



She Is Magnetic

21 DAILY JOURNALING ACTIVITIES



Day #01

Reflect over the year 2020. Choose a word that most accurately describes the theme, feeling or energy of this year for you. Journal about some of the key ways that this theme played out through your experiences this year.

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Additional notes for your Day One activity:

2020 has been full of the unknown and the unexpected. Reflect over what you remember deciding was going to be your theme for 2020 at the start of the year. Did it change as the year unfolded?

Look back over 2020 and see if you can identify what the theme has really been for you. Reflect on the feelings or emotions you have experienced a lot through the year. Think about the common thread that has run through many of your experiences, learnings or lessons.

Some examples of themes might be: Surrender, Inner Transformation, Trust, Expansion, Completion, New Beginnings, Transformation, Pleasure, Abundance, Flow, Freedom, Expression, Feminine Energy, Self-Care, Balance, Transition, Courage, Love, etc.



Day #02

What blessings has 2020 brought you?
In your journal write a list of some of
the beautiful or positive experiences
you have had throughout this year.

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Additional notes for your Day Two activity:

After a challenging year like this, it is easy to focus on everything that was difficult, negative or didn't go how we wanted. But despite all that has unfolded, your year has most likely also been filled with many beautiful, positive and magical experiences.

In your journal today, reflect over some of your key blessings from 2020. Think about some of the your highlights from this year, things you manifested or wonderful things you experienced. Look for what has felt positive and pleasurable. You may even look for the hidden blessings or gifts that came from your challenges this year.

It is so important to wrap up the year in a grateful, positive space so we don't carry negative energy forward into the new year.



Day #03

What did you learn about yourself this year, or what key ways did you grow within yourself? In your journal, write out some the ways you can see you have changed or grown.

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Additional notes for your Day Three activity:

2020 has been a profound year of transformation for many of us. In a year like this, we may not come to the end of the year feeling that we have achieved everything we wanted, but we will definitely be able to see that we have changed and grown within ourselves.

Reflect in your journal today about some of the key things 2020 has taught you about yourself, and what some of your key learnings from this year have been. How are you different from the person you were when you entered this year?

The inner growth we experience is just as valuable as the external results we create, so take time today to celebrate and acknowledge your growth this year.



Day #04

What do you want to let go of, release or leave behind from 2020? Write out some patterns, habits or beliefs that you do not want to carry forward.

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Additional notes for your Day Four activity:

As you have moved through 2020 and grown and changed, you may now be feeling ready to leave some parts of yourself or your life behind. Perhaps these parts of yourself and your life cannot take you to where you want to go and are currently holding you back.

In your journal today, write a list of everything you feel ready to let go of. It could be a habits that no longer serves you, old belief systems, unsupportive self talk, or a ways that you have been doing things or a long time. It could be a relationship, a work situation or a living arrangement.

You will most likely know in yourself what you want to release as it will feel heavy, old and like it weighs you down and holds you back. Write it down and declare it today.



Day #05

What would you like your theme for 2021 to be? What key word, feeling or energy would you like to guide you as you move through 2021 and why?

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Additional notes for your Day Five activity:

Take some time to tune into what you desire for the year 2021 and decide on what you would like your theme for next year to be. How you would love the year to feel or how you would love to feel as you move through the year?

Explore what living guided by this theme or feeling word in 2021 will look like. What does this word or theme mean to you? How would you be living your life if you were being guided by this theme?

If you are having trouble finding one, go back to the additional notes from the Day 1 activity as there are some theme suggestions there.



Day #06

What self-care practices and self-love rituals would you like to integrate into your life in 2021 to help you thrive and feel loved, nourished and supported?

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Additional notes for your Day Six activity:

With this activity, tune into yourself and feel what you would most love to practise in 2021 so you can feel loved and supported. Nothing about self-care or self-love should feel heavy, like an obligation or a 'should', so whatever you bring in, make sure it feels really nourishing and enjoyable to you.

Here are some things to think about:

Is there a new way of moving your body you want to practise in 2020? Do you want to create a morning routine? Are there any areas of your health you want to work on such as your flexibility, your digestion, stress or hormones? Do you want to learn to say No, have better boundaries and make more time for yourself?

The background of the entire page is a soft-focus photograph of white flowers, likely peonies, with delicate petals and green foliage. A white rectangular box is centered on the page, containing the text for Day #06.

Day #06

What self-care practices and self-love rituals would you like to integrate into your life in 2021 to help you thrive and feel loved, nourished and supported?

