



EVERYDAY MAGICKS JOURNAL



30 DAYS OF INTENTION, ENERGY &
ALIGNED ACTION

BY TAMI GOULET

Welcome!

Welcome to Your Everyday Magicks Journal

You are your own sacred space. This journal isn't about doing it perfectly. It's about choosing to show up, to your energy, your truth, your alignment, one breath, one step, one intention at a time.






Over the next 30 days, you'll gently reconnect to your inner guidance, shift your energy, and take small aligned actions that ripple outward into your life.

You already have the magick. This journal just helps you remember.



How to Use This Journal

Each day includes:

-  Intention Setting
-  Energy Check-In
-  Aligned Action Step
-  Reflection Prompts
-  Celebration/Win

Plus:

- Weekly rituals
- Space for creative flow
- Optional card pull or moon check-in
- Midpoint + final reflections

Use this journal your way, daily, weekly, intuitively. Let your soul lead.



✨ How to Use Your Everyday Magicks Journal

Your Journal contains 30 days of intentional living, energy alignment, and soul reflection, in one sacred space.

This journal is your daily invitation to slow down, listen to your intuition, and take soul-led action. Whether used on its own or alongside the Everyday Magicks Mini-Course, it will help you anchor your transformation in a tangible, beautiful way.

Includes 30 daily tracking pages, weekly rituals to use at the start of the week to get you aligned and centred, a midpoint reflection prompt to highlight the progress you have made to date, and a final reflection prompt at the end of the 30 days to embrace and celebrate you, your commitment to yourself and journey.

Also included: BONUS pages to support you on your journey.



🖋️ Bonus Pages & Soul Spaces

These pages are here for what doesn't always fit inside the lines, the spontaneous ah-ha moments, card pulls, moon musings, and the whispers of your soul.

Use them to track your inner wisdom, play with the unknown, and let your own magick guide the rest.





Small
shifts
hold big
magick.
Trust the
quiet
work.

TAMI GOULET

Use this ritual at the start of each week to clear energetic clutter, reset your focus, and tune in to what truly matters. This is your space to pause, reflect, and reconnect with your inner wisdom.

✨ Energy Clearing Ritual

Step 1: Breathe & Release

- Close your eyes. Inhale through your nose for 4... hold for 2... exhale slowly through your mouth for 6.
- Repeat 3–5 times.
- As you breathe, say or think:
 - I release what no longer serves. I clear what I no longer carry. I open space for clarity and truth.

Step 2: Ground & Reclaim

- Place your hand on your heart or lower belly.
- Say:
 - I call my energy back to me, cleansed, whole, and rooted. I return to center.

(You can light a candle, hold a crystal, or play soft music if desired.)

🔮 Oracle or Tarot Card Pull

What message is here for me this week?

➡ Draw a card and write your insight below:

🔮 Card Pulled:

📝 Message / Intuitive Hit:

☀️ Intention of the Week

What do I choose to embody this week?

(Examples: patience, trust, clarity, softness, sovereignty, joy)

➡ This week, I choose to...



WEEKLY RITUAL PAGE

WEEK 1: _____

Affirmation of the Week

Write your own or choose from the suggestions below:

➔ My affirmation:

Suggestions (if needed):

- I trust the pace of my journey.
- I show up whole and rooted.
- It's safe for me to receive clarity.
- Every breath is a new beginning.



Focus Area of the Week

What's asking for my attention right now?

- | | |
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| <input type="checkbox"/> Clarity | <input type="checkbox"/> Courage |
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➔ Why this focus matters to me this week:

Integration Prompt

What's one thing I can do this week to stay aligned with my intention?

➔ Aligned action:



Morning Intention

What energy or intention do I want to bring into today?

➔ Today, I choose to...

Energy Check-In (Circle One or Add Your Own)

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Where am I feeling this in my body?

Aligned Action

What's one small step I can take today to support my intention?

➔ My aligned action is...

Reflection (Evening)

How did I feel after taking this step? What surprised me? Did my energy shift? What do I want to bring into tomorrow?

Celebrate Your Win

What am I proud of today? How can I honour myself for showing up?

