

I FUCKING LOVE

# ME

PLAN FOR A MONTH OF MINDFULNESS



# MY SCHEDULE

*A Month of Organization and Self Care*



BARACK OBAMA

"CHANGE WILL NOT  
COME IF WE WAIT FOR  
SOME OTHER PERSON OR  
SOME OTHER TIME. WE  
ARE THE ONES WE'VE  
BEEN WAITING FOR. WE  
ARE THE CHANGE WE  
SEEK."

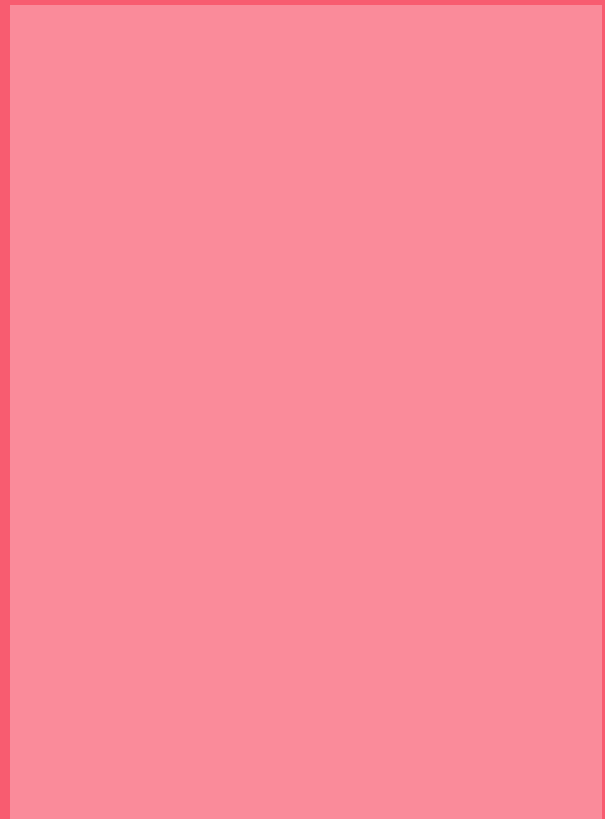
# MY INTENTIONS

How do I want to improve my life this month?

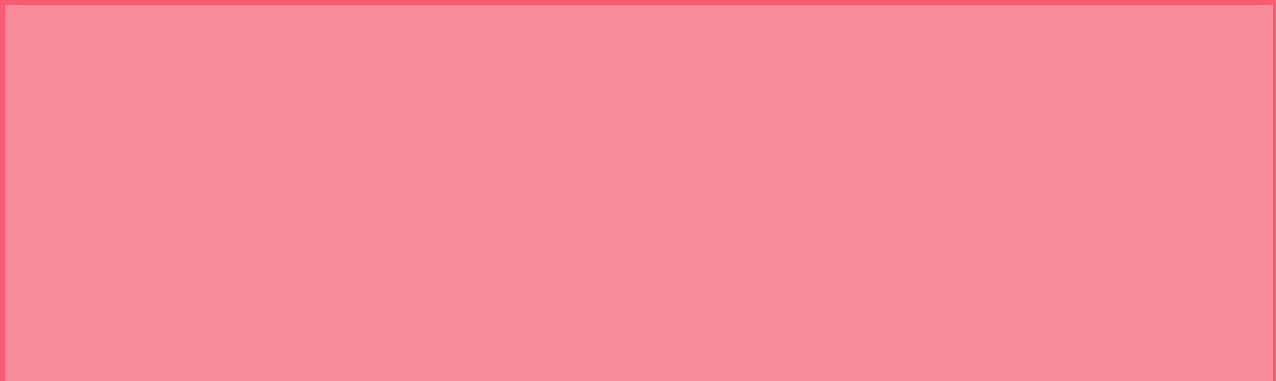
MY SELF-CARE:

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THIS MONTH'S INSPIRATIONAL QUOTE:



WHAT HOBBIES DO I WANT TO PICK UP AGAIN?



What I Want to Accomplish This Month

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# GET SHIT DONE

START :

END :

THIS MONTH I WANT TO....

I WILL ACCOMPLISH THIS BY....

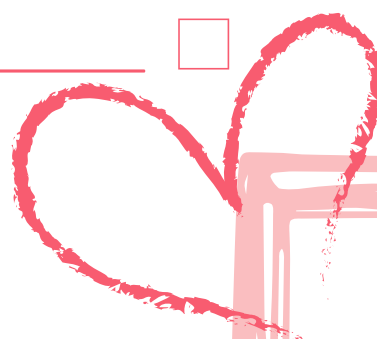
COMPLETEING MY GOAL WILL MAKE ME FEEL...

# STICK IT OUT

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"The way I see it, if you want the rainbow, you have to put up with the rain"- Dolly Parton





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WHAT AM I MOST STRESSED ABOUT?

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HOW DO I WANT TO FEEL AT THE END OF THIS WEEK?

HOW CAN I TAKE BETTER CARE OF MYSELF THIS WEEK?