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Additional notes for your Day Six activity continued:

Do you want to book in regular treatments such as massages, facials, spa days, manicures or hair appointments? Do you want to explore working with a new practitioner such as a kinesiologist, a naturopath, a chiropractor or try something like pilates, hot yoga or pole dancing? Do you want to dedicate more time to your at-home self-care practices like baths, cooking, stretching, journaling, meditation or body massage? Do you want to learn more about self-love and work with a life coach, read books or take courses?



Day #07

In 2021, how do you want to deepen your embodiment of your feminine energy? What feminine qualities would you love to embody more of and in what way?

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Additional notes for your Day Seven activity:

Reflect today on what aspects of your feminine energy that you would love to embody more deeply. Some examples may be: Softness, Openness, Receptivity, Sensuality, Vulnerability, Play, Flow, Ease, Empowerment, Radiance, Love, Light, Surrender, Pleasure, Emotion, Nurturing, Connection, Intuition, Compassion, Affection, Desire.

Pick a few qualities that resonate with you the most and write them in your journal. Then, describe what embodying these qualities means to you. How would you like to embody and express these qualities? Once you finish journaling, you may even like to pick one of the qualities to begin working with, embodying and practising now as you move through your day.



Day #08

Review the qualities you chose in the Day 7 activity. What has been getting in the way of you embodying these qualities? What diminishes these qualities within you or takes you away from being able to express them in the way you desire?

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Additional notes for your Day Eight activity:

Look back over the qualities that you identified in yesterday's activity that you want to embody in 2021. For each quality, reflect on what has been preventing you up until now fully expressing this quality. Or, as you imagine becoming more embodied in that quality, what fears, concerns, resistance or inner stories arise?

It is important to become aware of what is holding you back from feeling safe letting these parts of you be seen. The qualities you have chosen are innate to who you are, and are stirring within you because they are ready to be expressed and experienced in a bigger way.

It is also important to become aware of anything you may be doing consciously or unconsciously that diminishes the qualities within you that you most want to embody, so take some time to explore that too.

Day #09

After you listen to Masterclass One, write a big list of the practices, tools, places or things that can help you activate and embody your radiant, sensual, whole, pleasure-filled, magnetic feminine.

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Additional notes for your Day Nine activity:

In Masterclass One, we explored a wide range of practices that you can work with you activate, awaken and amplify your feminine energy. Make a note of the practices that you have used before and which you know do a beautiful job of helping you embody your feminine energy.

In your journal write these out so you can clearly see the practices that you want to work with. You may also add onto this list any additional practices that were mentioned that you are yet to work with. Add to your list the ones that you feel most drawn to, or most excited to begin practising.

It may be helpful to write your list on a separate piece of paper and keep it somewhere nearby, so that you can easily refer to it when you are needing some inspiration on how to return to your feminine.

Day #10

Explore your favourite ways to experience pleasure through your senses.

Explore taste, touch, sight, sound and smell. Under each sense, write a list of what makes you feel the most pleasure through each of these senses.

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Additional notes for your Day Ten activity:

You can experience so much pleasure through your sensuality. For today's activity write each of the 5 senses in your journal, and under each of them write your favourite ways to experience pleasure through that sense.

For example:

Taste - what are your favourite flavours and textures? Creamy, sweet, warm, crunchy? What foods or drinks do you love the most and which bring you the most pleasure?

Touch - what are your favourite fabrics, feelings or touch sensations? Do you enjoy soft silky fabric, the feeling of someone stroking your arm or hair, the feeling of grass or sand on your feet, or the feeling of a hot bath?



Day #10

Explore your favourite ways to experience pleasure through your senses.

Explore taste, touch, sight, sound and smell. Under each sense, write a list of what makes you feel the most pleasure through each of these senses.

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Additional notes for your Day Ten activity continued:

Sight - What is beautiful and visually pleasing for you? Do you like warm, dim lighting, bright sunlight, a lush green view, a clean home, a tidy desk? Do you love seeing flowers in your home, a beautiful sunrise or sunset, a wild ocean?

Sound - What sounds are most soothing for you? Soft, slow music or upbeat tunes? The quiet sound of nature, the rustling of trees in the wind, the roar of the ocean?

Smell - What smells bring you pleasure? A home cooked meal, the scent of essential oils or a candle, the smell of a bookstore, your partners cologne, the salty ocean, freshly washed sheets?



Day #11

What is your heart most yearning for,
desiring and craving for 2021?

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Additional notes for your Day Eleven activity:

Before you sit down to journal today, spend some time tuning into your heart. Place your hand on your heart, close your eyes and listen. Breathe deep and feel your heart energy awaken behind your hand. Stay there for a while, breathing and connecting.

