO



ELEMENTAL RECONNECTION

Practice Two is about realigning with the elements —Earth, Water, Air, and Fire—to restore balance and spark creativity. You don't need an elaborate ritual; the elements are always around you, waiting to support and inspire.



PRACTICE TWO

ELEMENTAL

RECONNECTION

STEP 1: CHOOSE THE ELEMENT YOU NEED MOST

Each element carries a distinct energy. Tune into how you're feeling today and choose the one that will bring you back into balance:

- Earth (Stability & Grounding) — If you feel scattered, unmotivated, or overwhelmed, connect with Earth to feel more rooted.
- Water (Flow & Intuition) — If your emotions are stuck or creativity feels blocked, Water can help you move through resistance.
- Air (Clarity & Inspiration) — If your mind is foggy or you're overthinking, Air will bring fresh perspective.
- Fire (Passion & Energy) — If you're feeling uninspired or sluggish, Fire will reignite your drive and creativity.



PRACTICE TWO

ELEMENTAL

RECONNECTION

STEP 2: A SIMPLE PRACTICE FOR EACH ELEMENT

EARTH

root + recharge

- Walk barefoot on the ground or sit outside and touch the earth.
- Hold a stone or crystal and breathe deeply, imagining its steady energy grounding you.
- Eat something nourishing and intentional—let yourself really experience the flavors and textures.

WATER

flow + feel

- Take a mindful shower, letting the water wash away stuck energy.
- Drink a glass of water slowly, imagining it filling you with ease and inspiration.
- Stand by a body of water (even a sink!) and reflect on what you're ready to release.

FIRE

ignite + move

- Light a candle with an intention for motivation and action.
- Do a quick movement practice—stretch, dance, or shake off stuck energy.
- Speak an affirmation out loud: "I am energized, focused, and ready to create."

AIR

clear + expand

- Step outside and take three deep breaths, feeling the air fill your lungs.
- Open a window or light incense to shift the energy in your space.
- Write down one thought that's been cluttering your mind—then tear it up and let it go.



PRACTICE TWO

ELEMENTAL

RECONNECTION

STEP 3: REFLECT & INTEGRATE

Once you've completed your elemental practice, take a moment to notice:

- How do you feel now compared to before?
- What insights came through?
- How can you carry this elemental energy into the rest of your day?

Bonus: Choose a different element tomorrow and observe how it shifts your energy throughout the week!

This simple, intentional practice helps you reset, reconnect, and work with nature's rhythm to bring more magic into your daily life.



PRACTICE THREE



CREATIVE FLOW

Unlocking Inspiration in Just 5 Minutes

Practice Three is all about releasing creative blocks and tapping into inspiration effortlessly. Creativity isn't something you have to force—it's something you allow. The goal? Give your mind permission to explore without judgment.



PRACTICE THREE

CREATIVE FLOW

STEP 1: CHOOSE YOUR CREATIVE SPARK

Pick a simple, low-pressure creative exercise. This isn't about creating a masterpiece—it's about opening the door to flow.

- Doodling — Grab a pen and paper, set a timer for 5 minutes, and let your hand move freely. No expectations. Just shapes, lines, or patterns.
- Freewriting — Write whatever comes to mind, nonstop, without editing. It can be random words, a stream of consciousness, or even a letter to your future self.
- Music Activation — Put on an instrumental or ambient track and move your body intuitively—whether it's swaying, stretching, or dancing.
- Everyday Magic Hunt — Take a quick photo of something beautiful or interesting in your surroundings (light reflections, textures, colors, shadows).



PRACTICE THREE

CREATIVE FLOW

STEP 2: LET GO OF PERFECTION

The magic of creativity happens when you detach from the outcome. If your inner critic starts to chime in, remind yourself:

- There is no wrong way to create.
- Messy is good—creativity thrives in imperfection.
- The act of doing is more important than the result

STEP 3: REFLECT & INTEGRATE

After your 5-minute creative flow, take a deep breath and check in:

- How did that feel?
- What surprised you?
- Did any new ideas or insights emerge?

Sometimes, creativity sneaks in when you stop trying to control it. The more you make space for small, playful moments like this, the easier it becomes to tap into inspiration whenever you need it.

Bonus: Try a different creative spark tomorrow and see how it shifts your mindset!



PRACTICE FOUR



ALIGNED ACTION

Working With Cosmic Energy, Not Against It

Practice Four is about syncing your actions with the natural rhythm of the universe. Instead of pushing through resistance or feeling scattered, you'll align with the planetary energy of the day to bring more ease, flow, and magic into your daily tasks.

