



Wellness Magick Workbook

BY SOPHIE L. ROBINSON

—
A complementary workbook to be
used in conjunction with the book
Wellness Magick

Wellness Magick Workbook



Welcome & thank you so much for pre-ordering Wellness Magick!

Your support is so appreciated and I really hope you enjoy the book and get a lot out of it - as well as these complementary worksheets.

This workbook is designed to support your reading of Wellness Magick, help you get even more out of its pages, and it's in chronological order as it relates to the book, which should help you navigate it.

Printing this workbook out for your own personal use at home is allowed - but please do think of the environment. I would only advise printing out the necessary worksheet pages to journal on to save on paper and waste. Once downloaded the workbook is not eligible for a refund and I make no guarantees you will change positively from filling out the worksheets. The tools and techniques provided in this workbook if implemented correctly during the reading of the book, Wellness Magick, and afterwards will support your wellbeing but it is down to you as an individual to consistently implement good advice in your life and I (Sophie Robinson) will not be held responsible for the success of your wellbeing during or after this workbook. Any advice/suggestions provided in this workbook regarding making purchases or changes is the sole responsibility of the reader to make an informed decision and I (Sophie Robinson) cannot be held responsible for the outcome of such investments and changes. All feedback on this workbook is greatly appreciated so please do let me know how you got on with it by messaging me on social media @sophiewildrobin

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**LOVE AND
PRESENSE ARE
ALL YOU NEED
FOR A**

magical life



Word Exploration



Name:

Date:

Current Mood:

What does Wellness mean to me?

A large, empty rectangular box with a thin grey border, intended for writing the answer to the question "What does Wellness mean to me?".

My Correspondences



This corresponds to page 5 in Wellness Magick. Write your associations for the following things. Even if you've been practicing spells & rituals for years it can be useful to check in with yourself on this topic again & see what's changed if anything

Pink:

Red:

Orange:

Yellow:

Green:

Blue:

Indigo:

Violet:

Black:

Brown:

Gold:

Silver:

White:

North:

East:

South:

West:

Who Supports My Wellness



This corresponds to page 21 in Wellness Magick. Write all the current supports to your wellness, be they friends, family, professionals, animal companions, guides, deities etc. List them all below and write what aspect of your wellness it is that they support currently

My Wellness Activity Options



Use this page to record the activities that you can use as part of supporting your wellness, even if you don't do them every day, they are things that you have noticed work well for you and help you. Perhaps they calm you or shift your mood to a positive one



My Affirmations



Use this page to write affirmations down as they come to you while reading *Wellness Magick*. Remember they are something positive that you're confirming to be true in the present

A series of 20 horizontal light purple lines provided for writing affirmations.

My Mantras

Use this page to write mantras down as they come to you while reading Wellness Magick. Remember, they are a powerful statement that can change your energy or mindset after saying it aloud

My Miracle Morning Routine



These are the things that I have identified, that when I do them, I increase the likelihood that I will have an amazing day!

How I want to feel physically:

Before I get out of bed I will:

What I do not want to do:

How I want to feel mentally:

When I get out of bed I will:

Affirmations I will say:

How I want to feel emotionally:

When I look in the mirror I will:

Things that are good but I don't need to do every morning:

Mantras I will say:

My Ideal Nighttime Routine



These are the things that I have identified, that when I do them, I increase the likelihood that I will sleep soundly & set up for the best tomorrow!

Before I get into bed I will:

What I'll do to
relax physically:

What I'll do to
mentally relax:

When I get into bed I will:

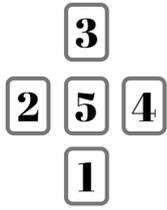
The time I'll start
my routine is:

What I do not
want to do:

What I'll do to emotionally unwind:

Affirmations:

Things that're good
but I don't need to
do every night:

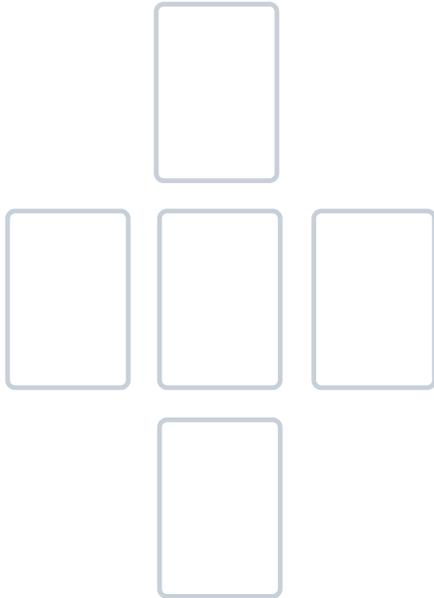


Tarot Journal



Elemental Spread

Write your drawn cards title in the boxes below as it corresponds to the spread position & use the prompts to record your initial thoughts & feelings



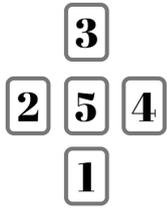
Interpretation:

Date:

Feelings:

Patterns & Symbols:





Tarot Journal



Elemental Spread

What I have learnt:

What actions I will take as a result of this reading:

Later date reflection & insights: __ / __ / ____ :



Connecting with Element Earth



This is my reflection on what the Earth Element means to me:

Sound associations:

Scent associations:

Touch associations:

How I personally connect to Earth:

Memories that link to Earth for me:

Sight associations:

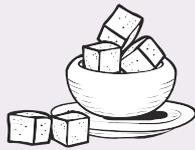
Earth Keywords &
emotions:

Taste associations:

The Tea Pot Analogy Visual



Use this page to complete the exercise in the book where you imagine your life as it relates to the analogy. Draw and write your responses to it here:





My Self-Care

In each category, list/draw/doodle in it with the activities that you notice fill you up in that area

Spirit/Soul

Mental/Mind

Emotional

Physical

Movement for Me



As instructed on page 58, write your personal list of benefits reasons and affirmations of why you want to move your body for wellness & display this somewhere you can see it often to help motivate you.