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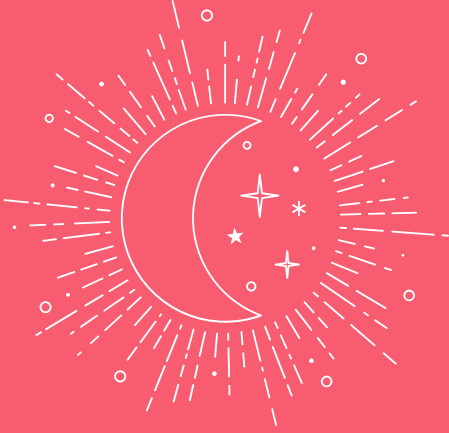
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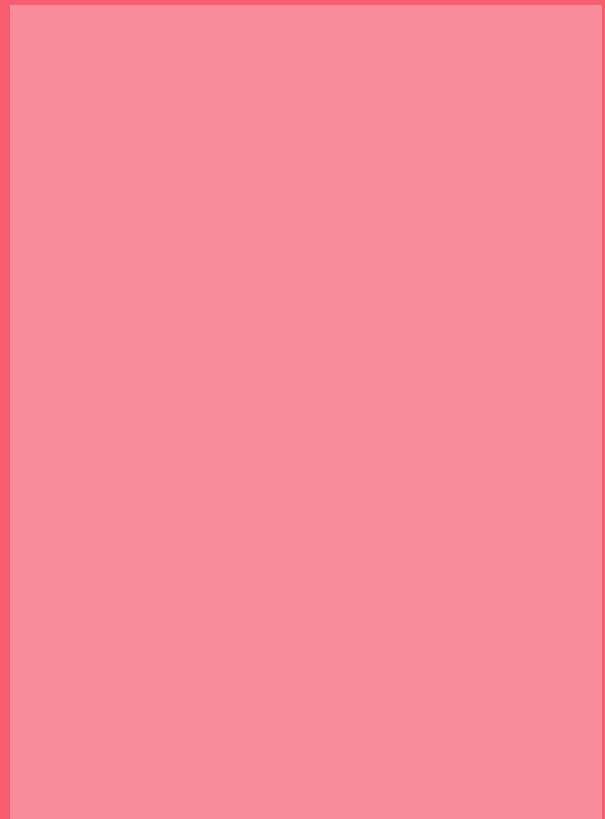
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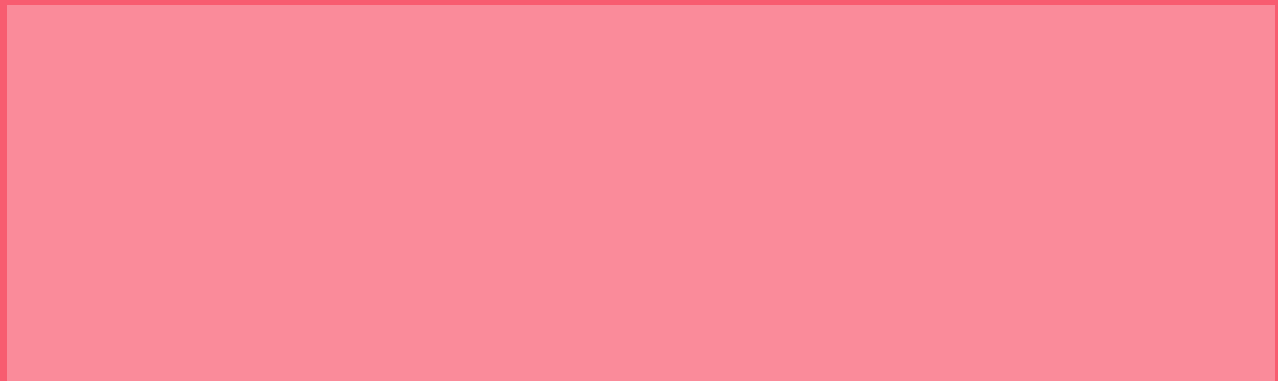
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DOODLE HERE:



HOW CAN I IMPROVE MY SELF CARE NEXT WEEK?







