

I Choose to be MAGNETIC

Your Magnetic Self: Quick Reflection Exercise

*Ready to step into your magnetic energy?
Grab a journal and let's dive in.*

Prepared by @pinkapproach with love

✨ I. Recognize Your Authentic Moments

Think back to a time when you felt completely yourself—no masks, no pretending.

What were you doing and who were you with?



What qualities showed up in you? (joy, freedom, creativity, confidence?)





2. Spot the Masks You've Been Wearing

We all wear masks to fit in or keep the peace. But they're blocking your magnetic energy.

In your relationships, career, or social life—where are you playing a role instead of being real?

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What labels have you been carrying? ("I'm not creative," "I'm bad with money," "I can't take risks")

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Where did these labels come from and how have they held you back?

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3. Rewrite Your Story

Time to flip the script.

What would your life look like if you dropped those old labels?

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What new, empowering belief do you want to embody instead?

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What's one small action you can take this week to live this new truth?

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4. Design Your Magnetic Life

Close your eyes and imagine it's one year from now.
Everything's aligned.

Where are you and what does your day look like?

Who are you surrounded by?

How do you feel in your body and mind?

What have you accomplished that makes you proud?



5. Choose Your Word

Pick ONE word that will guide your journey to becoming magnetic.

What energy do you want to embody?

My word is:



*"You are already magnetic.
Now it's time to let the world see it."*