Eroding Resistance



As with the example on pages 59–60, write the things that you want to do and plan how you can cultivate your energy so that you want to do it or feel less resistance to doing it.

A large, empty rectangular box with a teal border, intended for writing the user's response to the prompt above.



Home Emotions

This corresponds to page 64 onwards and will support your work for this section. Use the following pages to answer the questions for each room that you have influence over, whether that's in your home or office. You may only have one room, but if you have many, copy the pages now for as many rooms as you have.

Room:

Date:

How do I feel in this room right now?

How do I want to feel in this room?

What can I do now (this week) to get the room to feel how I want it to?

What do I need to do over a longer time frame to get this room how I want it?



Home Emotions

Room:

Date:

How do I feel in this room right now?

How do I want to feel in this room?

What can I do now (this week) to get the room to feel how I want it to?

What do I need to do over a longer time frame to get this room how I want it?

MIRROR WORK



This is best done after you have read page 70 & understand what I mean by mirror work

DATE

LOVE FOR OVERALL PHYSICAL
SELF: SCORE 0-10

NEXT SCORE REVIEW DATE

SECTION

Ideas for improving my score & ways I can show care to my body:

Reasons my body is great:

Positive affirmations about my body & face:

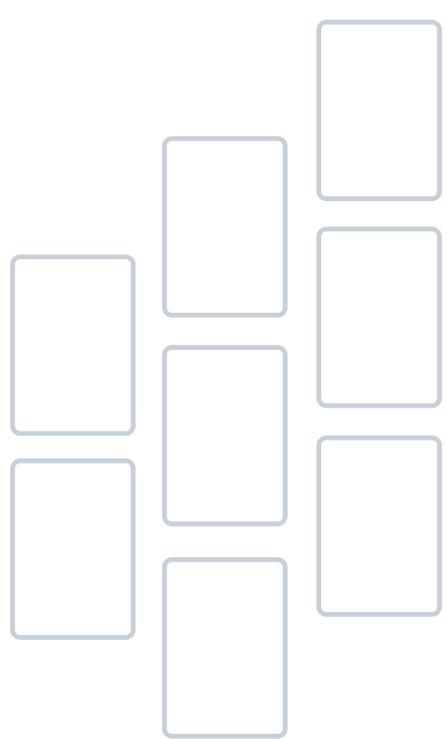


Tarot Journal



Understanding Bad Habits Spread

Write your drawn cards title in the boxes below as it corresponds to the spread position & use the prompts to record your initial thoughts & feelings



Interpretation:

Date:

Feelings:

Patterns & Symbols:





Tarot Journal



Understanding Bad Habits Spread

What I have learnt:

What actions I will take as a result of this reading:

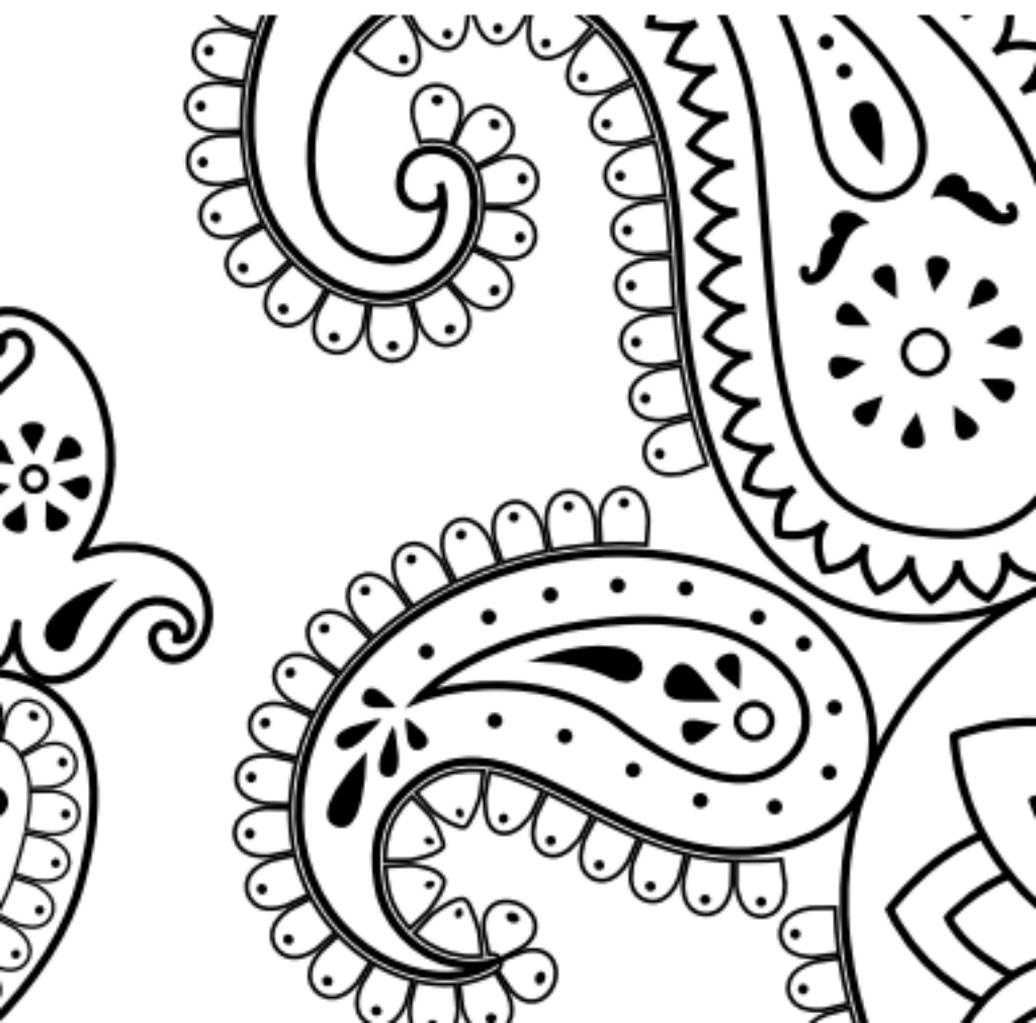
Later date reflection & insights: __ / __ / ____ :





