



# EVERYDAY MAGICKS MINI COURSE



COURSE WORKBOOK

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BY TAMI GOULET

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# Welcome!

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## 🌟 I'm So Glad You're Here

This isn't just another course.

This is a remembering.

A return to the truth that you are already whole, already powerful, already magickal, even in the ordinary moments.

The Everyday Magicks Mini-Course is here to help you slow down, tune in, and shift your energy in ways that feel real, gentle, and soul-led.

- 🌟 You won't find fluff here.
- 🌟 You won't find pressure.
- 🌟 What you will find is sacred space, simple tools, powerful rituals, and a soft place to land inside yourself again.



## 🌟 How to Use This Workbook

This is your sacred companion.

Use it to:

- Reflect and integrate each module
- Track your energy and shifts
- Anchor your intentions and actions
- Capture your own magick in real time

You can write directly on these pages or use your own journal, whatever feels best.



## What to Expect

This course flows through **four foundational energies:**

**Your Energy:** How to check in, clear what's not yours, and reset with compassion

**Your Intention:** Anchoring into what you truly desire (without pressure or perfection)

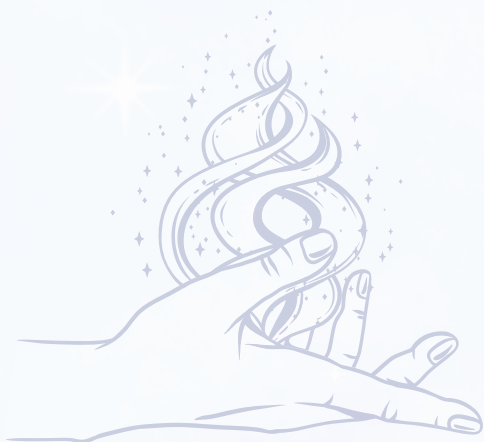
**Your Aligned Action:** Moving with clarity, not hustle

**Your Everyday Magick:** Weaving it all into real life, your way

### Each module includes:

- A short video to guide you
- Simple energy-based tools
- Soulful journal prompts and rituals
- Optional integration practices

You can move through them at your own pace. There's no "behind" here. There's only what feels aligned.



## A Loving Reminder

You are not here to "get this right."  
You are here to come home to yourself.  
So be gentle.  
Be honest.  
Be curious.  
And let the magick unfold, one breath,  
one shift at a time.  
I'm so honoured to walk beside you in  
this journey.

With love and light,

*Fami*



# MODULE 1: YOUR ENERGY

**Theme:** Before you shift anything, you must notice what's already here. Energy is your foundation, your compass, and your power.

## 🌟 Mini Lesson Recap

We often move through life without checking in on what we're carrying.

But your energy isn't just about how tired or awake you are; it's your emotional, mental, physical, and spiritual frequency. What you're holding. Absorbing. Radiating.

And that frequency?

It shapes what you create, attract, and allow.

This module invites you to pause.

To feel what's present.

To begin taking responsibility for your energy, not from blame, but from power.

Because once you know what's real... You can shift it.

## 🔄 Energy Check-In Wheel

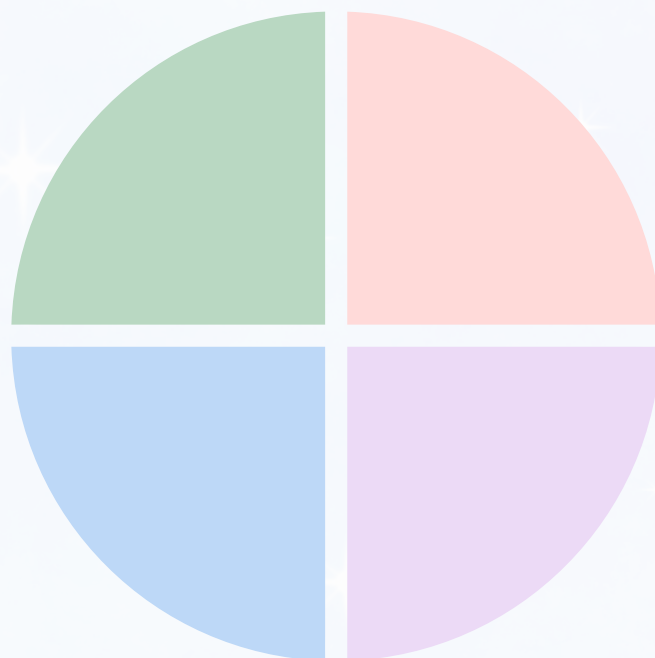
Use this visual tool to reflect on how you're feeling right now in 4 key areas.