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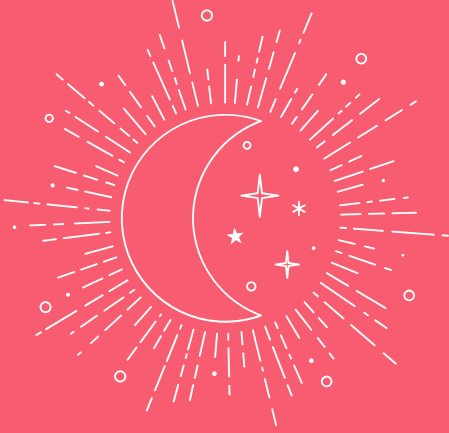
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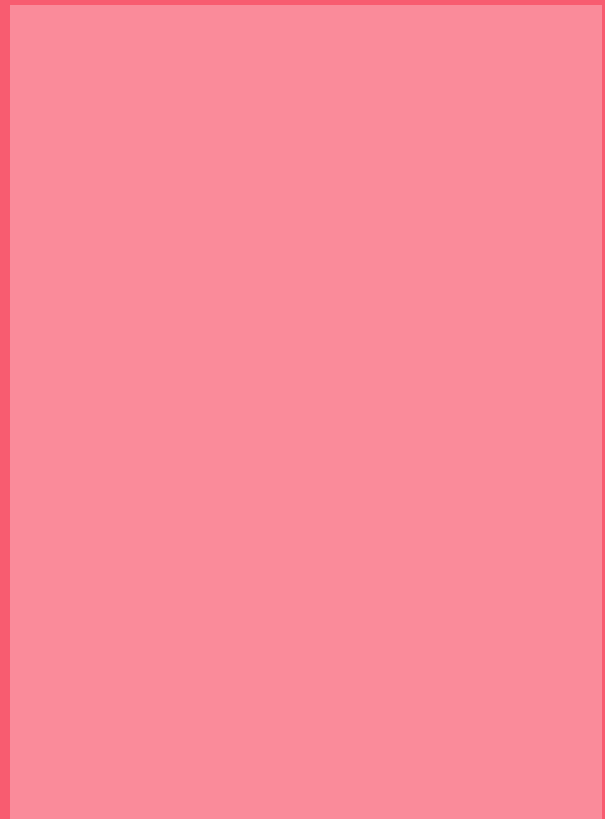
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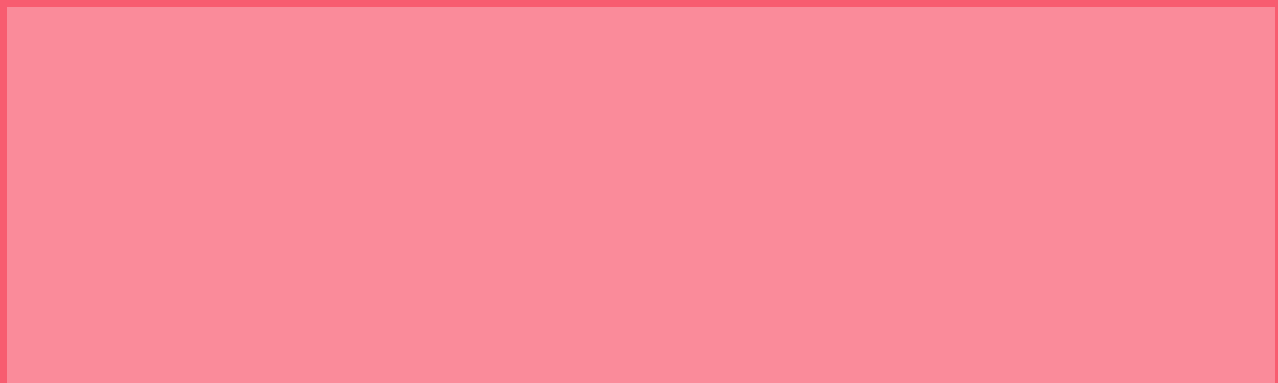
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HOW CAN I IMPROVE MY SELF CARE NEXT WEEK?