*You are
the
Magick*

Be your True,
Magickal Self





Connecting with Element Water



This is my reflection on what the Water Element means to me:

Sound associations:

Scent associations:

Touch associations:

How I personally connect to Water:

Memories that link to Water for me:

Sight associations:

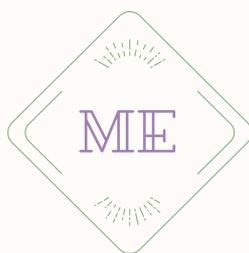
Water Keywords & emotions:

Taste associations:



Connections Exercise

Follow the instructions on page 80





Connections Exercise

Answer the following question based on your map above



Who is having the biggest impact on me & what can be done to improve these connections?



Connections Exercise

Answer the following question based on your map above

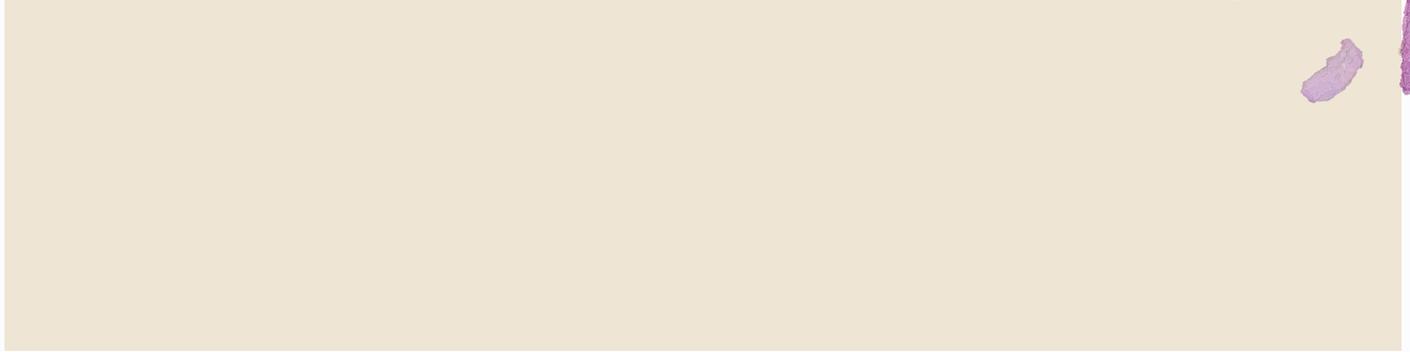
.....

Anything else that I'd like to change & what can I do about it?