Draw or imagine a circle divided into 4 equal sections. Label each one:

- 🧠 Mental (thoughts, clarity, focus)
- ❤️ Emotional (mood, feelings, heartspace)
- 🧑 Physical (body, rest, health)
- 🌌 Spiritual (intuition, purpose, soul connection)

For each section, write a few words describing how you currently feel.

**Example:** *Mental – foggy, scattered / Physical – tense shoulders, tired*



→ Now, mark how full or aligned each section feels on a scale of 1 to 10.

1 = really full, 10 = fully aligned

**This gives you a visual "snapshot" of your current energy landscape.**



# MODULE 1: YOUR ENERGY

## 🧐 “Is This Mine?” Practice

When your energy feels heavy or off, but you don't know why, ask:

*Is this mine to carry?*

Use this 3-step process:

**1. Name the feeling** (overwhelm, sadness, irritability, etc.)

**Ask yourself:** Is this truly mine, or did I absorb it from someone else?

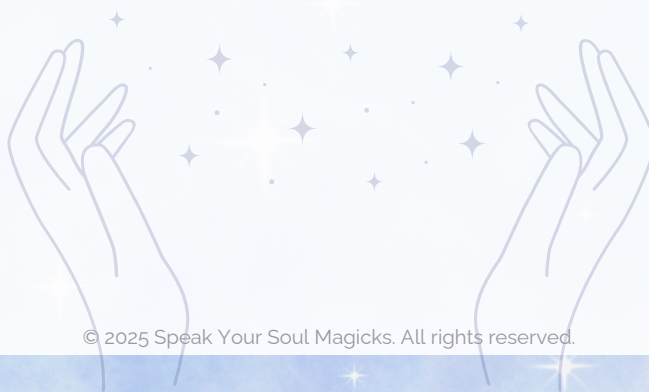
**Close your eyes and repeat:**

*I release what isn't mine. I call my energy back to me.*

🌟 Then breathe and notice what shifts. You can write about what you discover below:

→ What emotion or energy felt like yours?

→ What might you have picked up from someone else?



# MODULE 1: YOUR ENERGY

## ✨ Frequency Reset Rituals

Here are three simple, sacred resets to help shift your energy in 3 minutes or less:

### Anchor in Your Body

- Place your feet flat on the floor.
- Place one hand on your heart, one on your belly.
- Inhale: *I am safe in my body.*
- Exhale: *I release what's not mine.*



### Water Wash

- Rinse your hands under cool or warm water.
- As the water flows, imagine it clearing old or sticky energy.
- Say: *I cleanse and reset.*



### Light Shift

- Light a candle or look at a flame.
- Say out loud: *I invite clarity and peace into my space.*
- Watch the flame until you feel more grounded.



## ✍️ Journal Prompt

**What do I notice when I actually check in with my energy?**

*Write freely, no censoring, just witnessing what's true for you right now.*

# MODULE 2: YOUR INTENTION

**Theme:** Your intention is not a task list, it's a sacred compass. A soul whisper guiding you home to what matters most.

## 🌟 Mini Lesson Recap

Once you've grounded into your energy, the next step is direction. But not the kind the world demands from you.

This isn't about 10-year plans or perfect clarity.

- 🌟 Your intention is the frequency you want to live in.
- 🌟 It's the why behind your what.
- 🌟 It's the soul-anchored desire beneath the surface goals.

You don't have to figure everything out.

**But you do have to get honest about what you want and why.**

Because aligned intention clears the path before you take a single step.