Listen into your heart. Listen to what your heart is desiring, yearning for and craving. Don't judge anything your heart is asking for or start thinking about how you will get it. Instead just deeply honour and witness your heart and all she is craving.

Give her permission to speak to you and allow her to desire and dream as big as she wants. Once you can really feel the energy of your desires moving through your heart, pick up your pen, open your journal and write everything down without any censoring.



Day #12

In your journal, do a big heart-storm of every step you could take that will help you create and have what your heart is desiring for 2021.

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Additional notes for your Day Twelve activity:

You don't have to know how your desires will come to life, or know every step you will need to take. However, as a starting point is helpful to get all your thoughts and ideas out onto paper as a way to see what your beginning steps may be.

Today's activity is not about creating a plan. It is about doing a big heart-storm (like a brainstorm from your heart) of everything you can think or feel that would help you bring what you want to life.

Keep this activity lighthearted. There is no pressure to know the whole path ahead, but it is empowering to explore the ideas and steps that you can see will help you get there.



Day #13

For your 2021 desires to come to life, how will you need to draw on your inner masculine qualities such as commitment, consistency, clarity, action, structure and systems? How will this support your inner feminine to have what she wants?

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Additional notes for your Day Thirteen activity:

The energy of our inner masculine can be incredibly supportive and calming for our inner feminine. It helps take all of her energy, feeling, desires and ideas and give them direction. It helps her get grounded and committed to what she desires so she can bring it to life.

For your inner feminine to experience what she desires for 2021, she will need to draw on her inner masculine to support her. Explore in your journal how you would like to draw on your inner masculine to help you create what you want.

Where would you like to practise deeper commitment? Where would you like to be more consistent? Where would it feel supportive to have more structure or some systems in place? Where do you need a plan? Where do you need to show up with more action? What will help give your inner feminine clarity, grounding and direction?



Day #14

Where are you needing to develop
better boundaries to honour yourself
and your inner feminine in 2021?

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Additional notes for your Day Fourteen activity:

A boundary is a way that you honour yourself, your time and your energy. You can implement boundaries by deciding what you will say Yes and No to, what you will and won't give your time and energy to, what you will and won't tolerate from others and yourself.

Today, feel into the places where you are currently needing better boundaries. Where are you saying Yes when you want to say No? Where are you giving time and energy to people or things that are draining you? Where are you tolerating behaviour from others that does not honour you? Where are you feeling resentment, obligation and should's?

What do you need to put in place to better honour your time, your energy and yourself in 2021?



Day #15

As we approach December, think about your intentions for the month ahead. What do you want to practise, focus on or achieve in order to prepare yourself for 2021?

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Additional notes for your Day Fifteen activity:

While December can be a busy month, it is also a powerful time of preparation to support you in getting ready for the new year.

Take some time today to think about what you could practise, start focusing on or achieve in December to set yourself up for 2021. Could you spend time getting clear on your goals for 2021 and then begin some new habits or practices that will align you with what you want to achieve?

Do you need to get organised, do a big clean up of your home, workspace or computer, or are there loose ends to tie up before the year completes? Do you need to create a plan so that when the year begins you are set up and ready to go?

Think about how you could best use December as a month of preparation for 2021.



Day #16

What morning practice would you like to have in place for yourself in 2021? If you already have a morning practice, how would you like to change or improve it? If you don't yet have a morning practice, what would you like to create for yourself?

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Additional notes for your Day Sixteen activity:

A morning practice is such a powerful way to carve out time and space for yourself before the busy-ness of your day begins. It can be a time for you to connect with yourself and your body, practise self-love and self-care, drop into your feminine, fill yourself up from within, tune into your intuition, and set intentions for the day ahead.

There are no rules when it comes to a morning practice. It is all about doing what feels good and right to you. It could last 10 minutes or an hour. It could be different every day! When designing your morning time, ask yourself, 'How do I want to feel as a result of doing my morning practice?' 'What is my 'why' for doing this practice?'

Once you identify this, choose practices which will help you feel that way and meet that intention. It could be meditation, yoga, dance, a walk outside, exercise, reading, breathwork, journaling, manifestation practices or anything that feels good and nourishing to you.



Day #17

How do you want to deepen your connection with your body in 2021? How do you want to take better care of your body, love and accept your body more deeply or practise feeling more embodied?

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Additional notes for your Day Seventeen activity:

As you come into today's activity, reflect on what your relationship with your body is currently like and how you show love and care for your body. Feel into how you would like to improve, deepen or strengthen this relationship.