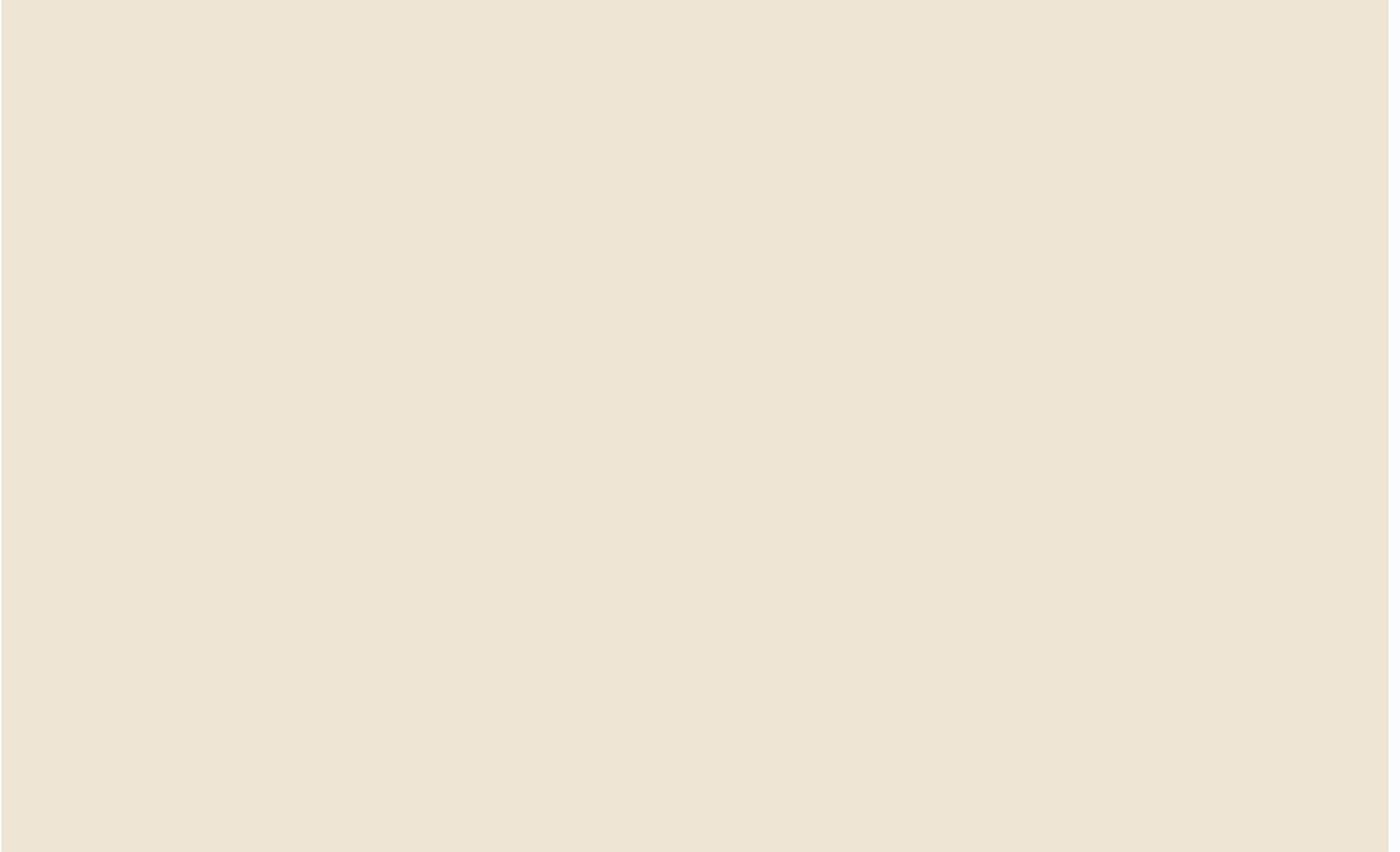
Saying No

First read the relevant pages to this worksheet on pages 84-85 then complete the following:

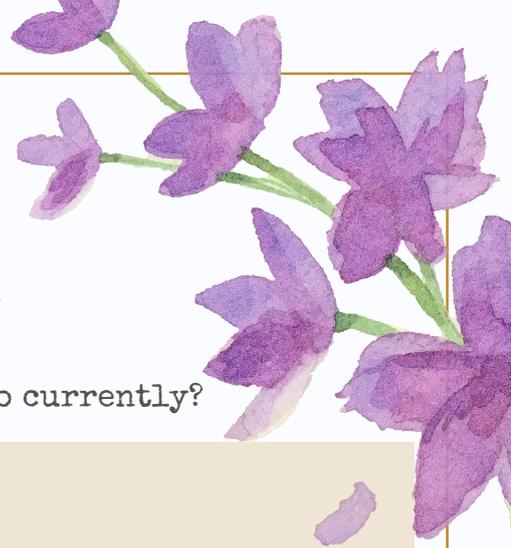
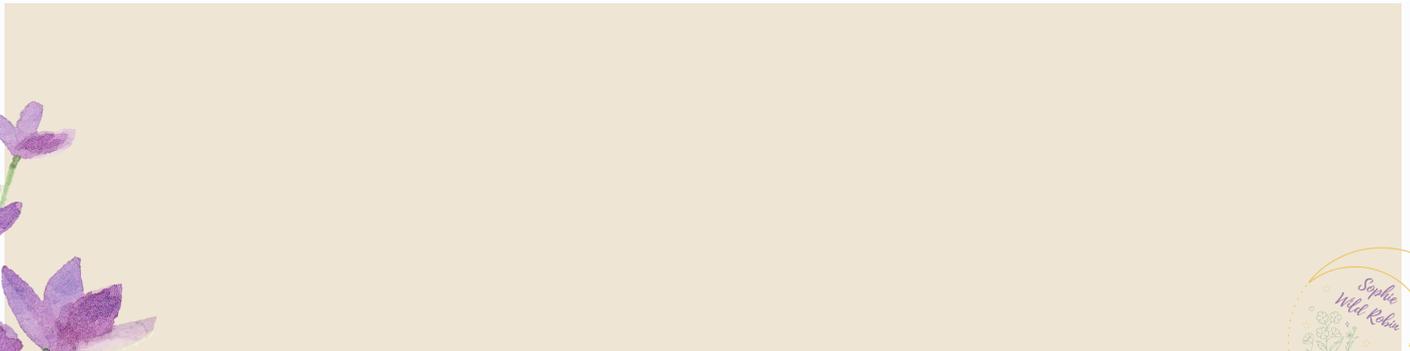
What are some things, incidents or areas I want to say no to currently?