## 🔍 Intention Inquiry: Tune In, Not Out

Let's begin by peeling back the noise and reconnecting with your truth.

### **What am I no longer available for?**

→ (Ex: burnout, people-pleasing, chasing love, being unseen)

### **What do I actually desire, not what I've been told I should want?**

→ Let your heart answer, not your checklist.

### **What would it feel like to live a life that's aligned, on purpose, and mine?**

→ Describe the sensations, emotions, or imagery that arise.

# MODULE 2: YOUR INTENTION

## Intention Anchoring Ritual

This is a simple, sacred way to bring your intention into your energy field.

### Instructions:

- Light a candle (or visualize a soft glow around you)
- Place your hands over your heart
- Close your eyes and breathe
- Whisper aloud:
  - I set my intention from truth, not pressure. I anchor into the life I'm meant to live, one small shift at a time.



→ Now write a one-sentence soul-led intention for this season of your life:

### My Intention:

*(Optional: Write it again on a sticky note or card to place somewhere visible.)*

### Journal Prompt

**What becomes possible when I trust my intention, even before it becomes real?**

*Let your heart guide your words. This is your reminder that soul desires are divine.*



# MODULE 3: YOUR ALIGNED ACTION

**Theme:** You don't need to do more; you need to move with meaning. Aligned action feels true, not forced.

## 🌟 Mini Lesson Recap

By now, you've explored your energy and anchored your intention.

Now it's time to move, but from a place of alignment, not anxiety.

Not all action is equal.

🌟 Fear-fueled action comes from pressure, panic, or proving.

🌟 Soul-guided action comes from truth, trust, and timing.

Aligned action doesn't always look big on the outside.

Sometimes, it's a quiet yes.

Sometimes, it's rest.

Sometimes, it's a boundary or a breakthrough.

The key is to listen before you leap.

## 🌀 Embodied Reflection: Action Check-In

Think about a recent or upcoming action, big or small.

Let yourself pause and tune in:

**Is this coming/Did this come from my intuition, or my insecurity?**

**Am I trying to express truth, or control the outcome?**

**Does this feel like pressure or presence?**



# MODULE 3: YOUR ALIGNED ACTION

## 🔍 Pattern Spotting: Forced vs Flow

Write about one action you've taken recently that felt **forced or rushed**:

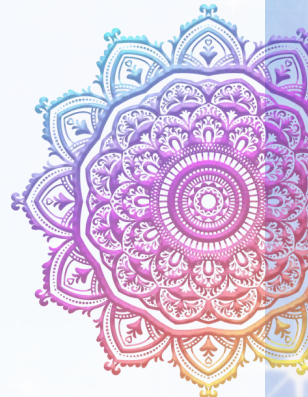
→ What was driving it underneath?

→ How did it feel in your body?

Now write about one action that felt **aligned and true**:

→ What was different in how you approached it?

→ How did it feel in your body?



# MODULE 3: YOUR ALIGNED ACTION

## Inspired Action Mapping

Now, let's find your next aligned steps.

Choose a current goal, desire, or intention.

Place your hand on your heart (or sacral space).

Take a breath.

Ask:

**What's one small, soul-guided action I can take today?**

*Write it below:*

Then ask again:

**What's another small action that feels good, not forced?**

And again, until three aligned actions reveal themselves:

## Journal Prompt

What shifts when I act from presence instead of pressure?

*Let yourself write freely and intuitively.*



# MODULE 4: YOUR EVERYDAY MAGICK

**Theme:** Magick isn't just what happens on the full moon or in ceremony, it's how you breathe, choose, shift, and remember who you are.

## 🌟 Mini Lesson Recap

By now, you've tuned into your energy.

You've set a soul-aligned intention.

You've taken a few aligned steps.

Now it's time to stop chasing, and start living in the energy you've created.

Everyday magick isn't about doing more.

It's about becoming the version of you who walks in alignment... even when life gets messy.

- ✦ In your breath before you react
- ✦ In your stillness when fear creeps in
- ✦ In your presence, your rituals, your choices

That's where the real magick lives.