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A person with long hair is driving a car, with their arms outstretched out of the windows. The background shows a road stretching into the distance under a clear sky. The overall tone is blue and serene.

Even
now, you
can begin
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TAMI GOULET



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(Examples: patience, trust, clarity, softness, sovereignty, joy)

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MIDPOINT REFLECTION - DAY 15

Pause, Breathe, Realign

You've shown up for yourself, through messy days, magical mornings, and small, soul-led actions. This is your moment to check in, honor how far you've come, and gently realign with your truth.

Take a few deep breaths. Place your hand over your heart. Let these prompts guide your reflection:

🌀 What has shifted since I began this journal?

✨ What energy patterns am I noticing?

✅ What actions feel most aligned with who I'm becoming?



MIDPOINT REFLECTION - DAY 15

 What am I still ready to release or surrender?

 How can I recommit to my intention or path from a deeper place?


 Optional Prompt:

If my soul could whisper one thing to me right now, what would it say?

**“REAL TRANSFORMATION ISN’T LOUD,
IT’S THE QUIET MOMENT YOU REALIZE
YOU CHOSE DIFFERENTLY THIS TIME.”**

- TAMI GOULET





**You don't have
to start over,
you just have
to start again,
with the
version of you
who knows
more now.**

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➔ Today's win:

Morning Intention

What energy or intention do I want to bring into today?

➔ Today, I choose to...

Energy Check-In (Circle One or Add Your Own)

- | | |
|---------------------------------|---------------------------------------|
| <input type="checkbox"/> Clear | <input type="checkbox"/> Drained |
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| <input type="checkbox"/> Tender | <input type="checkbox"/> Anxious |
| <input type="checkbox"/> Heavy | <input type="checkbox"/> Grounded |
| <input type="checkbox"/> Lit up | <input type="checkbox"/> Other: _____ |

Where am I feeling this in my body?

Aligned Action

What's one small step I can take today to support my intention?

➔ My aligned action is...

Reflection (Evening)

How did I feel after taking this step? What surprised me? Did my energy shift? What do I want to bring into tomorrow?

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✨ Energy Clearing Ritual

Step 1: Breathe & Release

- Close your eyes. Inhale through your nose for 4... hold for 2... exhale slowly through your mouth for 6.
- Repeat 3–5 times.
- As you breathe, say or think:
 - I release what no longer serves. I clear what I no longer carry. I open space for clarity and truth.

Step 2: Ground & Reclaim

- Place your hand on your heart or lower belly.
- Say:
 - I call my energy back to me, cleansed, whole, and rooted. I return to center.

(You can light a candle, hold a crystal, or play soft music if desired.)

🔮 Oracle or Tarot Card Pull

What message is here for me this week?

➡ *Draw a card and write your insight below:*

🔮 Card Pulled:

📝 Message / Intuitive Hit:

☀️ Intention of the Week

What do I choose to embody this week?

(Examples: patience, trust, clarity, softness, sovereignty, joy)

➡ *This week, I choose to...*



Affirmation of the Week

Write your own or choose from the suggestions below:

➔ My affirmation:

Suggestions (if needed):

- I trust the pace of my journey.
- I show up whole and rooted.
- It's safe for me to receive clarity.
- Every breath is a new beginning.



Focus Area of the Week

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FINAL REFLECTION - DAY 30

Witness the Transformation

You made it. Not to the finish line, but to a deeper version of yourself.

The kind that listens. The kind that honors her shifts. The kind that leads from within.

This reflection isn't about wrapping things up. It's about celebrating who you've become, and gently asking, what's next?

Light a candle. Close your eyes. Let your breath ground you. Then explore:

 **What do I now know about myself that I didn't 30 days ago?**

 **How has my energy shifted, in my body, my thoughts, or my choices?**

 **What small shift created the biggest transformation?**

🌕 FINAL REFLECTION - DAY 30

🕒 What do I want to carry forward into the next season of my life?

🌟 What is my next soul-led step?

💬 Optional Prompt:

How will I continue choosing myself, one intention at a time?