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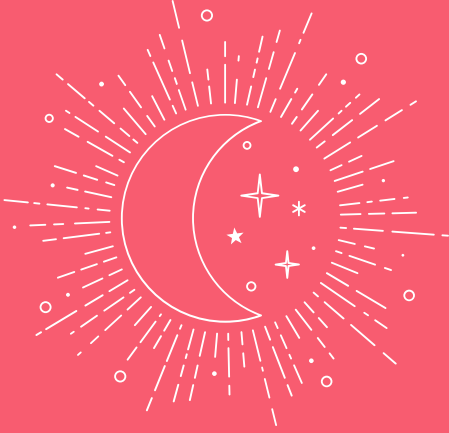
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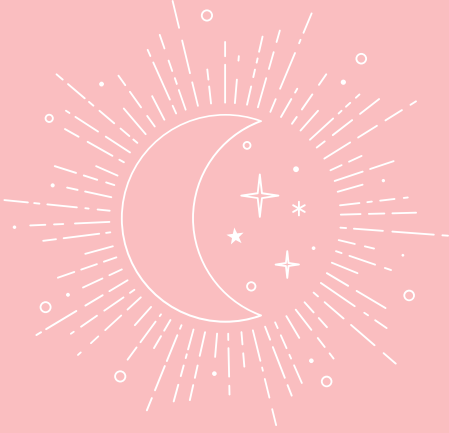
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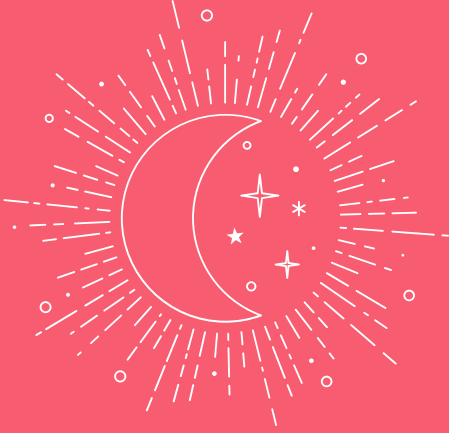
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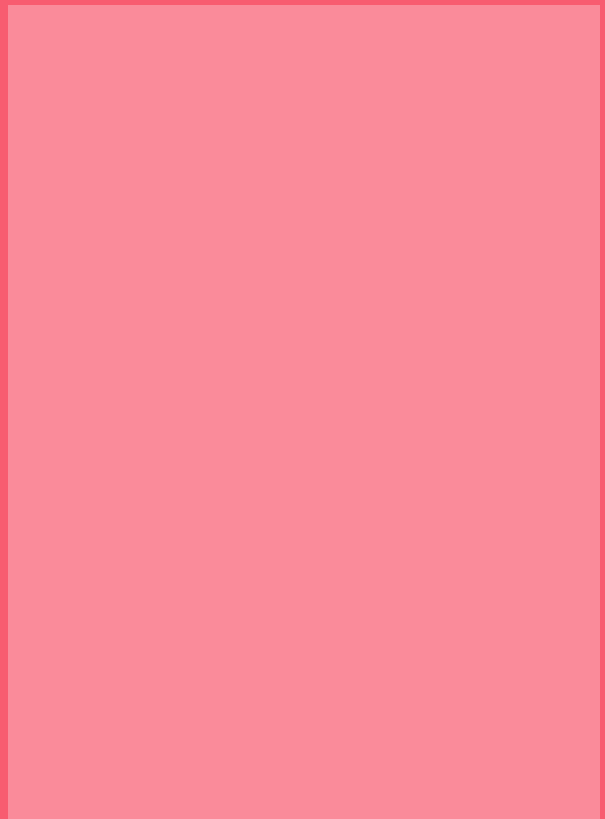
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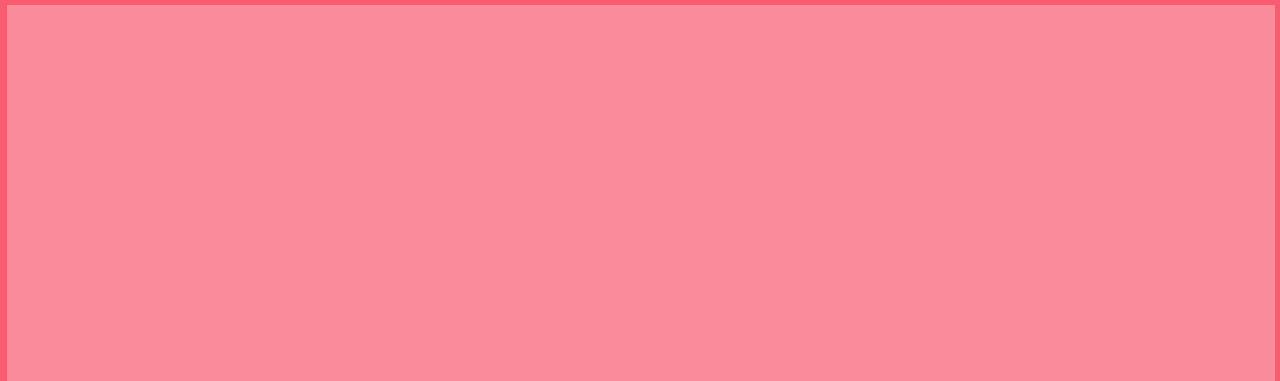
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DOODLE HERE:



HOW CAN I IMPROVE MY SELF CARE NEXT WEEK?