## 🌿 Everyday Integration Reflection

Let's reflect on how far you've come, and what you're bringing with you.

### **What shift from this course has had the biggest ripple so far?**

→ What surprised you, moved you, or landed deeply?

### **What tool, phrase, or reminder do you want to carry into daily life?**

→ Write it here like a soul-note to yourself.

# MODULE 4: YOUR EVERYDAY MAGICK

**What would “everyday magick” look like for you in real life?**

→ Not the perfect version. The real, messy, beautiful version.

## 🌟 Micro-Magick Menu

This is your pocket-sized energy reset list.

Let’s create a menu of small, sacred things you can turn to when life feels off.

Fill in a few of your own below, or borrow the examples.

→ *Add more as you go. This is a living ritual, not a fixed list.*

### **My Micro-Magick Practice**

### **When I Use It**

Pull a card from my deck	When I need clarity
Breathe + light a candle	Before a hard convo or decision
3-minute intuitive journaling	When I’m spiraling or overwhelmed
Go outside barefoot	When I need a reset
Repeat my anchor affirmation	When I start doubting myself



# MODULE 4: YOUR EVERYDAY MAGICK

## ♥ Everyday Magick Anchor Card

Take a blank notecard or printable card (included) and write down:

- Your intention
- An affirmation
- A symbol or word that grounds you

🌟 Keep it somewhere sacred, your altar, mirror, wallet, or tucked in your journal. Let it be your energetic touchstone.

## ✍ Journal Prompt

What does it mean to live a life filled with everyday magic, and am I willing to trust that it gets to be this simple?

*Let the words come from your soul. This is where integration begins.*



## 🌟 You Did It! And I'm So Proud of You

Whether you moved through this course in one sitting or one sacred pause at a time, you showed up for yourself.

And that matters.

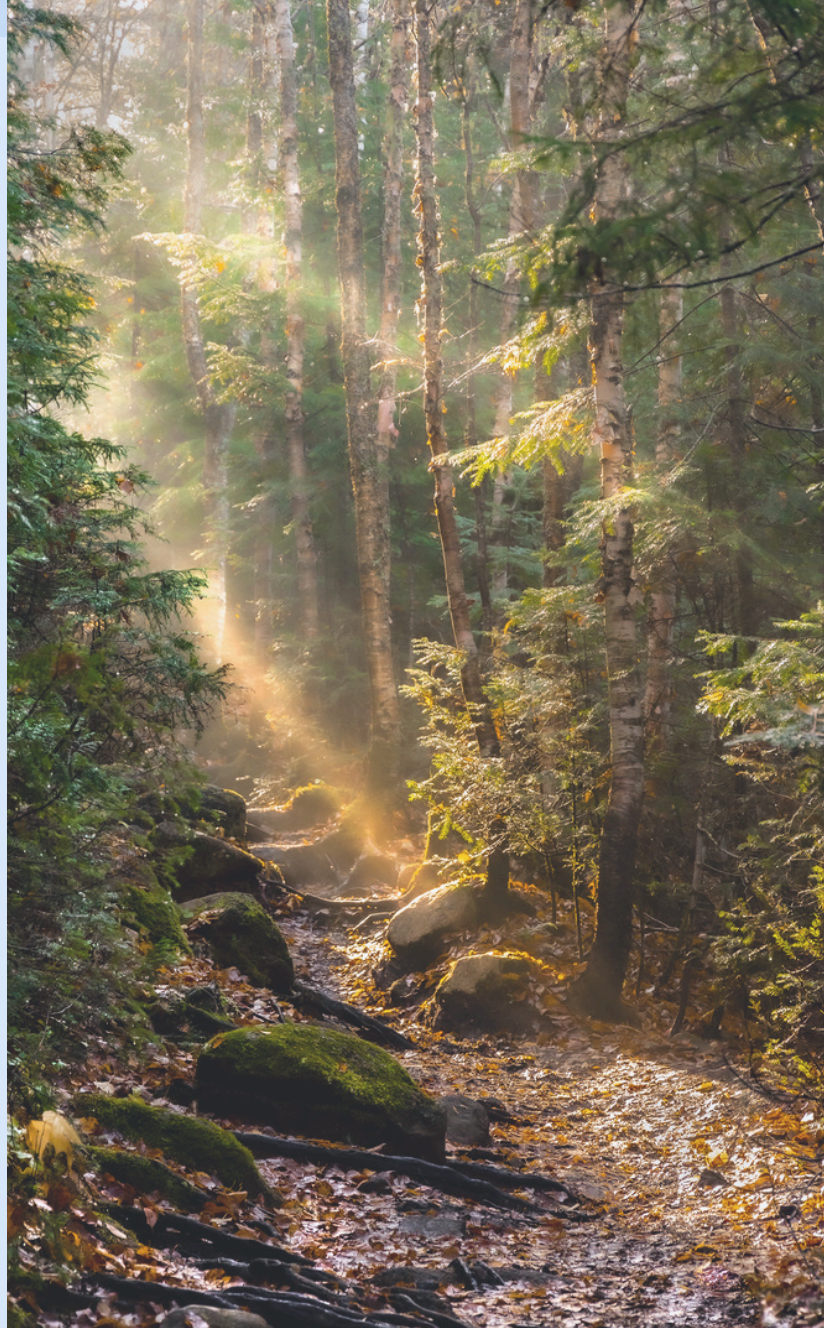
This isn't just the end of a course. It's the beginning of something deeper.