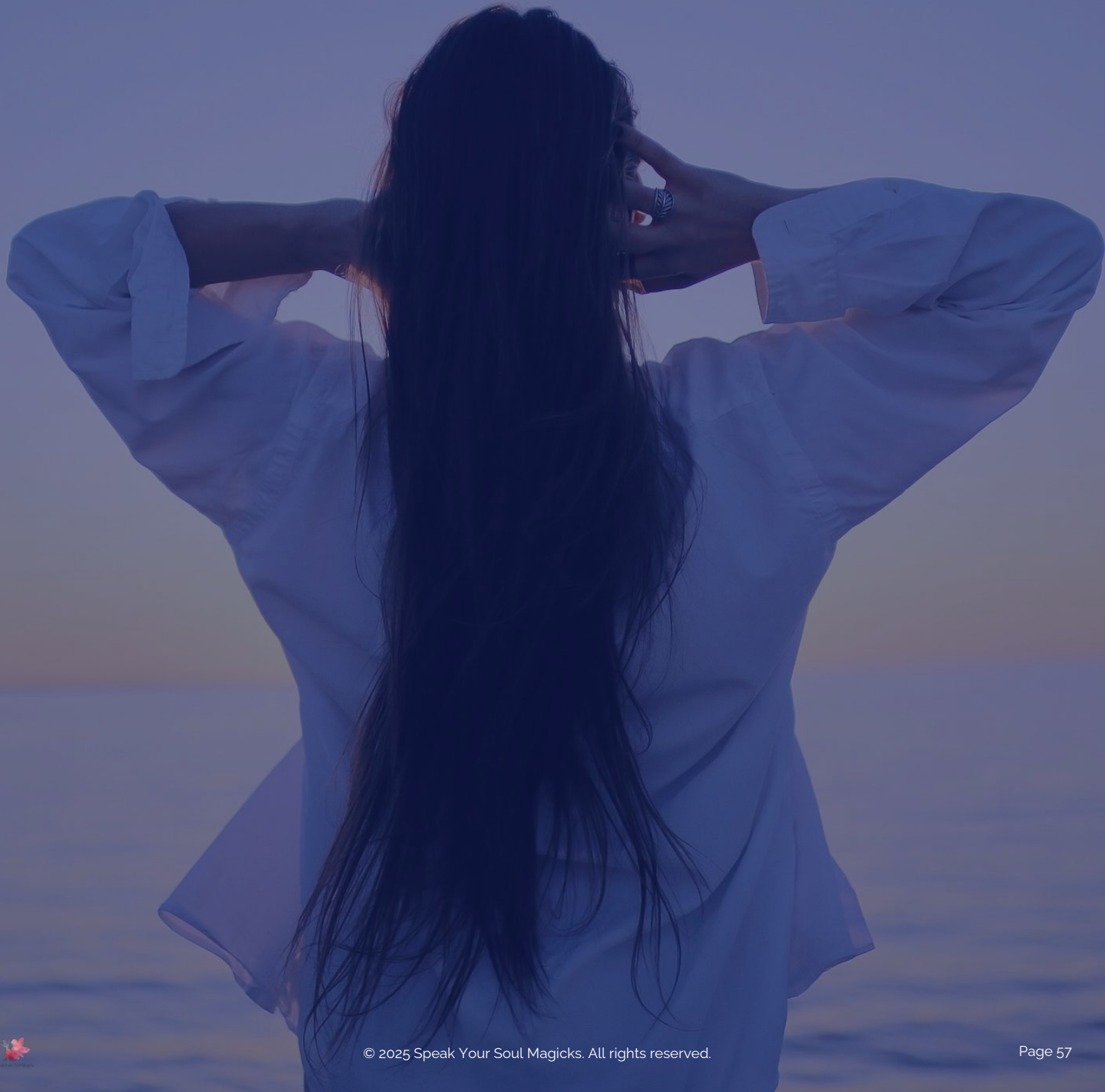
“SMALL SHIFTS. BIG ENERGY. YOU’RE NOT BEHIND, YOU’RE BECOMING.”

- TAMI GOULET



You're not behind. You're becoming.