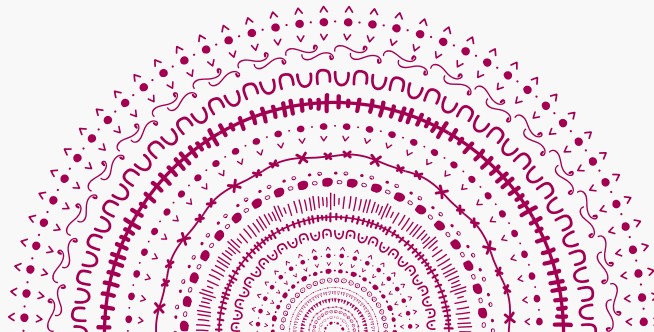


PRACTICE FOUR

ALIGNED ACTION

STEP 1: TUNE INTO THE PLANETARY INFLUENCE

MONDAY	Moon 	Emotion + Intuition	Ideal for deep reflection, journaling, or setting intentions.
TUESDAY	Mars 	Drive + Action	Tackle a big task, make bold moves, or get physically active.
WEDNESDAY	Mercury 	Communication + Learning	Write, speak, brainstorm, or problem-solve.
THURSDAY	Jupiter 	Expansion + Growth	Focus on long-term goals, abundance, and big ideas.
FRIDAY	Venus 	Beauty + Connection	Create, nurture relationships, or indulge in self-care.
SATURDAY	Saturn 	Structure + Discipline	Organize, plan, or commit to personal growth.
SUNDAY	Sun 	Confidence + Purpose	Recharge, celebrate wins, and set the tone for the week ahead.



PRACTICE FOUR

ALIGNED ACTION

STEP 2: ALIGN YOUR DAY WITH THE ENERGY

Once you know the planetary influence, choose one small action to work with that energy instead of against it.

Example Actions:

- If it's Wednesday (Mercury) — Have a brainstorming session, write social media posts, or send an important email.
- If it's Friday (Venus) — Spend time on a creative project, beautify your space, or connect with a loved one.
- If it's Saturday (Saturn) — Map out your week ahead, clean your workspace, or commit to a habit you've been neglecting.

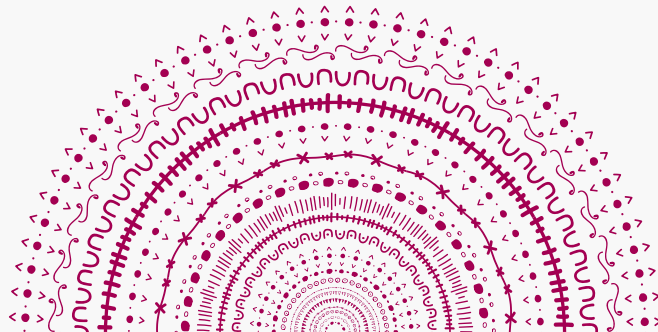
STEP 3: REFLECT & INTEGRATE

At the end of the day, check in with yourself:

- Did your task feel easier or more natural today?
- What would it feel like to plan your week using this cosmic rhythm?
- How can you weave this awareness into your daily life moving forward?

This small shift in approach can turn everyday tasks into an intentional, magical experience—helping you move with the universe rather than against it.

Bonus: Try this for an entire week and notice how your productivity, creativity, and energy shift!



PRACTICE FIVE



ENCHANTMENT

Magic isn't just found in rituals and special moments—it's woven into the little things you do every day. Practice Five is about infusing the mundane with intention and enchantment so that life feels more aligned, inspired, and, well... magical.



PRACTICE FIVE

ENCHANTMENT

STEP 1: CHOOSE AN EVERYDAY TASK TO ENCHANT

Pick something you already do:

- Morning coffee or tea — Infuse it with an intention as you stir.
- Shower or bath — Visualize washing away old energy and stepping into fresh clarity.
- Lighting a candle — Speak a word or affirmation as you ignite the flame.
- Writing your to-do list — Set a theme for the day (creativity, focus, ease, joy).
- Walking or commuting — Use this time for mindful breathing, daydreaming, or noticing small signs from the universe.

STEP 2: ADD A SIMPLE RITUAL ELEMENT

- Use symbols — Draw a sigil on your coffee cup or a sticky note.
- Incorporate the elements — Breathe in (Air), hold a warm mug (Fire), touch a plant (Earth), or sip water (Water).
- Speak it into existence — Whisper or think a mantra like "Everything I need today flows to me effortlessly."
- Invoke the senses — Play music that sets the mood, wear a scent that empowers you, or choose colors that match your energy.



PRACTICE FIVE

ENCHANTMENT

STEP 3: REFLECT & INTEGRATE

At the end of the day, ask yourself:

- Did I notice a shift in my mood or energy?
- How did adding intention change this ordinary moment?
- What's another daily action I can infuse with magic?

By bringing awareness to the smallest details, you're transforming life into a continuous ritual of creativity, alignment, and magic.

Bonus: Try enchanting a different daily task tomorrow and see how it changes your experience!



PRACTICE SIX



INTUITIVE PLANNING

Letting Your Inner Guidance Lead

Strategic planning doesn't have to feel rigid or overwhelming. When you blend intuition with structure, you create a rhythm that flows naturally rather than forcing productivity. Practice Six is about tapping into your inner wisdom before mapping out your plans—so that your actions align with your energy, creativity, and bigger vision.