Write some phrases that are respectful ways of saying no to these things



Why do I want to say no - what will it give me?



Relationship Quality



Use this page to reflect on the questions on pages 86–87 of your book.

Copy the pages for each relationship you're looking at.

Person:

How often do I & this person talk uninterrupted in a week/month?

What, if any, topics do I evade in order to avoid conflict?

How I usually react if they've been unfair/judgmental towards me?

How quickly are disagreements resolved & we move on?

Are my apologies accepted by them gracefully? How are they accepted?

Do they sincerely apologise to me & act appropriately in light of what happened?

Do I feel empty, hollow or bad after interacting with them? How do I usually feel?

Do I feel listened to & understood by them?

Conclusion:

Connection Review



Use this page to reflect on the questions on page 88 of Wellness Magick.
Copy the page for each relationship connection you're looking at.

Person:

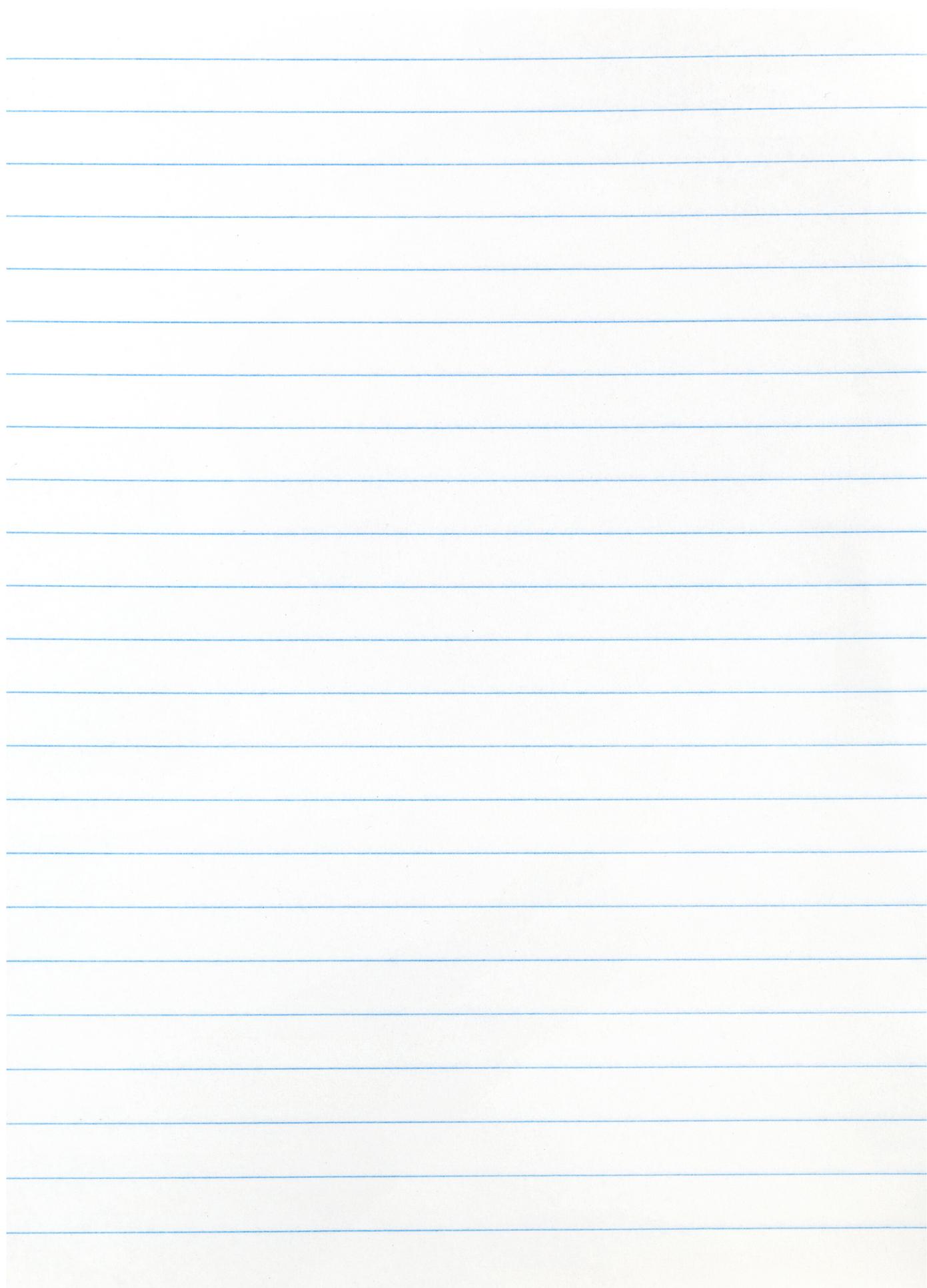
Self Love Letter

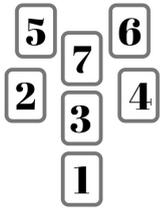


Use this page to write your Self Love letter & store it in your Wellness box for a time that you need to read it

Dear

A large area of the page is filled with horizontal blue lines, providing space for writing a self-love letter.