You've remembered how to check in with your energy.

You've anchored into what you truly want.

You've taken aligned action and welcomed everyday magick into your life.

Now... it's time to trust what's been activated.



🌟 **SMALL SHIFTS CREATE BIG TRANSFORMATIONS, AND YOU, MY LOVE, ARE ALREADY THE MAGICK. KEEP GOING. KEEP TRUSTING. THE UNIVERSE IS ALREADY RESPONDING.**

- Tami Goulet



## A Soft Space to Reflect

Take a deep breath. Let it land. Then journal through the following:

### **What surprised you most during this experience?**

→ A realization, a feeling, a shift, however small.

### **What new awareness or habit do you want to carry forward?**

→ Even one small sacred thing is enough.

### **If this version of you could speak to your past self... what would they say?**

→ Let their wisdom rise.

## What's Next?

You don't need to rush into the next thing.

But if you feel called to deepen this journey, here are some gentle next steps:

- **The Everyday Magicks Journal:** Track your energy, rituals, and aligned action for 30 days
- **The Affirmation Card Deck:** Pull a card each day to stay anchored in your truth
- **1:1 Intuitive Activation Session:** Go deeper with personalized energetic guidance
- **The C.I.R.C.L.E. Method™:** If you're ready for full transformation, I'd love to walk with you

Whenever you're ready, the path will appear.




## **Final Journal Prompt**


How have I changed, and what feels possible now that didn't before?

## **Want to Go Deeper?**


If this mini-course spoke to your soul, here are a few next steps to deepen your journey:



 **Everyday Magicks Affirmation Cards:** Your pocket-sized portal to truth and transformation. This 52-card deck is filled with soul-anchored affirmations to guide, ground, and ignite your inner knowing. Pull one card daily or use them for intuitive insight, journaling, and energetic alignment.

 **Everyday Magicks Journal:** A 30-day guided space for intention-setting, tracking your energy, anchoring your actions, and working with your deck.

 **1:1 Soul Shift: Intuitive Activation Session:** A private session to receive powerful intuitive insights and support around love, self-worth, and alignment.

 **The C.I.R.C.L.E. Method™:** A 16-session personalized transformational journey, designed for those ready to stop waiting and start embodying who they truly are.

## **A Note From My Heart**

Thank you for trusting this space.

Thank you for trusting yourself.

Your magick doesn't need to be loud to be powerful.

And your small shifts are already creating big transformations.

Keep going.

Keep choosing yourself.

Keep living your magick, in your own sacred way.

With love,

*Jami*