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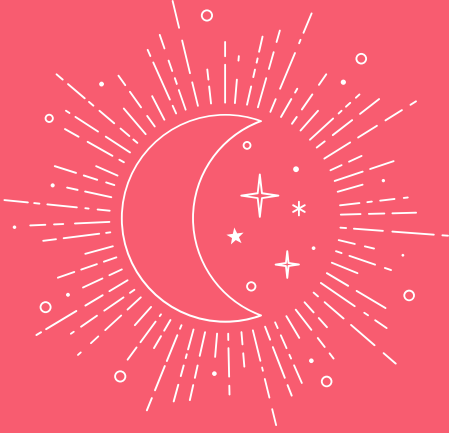
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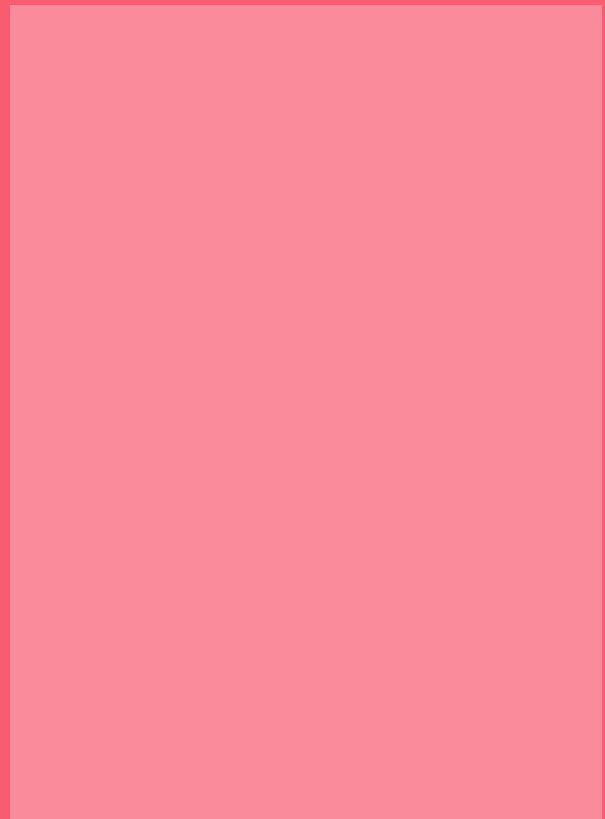
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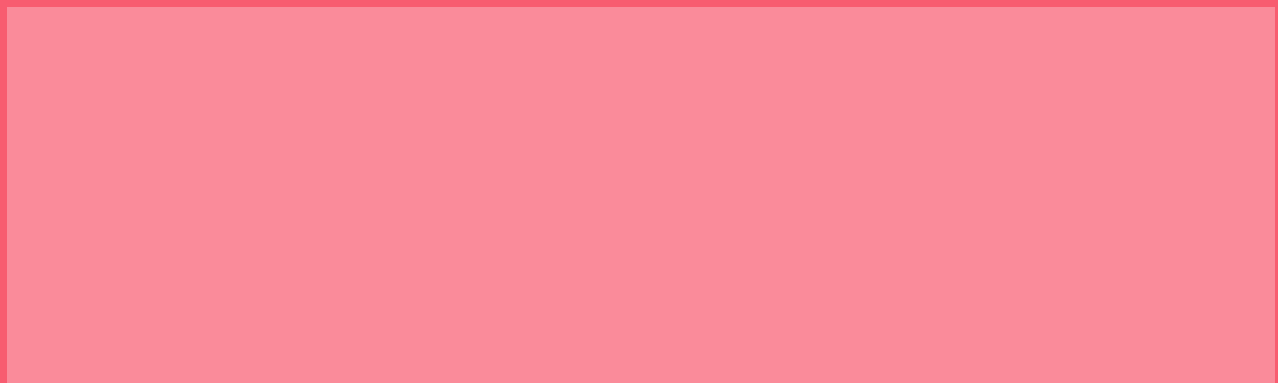
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DOODLE HERE:



HOW CAN I IMPROVE MY SELF CARE NEXT WEEK?



# THE LUNAR CYCLE

EACH CYCLE OF THE  
MOON IS ASSOCIATED  
WITH SPECIFIC  
ATTRIBUTES

USE THIS SPACE IN THE NOTEBOOK TO  
PLAN YOUR SPELLS, MANIFESTATIONS,  
OR SIMPLY TO MAKE INTENTIONS IN  
ACCORDANCE WITH THE MOON'S  
PHASES



# NEW MOON

## SET YOUR INTENTIONS

intention setting and self care

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MANTRA:

# WAXING CRESCENT

## PLAN YOUR WEEK

Goal Setting and Planning

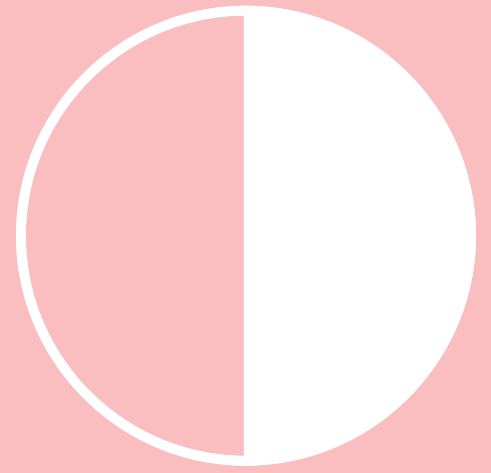
      

MY  
MANTRA:

# FIRST QUARTER

THEY SAY HARD WORK PAYS OFF

Take action and Work to Make Your Goals a Reality



MY  
MANTRA:

# WAXING GIBBOUS

REFLECT ON YOUR PROGRESS  
TOWARDS MINDFULNESS

reflect and meditate

MY  
MANTRA:

# FULL MOON

## CHARGE YOUR MOON WATER!

Manifest, Perform Ceremonies and  
Divination

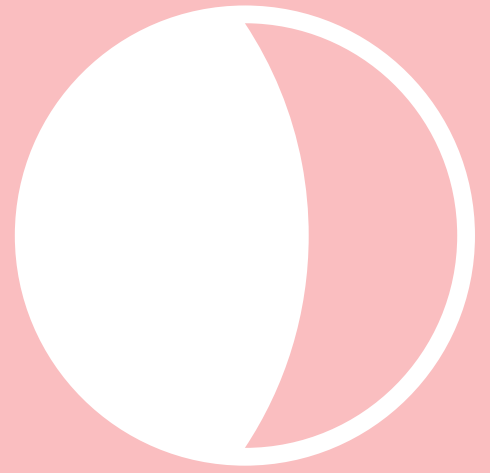


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MANTRA:

# WANING GIBBOUS

MAKE SOMETHING BEAUTIFUL

Pursue your creative hobbies

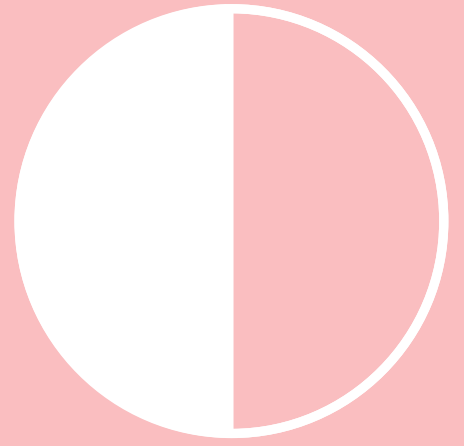
MY  
MANTRA:



# LAST QUARTER

LET THAT SHIT GO!

Release negative energy, let go of Beef,  
clear your energy fields



MY  
MANTRA:

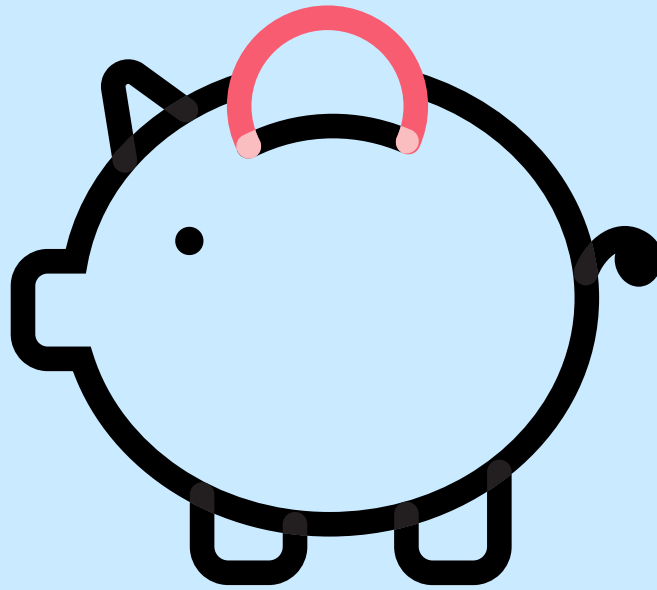
# WANING CRESCENT

## REFLECTION AND PLANNING

Quietly contemplate and plan your next steps



MY  
MANTRA:



# MANIFEST YOUR MONEY

**MANTRA: "MONEY FLOWS AND PROSPERITY GROWS INTO MY POCKETS AND OVERFLOWS. SAFE SECURE AND FREE FROM HARM. WEALTH COMES FROM MY GOOD LUCK CHARM"**

**SPELL CHARM: DRAW A DOLLAR SIGN AND AN INFINITY SYMBOL, ∞, ON A PIECE OF PAPER, AND THEN CHARGE IT BY THE LIGHT OF A CANDLE AND SMOKE OF INCENSE (IDEALLY, INCLUDING BASIL, CAMOMILE, OR OREGANO) WHILE YOU DO THIS RITUAL. PLACE YOUR PIECE OF PAPER IN YOUR POCKET, PURSE, WALLET, OR ALTER. TO MAKE THIS SPELL MORE POWERFUL, MEDITATE ON YOUR INTENTIONS FOR 15 MINUTES AFTER WITH A CITRINE CRYSTAL.**

















# HELPFUL HERBS TO KNOW

Use in incense, incantations, or simply learn to start learning about them to connect with nature

## BASIL

OCIMUM BASILICUM

Helps with Divination and spirit work, as well as love and protection. Plant this around your yard to keep enemies away, or scatter/burn the leaves to clear negative energies. Also associated with money magic.

## CHAMOMILE

ANTHEMIS NOBILIS

Helps with money, luck, cleansing, purification, and healing. Brewed in tea, this herb can help with everything from coughs, insomnia, and even anxiety.

## CINNAMON

CINNAMOMUM ZEYLANDICUM

Cinnamon is a common herb that can be used to increase intuition and psychic abilities. It can also encourage a spark in love and passion. As a protective herb, it can be used (burnt or placed into a balm) to protect you from those who would cause you harm. It can also be used to attract good fortune!

## EUCALYPTUS

EUCALYPTUS GLOBULUS

Eucalyptus is associated with protection and healing. It is often found as an ingredient of cold medicine and disinfectants. This herb is well renowned for its healing properties, place it under your mattress or on your night table to promote overall healing.

## LAVENDAR

LAVANDULA ANGUSTIFOLIA

Lavender is known for its sweet-smelling oil, which has relaxation properties. It is associated with cleansing, purification, calming dreams, relaxation, and love. As it is also associated with protection magic, hang a bundle of it in your home and stick a bushel of it under your pillow for sweet dreams.

## MANDRAKE

MANDRAGORA OFFOCINARUM

Mandrake is associated with lust, fertility, money, and protection.