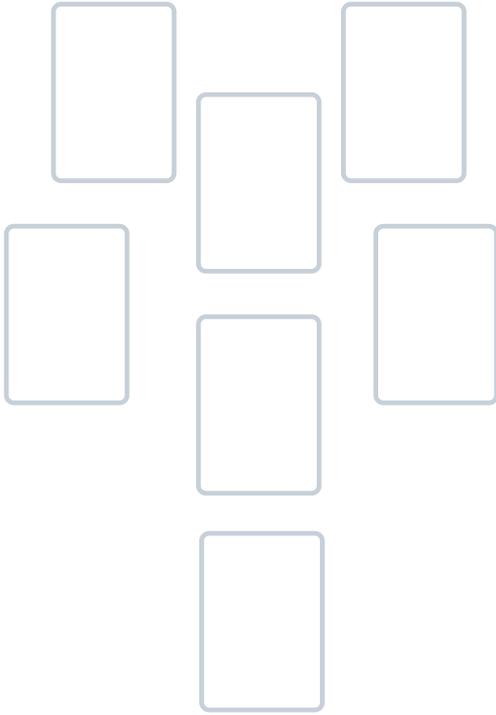


Tarot Journal



Deep Self-Love Spread

Write your drawn cards title in the boxes below as it corresponds to the spread position & use the prompts to record your initial thoughts & feelings

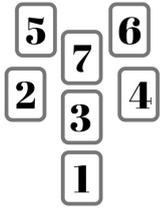


Date:

Interpretation:

Patterns & Symbols:





Tarot Journal



Deep Self-Love Spread

Feelings:

What I have learnt:

What actions I will take as a result of this reading:

Later date reflection & insights: __ / __ / ____ :



Connecting with Element Air



This is my reflection on what the Air Element means to me:

Sound associations:

Scent associations:

Touch associations:

How I personally connect to Air:

Memories that link to Air for me:

Sight associations:

Air keywords & emotions:

Taste associations:

Date:

My Self-Esteem



x x

Use these sheets to reflect on the information on pages 117-118

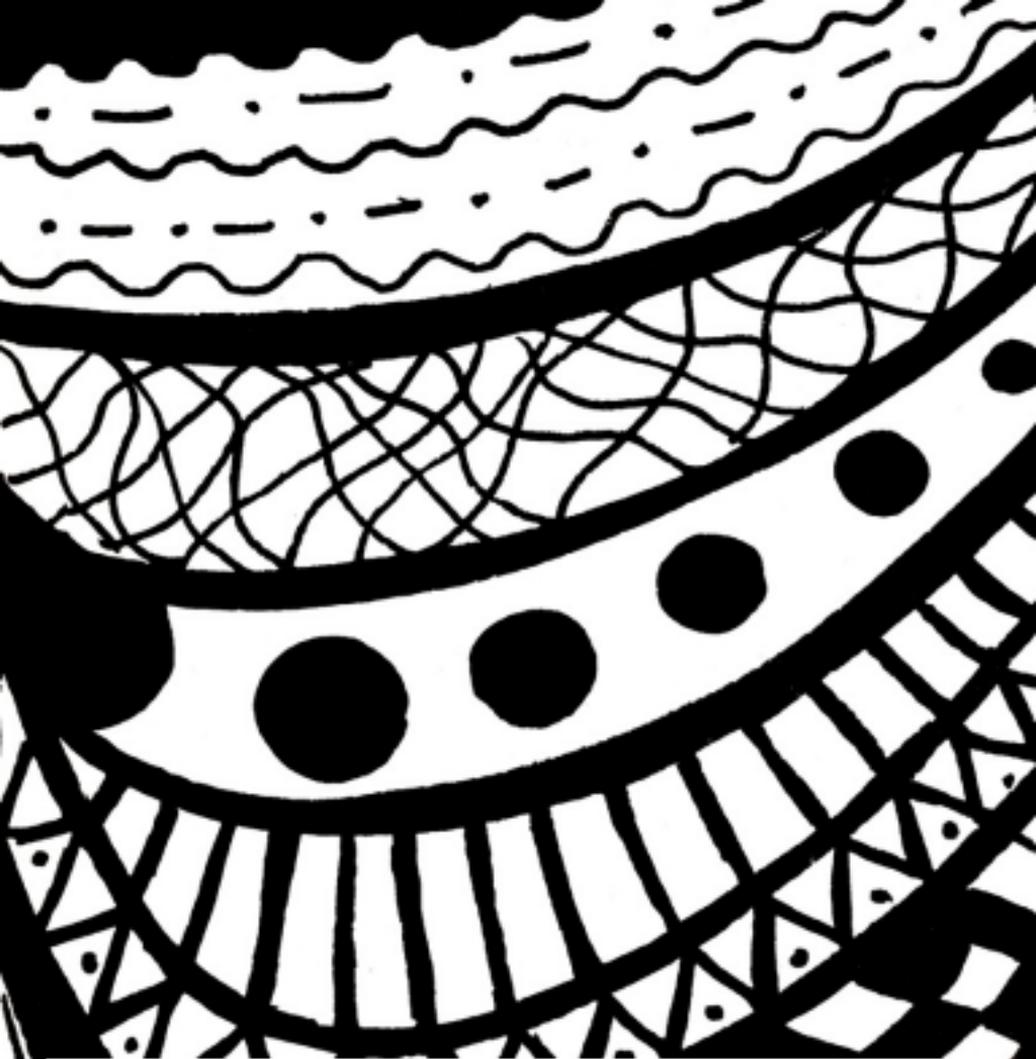
Rate each component on a scale of 1-10 (1 = very poor, 10 = amazing)

Self-trust Self-belief Self-respect Self-compassion Self-love Self-worth

What might be hurting each component?