Do you want to show greater love and care for your body through self-care practices, the way you eat or the way you move? Do you want to feel a greater appreciation and gratitude for your body and all it does for you? Do you want to bring on practices or rituals that help you come deeper into your body? Do you want to change the way you speak to your body or treat it?

In your journal today, explore what you would like to bring on or change in 2021 to improve your relationship with your body so you can feel more at home in your skin, more safe and grounded, and more connected to your feminine pleasure and sensuality.



Day #18

Imagine it is now 31st December 2021.
Describe in your journal what you would
love to see has manifested. What are you
experiencing and how are you feeling?
Write in the present tense in as much
detail as you can, starting with "It is now
31st December 2021 and..."

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Additional notes for your Day Eighteen activity:

Take a moment to close your eyes and imagine what you would love life to look like at the end of 2021. Imagine you are in that reality now. What has manifested? What is unfolding in each area of your life? How are you feeling about yourself and your life?

In your journal, describe your desired reality in as much detail as you can. Write in the present tense so you are activating the feelings of already having it. Start with "It is now 31st December 2021 and..." then describe each area of your life or the reality you see in detail.

Once this is complete, you may like to include what you wrote in your morning practice or as part of your manifestation practice by reading over it each day and connecting with the feeling of living and having what you desire.



Day #19

Connect with the future version of yourself that is living in the reality that you described in yesterday's activity. How is she different to who you are being now? What guidance does she have for you?

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Additional notes for your Day Nineteen activity:

For today's activity, place your hand on your heart, close your eyes and connect with the version of yourself that is living in the reality that you described yesterday. Really feel into your desired future reality and the version of yourself living in that reality.

What do you notice about her? How is she different from the woman you are now? As you notice the subtle differences, identify what has changed within her that has allowed her to manifest this new reality. Does she have different beliefs? Does she hold herself differently? Is she taking different actions to what you are now?

Connect with this future version of yourself and look into her eyes. What guidance does she have for you? What wisdom can she offer you to help you step into more of her energy?



Day #20

Write a thank you and completion letter to 2020. Begin your letter with 'Dear 2020...' and express your gratitude and thanks for all that this year has brought you and taught you. Write out what you are ready to farewell and say goodbye to and what you wish to complete as this year ends.

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Additional notes for your Day Twenty activity:

Take a moment today to reflect on 2020 and wrap up this year with love and gratitude. Write a thank you and farewell letter to this year as a sacred way of completing all that this year has brought you.

Start your letter with, 'Dear 2020...' and begin by reflecting on all of the experiences you have had this year which you want to give thanks for. You have been delivered an abundance of learnings, opportunities and blessings that are gifts from life. Even your most challenging experiences have helped you to grow and evolve, so be sure to give thanks for them too.

Then, declare in your letter to 2020 what you are now ready to release, say goodbye to, complete, close off and farewell. Approach this with an energy of gratitude as you declare what you are ready to release for good. If you wish to, you can then rip up or burn your letter as part of a releasing ritual for 2020.



Day #21

Write a new beginnings and welcome letter to 2021. In this love letter to the year ahead, share why you are excited to step into the year, what you are ready to create and experience and what intentions and goals you hold for 2021. Then close your eyes, put your hands on your heart and send love and light to the year ahead.

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Additional notes for your Day Twenty-One activity:

It is now time to turn your focus to 2021 and all of the new beginnings that you feel ready and excited to step into. Start your letter with 'Dear 2021...' and declare to the year ahead what you intend to create, manifest, achieve, feel and experience in this powerful new year. Feel the love, passion and excitement in your heart as you allow yourself to write in as much detail as you can what your intentions, dreams, desires and goals are for 2021. Tell this year what you most want to create.

Once you have written everything you can, close your eyes and place your hand over your heart. Imagine you can send a giant beam of love and light energy to the year ahead, and you can bless this year with abundance, happiness, peace and joy. Send a prayer to the Universe for all of your dreams to be supported to come to life.

If you wish to, you can then create a sacred altar where you place your letter and surround it with crystals, candles, flowers, oracle cards or anything else you feel to help supercharge its energy.



ABOUT CONNIE

Connie Chapman is an International Life Coach, Speaker, Writer and Host of the Awaken Radio podcast show.

She has spent the past 9 years working with women from all around the world, supporting them to build a strong, loving and empowered relationship with themselves.

Through her private coaching practice and online courses, Connie guides women back into connection with their heart and inner wisdom and helps them find love, wholeness and happiness within.

She empowers her clients, to awaken and embody their divine feminine intuition, reconnect with their authentic self, step into their power and uncover their deepest desires so they can manifest a life they love.



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