PRACTICE SIX

INTUITIVE PLANNING

STEP 1: TUNE INTO YOUR ENERGY FIRST

Before making a to-do list or scheduling tasks, take a moment to check in with yourself:

- How am I feeling today? Energized? Scattered? Focused?
- What kind of work feels right today? Deep focus? Creative play? Connection?
- What's my natural flow right now? Do I need structure or flexibility?

Why this matters:

When you plan based on how you actually feel—rather than what you think you should do—you work more effectively with your energy instead of pushing against it.

STEP 2: USE AN INTUITIVE PLANNING METHOD

- Tarot or Oracle Card Pull: Draw a card and let its message guide your priorities. What does it reveal about what needs attention today?
- Journaling Prompts: Write out: What is the most aligned focus for today? What needs to wait?
- Color-Coded Task Lists: Assign colors based on energy (e.g., yellow for creative work, blue for deep focus, red for urgent tasks).
- Body Wisdom Check: Before committing to a task, close your eyes and ask: Does this feel expansive or draining? Let your body's response guide you.



PRACTICE SIX

INTUITIVE PLANNING

STEP 3: CREATE A PLAN THAT FEELS ALIGNED

Now that you're clear on what feels right for today, map out your next steps:

- Prioritize 1-3 key tasks instead of overloading your list.
- Block time based on your energy flow (e.g., creative tasks when you feel inspired, admin tasks when you're lower-energy).
- Leave space for spontaneity—magic happens in the gaps, not in a packed schedule.

STEP 4: REFLECT & INTEGRATE

At the end of the day, check in:

- Did my plan feel aligned, or was I forcing things?
 - What worked well about this approach?
 - How can I refine this practice to fit my rhythm even better?
-
- By planning intuitively instead of mechanically, you create a system that works for you, not against you. It's about flow, not just structure—so that planning itself becomes an act of magic.

Bonus: Try this for a full week and notice how it shifts your productivity, creativity, and overall ease!



PRACTICE SEVEN



EMBODYING MAGIC

Living Your Magical Life

Magic isn't something you do—it's something you become. With the past six ways, you've woven intention, creativity, and alignment into your daily life. Now, it's time to step fully into the embodied magic of who you are. Practice Seven is about claiming your magical identity—not just as someone who practices enchantment, but as someone who lives it.



PRACTICE SEVEN

EMBODYING MAGIC

STEP 1: REFLECT ON YOUR JOURNEY

Take a moment to look back at the past seven “ways”. What shifted? What surprised you? Where did you feel the most magic?

Ask yourself:

- What moments felt most aligned with my true self?
- What small rituals, practices, or habits felt effortless and joyful?
- Where did I notice synchronicities or unexpected insights?

These aren't just one-time experiences—they're glimpses of your magical rhythm.

STEP 2: DEFINE YOUR PERSONAL MAGIC

Your magic is unique to you. It's in the way you create, the way you move through the world, the way you see possibility where others see the ordinary.

- What elements of magic resonate with you most? (Energy alignment? Creativity? Cosmic cycles?)
- How do you want to feel in your daily life? (Empowered? Inspired? Free? Grounded?)
- If your life were a story, what kind of main character would you be?
- Magic is a practice, but more than that—it's an identity. You are the spell.



PRACTICE SEVEN

EMBODYING MAGIC

STEP 3: ANCHOR THIS MAGIC MOVING FORWARD

Now, choose one way to keep this momentum alive. This isn't about adding another thing to your to-do list—it's about integrating magic seamlessly into your life.

- Create a daily enchantment ritual (one small moment of magic every morning or night).
- Plan your week using intuition and cosmic timing.
- Keep a "magic tracker"—a notebook or note in your phone where you jot down synchronicities, insights, and creative sparks.
- Make a commitment: I will honor my magic daily, in ways that feel natural and nourishing.

STEP 4: SAY IT OUT LOUD

Words have power. Let's claim your transformation. Say (or write) this statement:

I am the creator of my own magic. I trust my intuition, honor my creative flow, and align my life with energy that supports me. Every day, I step deeper into the enchanted life I was meant to live.

Bonus: Share your biggest insight from this journey! Share it on social media (tag me in it @christineleiser - I'd love to hear about it), journal about it, or tell a trusted friend. Speaking your magic makes it real. This is more than a practice—it's a way of being. And you are already walking the path. Your magic is alive. Keep following it.



NEED MORE INSIGHT & SUPPORT?

CLARITY READING

Looking for additional support? I'm here to assist you! Click the button below to sign up for a five-card clarity reading. You can either pose a specific question or allow me to intuit the messages from the cards. This reading will be recorded, and I will provide you with a private link so you can download it and revisit it whenever you need some encouragement.

SIGN UP FOR YOUR READING



QUESTIONS? COMMENTS?

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