What beliefs could be limiting me in each area?

What changes can I implement to nurture each petal?



Magick is
in my
Veins





Socratic Questions

For Thought / Worry Dump



- What is the evidence for /against this thought?
- Is it based in fact, or on feelings?
- Is it black and white or is reality more complex?
- Am I making assumptions / mind-reading on someone?
- Do other people have a different point of view on this situation – what are they?
- Is this thought an exaggeration or minimization of the truth?
- Did someone pass this thought/belief to me – are they a reliable source for this?
- Is it a likely scenario or worse case - what can I do about this?
- If it really were to happen – can I survive really – how could I cope?
- If I look at this positively – how is it different?
- Am I overestimating the probability something bad might happen – is my concern realistic?
- Is it a real problem or an imaginary 'what if'?
- What is a more balanced way to look at this?
- If a loved one had this worry, what would I tell them?
- Are there any thoughts I've written – do they actually help at all?
- Is it about something I need to do or is it from a defensive point – is it my ego coming in to play?
- Will this matter next week? Will it matter in a month? In three months? In six months? A year from now? Is it worth the anguish to worry about this now if it won't matter soon?
- Is there anything I can action straight away (perhaps it is a phone call to make or email you need to send)?
- Anything I can get done today and off this page so that its done and out of my head? Diarise.
- Is there anything I need to make a counter-statement for, anything that is a 'warpy' belief or thought? Write the counter-statement.

If you conclude the worry you're having is unhelpful and unnecessary, make the decision to stop having it. Put any stubbornness you may have to good use and discipline your mind. If any worries pop up outside of this scheduled worry time, notice it, tell it to stop, that it is not the time and it is to go away. You will address it at the next scheduled thought dump. Remind yourself that you are in control of your thoughts: *"I am in control of my thoughts."*

Once you have crossed out things you have concluded are not worth worrying about, problem solve with what remains. These should be specific things that you know exactly why and how you're worried about them. You should be as clear as possible about this.

How can you solve this issue? Write the solution down. Do you need more information on it before you can find a solution – plan how you will do this and when.

Do you need to ask someone for assistance? - Diarise asking for their help.

Is there anything you can do to lessen the impact of this concern?

What is the next step you can take? Plan time to do this.

Find peace with the things you cannot change. Thank the worry for alerting you and trying to keep you safe, let it know you can handle the situation or that there is nothing you can do right now, that you're open to solutions as they present themselves, send it peace and let it go.

2 4 6
1 3 5

Tarot Journal



Healing Path to Wellness Spread

Write your drawn cards title in the boxes below as it corresponds to the spread position & use the prompts to record your initial thoughts & feelings

Date:

Interpretation:

Large light blue area for writing the interpretation of the spread.

Patterns & Symbols:



2 4 6
1 3 5

Tarot Journal



Healing Path to Wellness Spread

Feelings:

What I have learnt:

What actions I will take as a result of this reading:

Later date reflection & insights: __ / __ / ____ :



Vibe Raising List



Follow the instructions on page 148 & keep in your wellness-box



Connecting with Element Fire



This is my reflection on what the Fire Element means to me:

Sound associations:

Scent associations:

Touch associations:

How I personally connect to Fire:

Memories that link to Fire for me:

Sight associations:

Fire keywords & emotions:

Taste associations:

Perfection Affirmations

My list of perfection-busting affirmations & mantras

"I find joy in moments I do not expect"

"My value is not my output - it's in me being my true & most joyous authentic Self"

"I allow myself to have a true balance in my life & that includes making time to relax & fully be present in those moments"



My Values



This worksheet correlates to page 157 in *Wellness Magick*, follow the instructions there for how to complete.

Achievement
Adventure
Autonomy
Balance
Beauty
Calmness
Connection
Creativity
Fairness
Family

Freedom
Friendship
Fun
Honesty
Humour
Independence
Integrity
Knowledge
Love
Loyalty

Other values I hold:

Nature
Openness
Peace
Popularity
Power
Recognition
Relaxation
Respect
Responsibility
Safety

Self-reliance
Simplicity
Spirituality
Stability
Success
Time
Trust
Variety
Wealth
Wisdom

My top 5
values
are:



Life areas where I meet these values:

My Values



This worksheet correlates to the questions on page 158 in *Wellness Magick*, follow the instructions there for how to complete. Use this page as a space to answer those questions, you can copy it more than once for each life area you want to look at.

How do I feel in this life area at the moment?

What would my life ideally look and feel like in this area?

What is currently going well in this area/what I am happy with here?