## CATNIP

NEPETA CATARIA

Beloved by both humans and felines, Catnip can help us cleanse and purify a space. It also increases love, beauty, and happiness. It can also help bring peaceful dreams.

## HYSSOP

HYSSOPUS OFFICINALIS

Hyssop is traditionally used for purification, protection, and healing. It has been used in purification ritual ceremonies before Classical times. It is known for its ability to keep insects away.

## MUGWORT

ARTEMISIA VULGARIS

Mugwort is associated with divination, spirit work, intuition, psychic abilities, and protection. Stick it under your pillow for dream magic and prophecy.



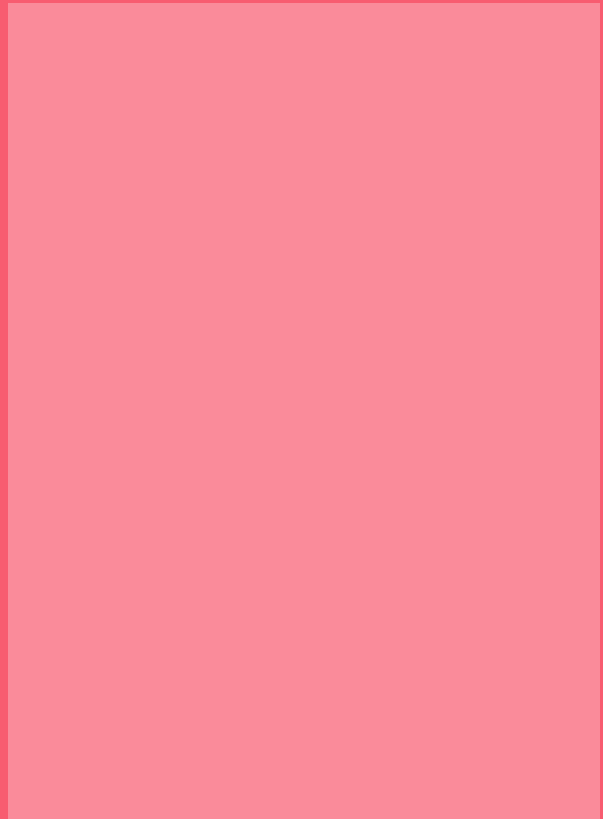
# MY REFLECTION

What did I accomplish this month? How do I feel? What do I want to do differently next month?

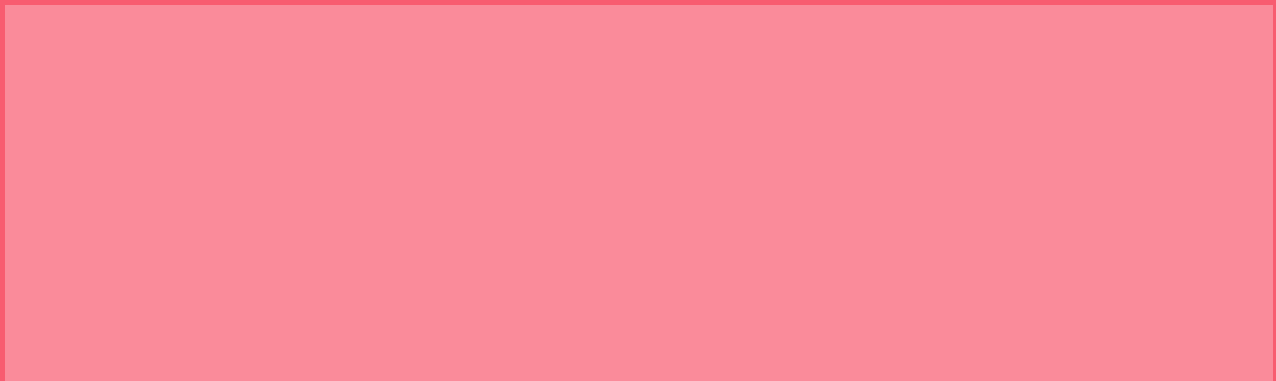
THINGS TO DO DIFFERENTLY NEXT MONTH:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
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3 THINGS I AM PROUD OF MYSELF FOR:



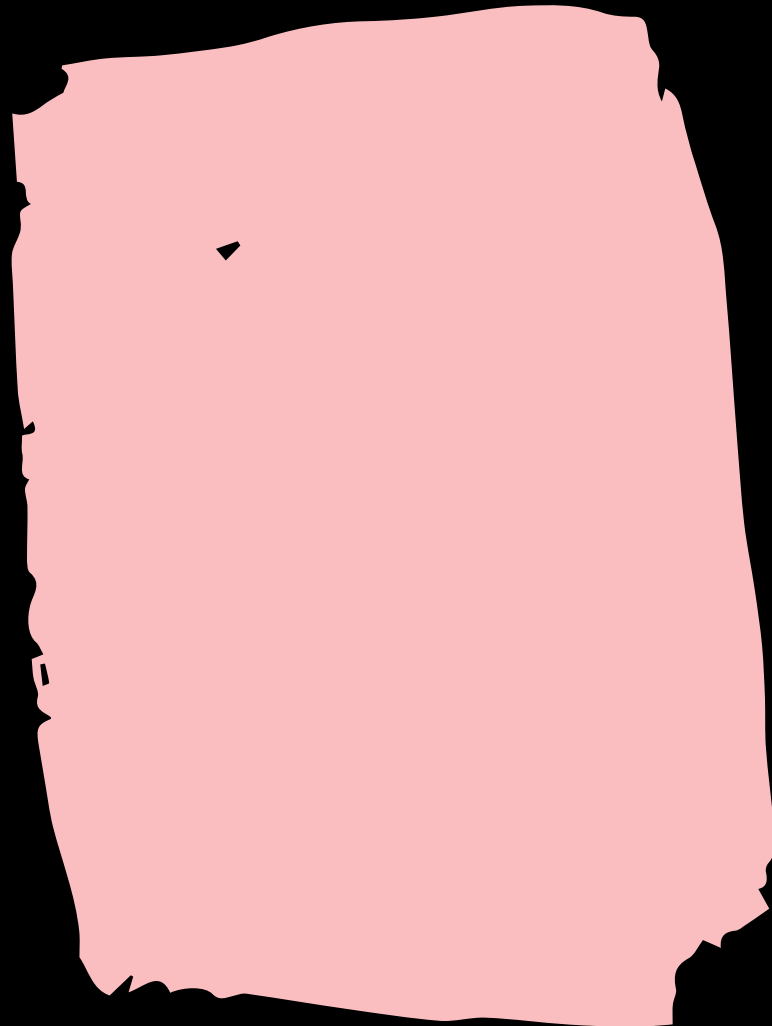
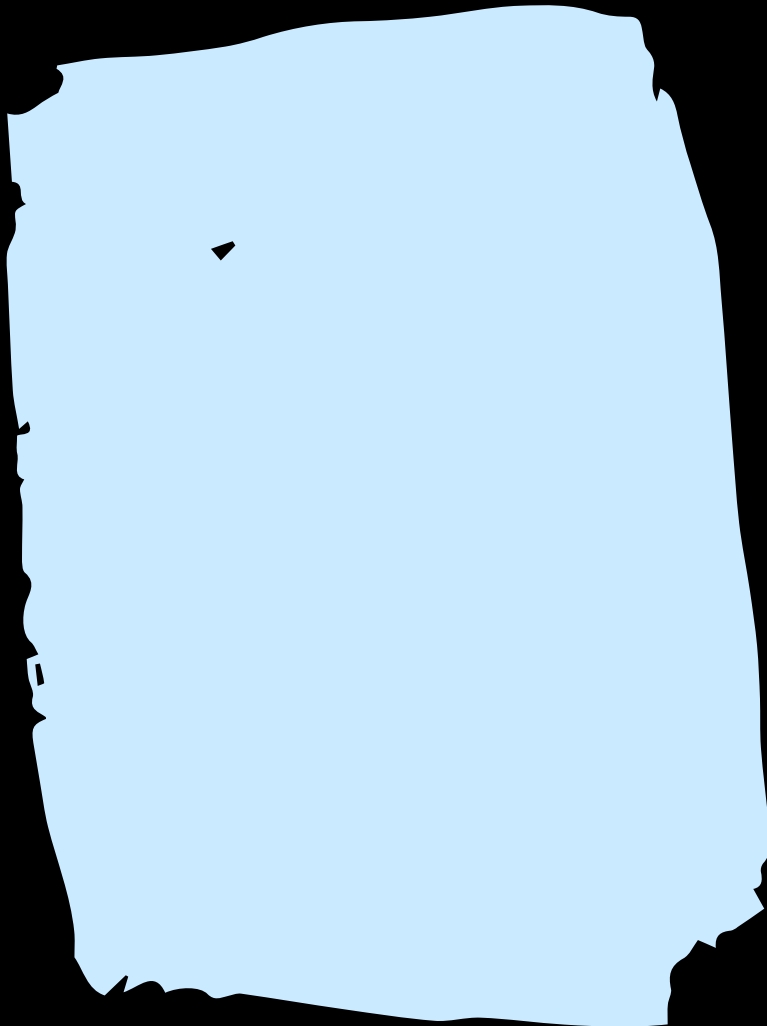
WHAT HOBBIES OR FUN ACTIVITIES DID I DO THIS MONTH?



# Mindfulness Exercise



Find a comfortable space, with candles or incense, where you can do some soul searching. On the left, write down a description of yourself with your dominant hand. Did you describe any attributes negatively? Use the right side to rewrite the description of yourself, this time using your non-dominant hand and purposefully writing a POSITIVE description of yourself filled with self-compassion and forgiveness. Using your non-dominant hand forces your mind to focus on the present moment and can activate more creative areas of your brain. Performed regularly, this exercise can help users gain self-confidence.



What Can I Learn from My Journey This Month?

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# MINDFULNESS

START :

END :

THIS MONTH I WAS MORE RELAXED WHEN I....

MY FAVORITE MEDITATION/SPELL/MANTRA WAS....

COMPLETEING THIS JOURNAL MAKES ME FEEL....