TAMI GOULET





**Every choice you make
is a conversation with
the Universe. Choose
from your truth.**

TAMI GOULET



FAVORITE RITUALS LIST

What rituals feel most grounding, activating, or aligning for you right now?
List your go-to practices, daily, seasonal, or spontaneous.

Examples to inspire:

- Energy reset breathwork
- Oracle card + journaling combo
- Tea & crystal intention ritual
- Morning affirmation walk
- Call your energy back

➔ Ritual Name:

➔ When I use it / Why it helps:

➔ How it makes me feel:

➔ Ritual Name:

➔ When I use it / Why it helps:

➔ How it makes me feel:

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CARD SPREAD PLAYGROUND

Use this space to record insights from your oracle or tarot practice.

Suggested Spreads:

🟡 Past – Present – Future (3 card spread)



Past



Present



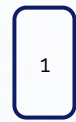
Future

➔ Cards Pulled:

➔ Messages / Intuitive Hits:

➔ What this means for me:

❤️ What I'm releasing – What I'm integrating – What I'm calling in (3 card spread)



1



2



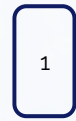
3

➔ Cards Pulled:

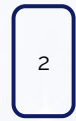
➔ Messages / Intuitive Hits:

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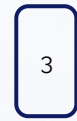
🌟 Mind – Body – Soul check-in (3 card spread)



1



2



3

➔ Cards Pulled:

➔ Messages / Intuitive Hits:

➔ What this means for me:

🔑 What I need to know today (single pull)



1

➔ Card Pulled:

➔ Messages / Intuitive Hits:

➔ What this means for me:



● MONTHLY MOON CHECK-IN

The moon holds your rhythms, emotions, and intentions. Use this space to check in during the **New Moon** and **Full Moon** phases.

New Moon:

● **What do I want to call in this cycle?**

🌱 **What seeds am I planting?**

🌟 **What energy do I want to embody?**



● MONTHLY MOON CHECK-IN


The moon holds your rhythms, emotions, and intentions. Use this space to check in during the **New Moon** and **Full Moon** phases.

Full Moon:

🌕 What am I ready to release?

🔥 What needs to shift or be let go?

❤️ What am I celebrating or acknowledging?

A wooden bridge with a white railing spans across a calm pond. In the background, a large, bare tree stands against a hazy sky. The water reflects the bridge and the tree. The overall mood is serene and contemplative.

Honor the space between no longer and not yet.

NANCY LEVIN



✨ READY TO GO DEEPER?

You've committed. You've shifted.

You've shown yourself what's possible when you align your energy, intention, and action.

Now, are you ready to amplify it?

If this journal has awakened something in you...

If you're feeling called to go deeper...

Here's where your next chapter begins.

✨ Soul-Aligned Next Steps:

🌟 Book a 1:1 Intuitive Activation Session

A powerful 60-minute session where we clear what's in the way and activate what's already within you.

Whether you're seeking clarity, healing, or a soul-guided breakthrough, this is your mirror.

👉 [Grab Your Spot Here](#)

🌌 Experience a Personal Card Reading

Tap into the messages the Universe is holding for you.

Choose from 3-card, 6-card, or deep-dive spreads to receive the insights your soul's been whispering.

👉 [Choose Your Reading Now](#)

🌀 The C.I.R.C.L.E. Method™

A 16-session transformational journey to help you reclaim your worth, remember your truth, and rewrite your story, one powerful step at a time.

If you're ready to stop spiraling and start rising, this is for you.

👉 [Get Ready for Deep Transformation](#)

✨ Join My World

Stay connected with magickal tools, live experiences, and soul support by following me here:

→ [Instagram](#)

→ [Website](#)


🌿 "You are already whole, but you don't have to heal alone."

Let this be your reminder, your mirror, and your next invitation.

With heart + magick,

Tami Goulet

Certified Energy Healer | Transformational Mentor



Remember, transformation doesn't happen overnight. It's the small, consistent shifts that create lasting change. You already have everything you need within you to live a life filled with purpose, joy, and magic. Keep going—your everyday magicks are working!



**This page isn't empty,
it's an invitation to
return to yourself.**

TAMI GOULET



Me!