What do I need to do to bring me closer to my ideal in this area?

My Name



Sparking from pages 159-161, write about your own name

What do my names mean & what is their etymology?

What are my thoughts on that - how is it resonating with me?

How do my names' meanings and etymology inform my concept of Self?

Does this influence me in any way, e.g. spiritually, practically, & how?

Energy Discovery



Complete the exercise on pages 168–169 & then draw or describe your results in the space below for future reference

Date:

A large, empty rectangular box with a thin orange border, occupying most of the page below the instructions. It is intended for the student to draw or describe their results from the exercise on pages 168–169.

Energy Discovery



Reflection

My thoughts on what I see:

What would I alter, where would I like more or less energy to go? Draw/describe:

Energy Discovery



Reflect here on the questions on page 169 for this exercise

How can I create the balance that I desire to have?

My Power Items

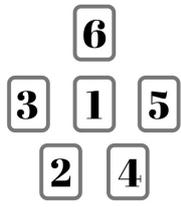


Use this page to inventory all of the things you can wear that make you feel powerful in some way. Take the time to connect with & explore your things & how they make you feel – clothes, accessories, jewelry, perfumes, lotions, makeup, body art... Write the ones that make you feel powerful & what power that is if it's specific e.g. confident, sensual, intelligent, assertive, elegant, magickal, brave, beautiful, etc.

Blank purple rectangular area for writing.

Blank white rectangular area with a gold border for writing.

Blank light grey rectangular area for writing.

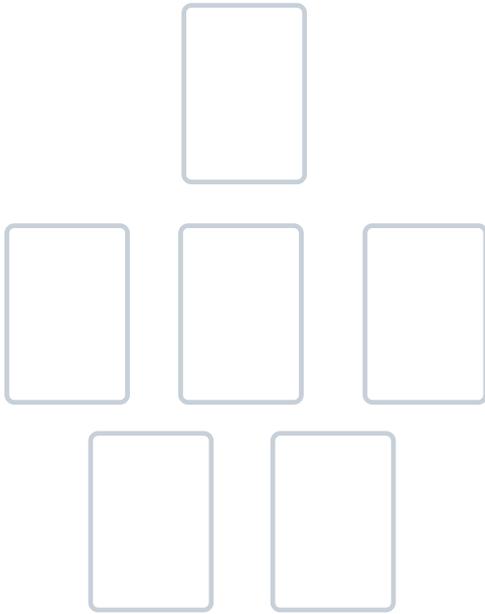


Tarot Journal



Hidden Treasure Spread

Write your drawn cards title in the boxes below as it corresponds to the spread position & use the prompts to record your initial thoughts & feelings

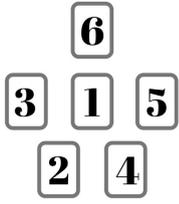


Date:

Interpretation:

Patterns & Symbols:





Tarot Journal

Hidden Treasure Spread



Feelings:

What I have learnt:

What actions I will take as a result of this reading:

Later date reflection & insights: __ / __ / ____ :





7 Blossom
Every Day



Connecting with Element of Spirit



This is my reflection on what the Spirit Element means to me:

Sound associations:

Scent associations:

Touch associations:

How I personally connect to Spirit:

Memories that link to Spirit for me:

Sight associations:

Spirit keywords &
emotions:

Taste associations:

Memory Jar Creation



Use this page to write your joyful or special memory prompts on, then cut into strips, roll tightly & place in your decorated jar. You can write a load now or do them more organically - have fun!

A series of horizontal lines for writing, alternating between light purple and white background colors.

Use this page to complete the current Self/future Self exercise on page 195

Current Self - Future Self

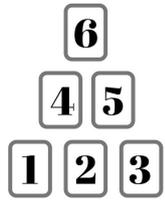


Current Self - Future Self



Use this page to write more about your current Self & future Self



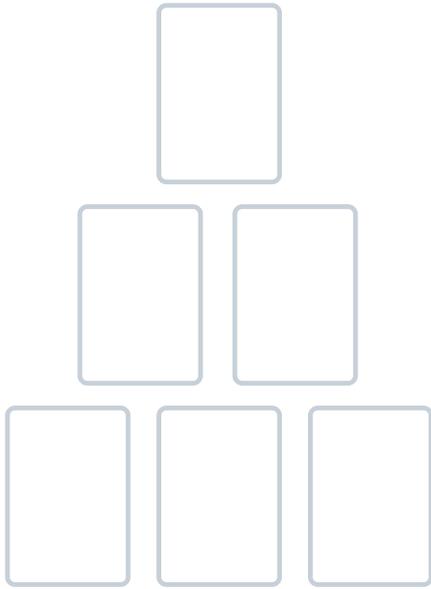


Tarot Journal



Make a Difference Spread

Write your drawn cards title in the boxes below as it corresponds to the spread position & use the prompts to record your initial thoughts & feelings

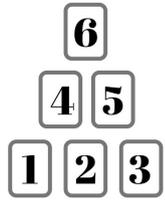


Date:

Interpretation:

Patterns & Symbols:





Tarot Journal



Make a Difference Spread

Feelings:

What I have learnt:

What actions I will take as a result of this reading:

Later date reflection & insights: __ / __ / ____ :





My Mind has
Powerful Magick

