



## **Pathways to the Craft Workshop Series**

### Outline

- Lesson 1: Shifting Your Attitude
- Lesson 2: Taking Inspired Action
- Lesson 3: Finding Alignment & Clarity
- Lesson 4: Discovering Abundance
- Lesson 5: Affirming Your Path



## Exercise: Shifting Your Attitude

### 1. Identify the Desire

Begin by identifying a specific goal you want to achieve. Write it down in detail. Why is this goal important to you? How will achieving it improve your life?

Example: "I want to develop a witchcraft practice that flows with my daily life, enabling me to live magically every day and advance my craft."

### 2. Recognize the Obstacles

List the obstacles or challenges you believe are standing in your way. Be honest and thorough.

Example: "I struggle to find time for rituals, I feel overwhelmed by the amount of information, I lack confidence in my abilities."

### 3. Shift Your Perspective

Close your eyes and take a few deep breaths. Visualize yourself overcoming each obstacle. See yourself integrating witchcraft seamlessly into your daily life.

Example: Picture yourself finding small moments throughout the day for magical practices, confidently using your knowledge, and feeling a deep connection to your craft.

### 4. Reframe the Obstacles

Reframe each obstacle as an opportunity for growth or a challenge to be embraced.

Obstacle: Struggling to find time for rituals

Reframe: An opportunity to incorporate simple, meaningful rituals into everyday activities, like a morning affirmation or a nightly gratitude practice.

Obstacle: Feeling overwhelmed by the amount of information

Reframe: A chance to focus on one area at a time, deepening your understanding gradually and enjoying the learning process.

Obstacle: Lacking confidence in your abilities

Reframe: A reminder that every practitioner starts somewhere, and each small step forward is progress.

### 5. Affirmations and Positive Statements

Action: Write down positive affirmations that support your new perspective. Repeat these affirmations daily to reinforce your shifted attitude.

"I weave magic into my daily life effortlessly."

"I enjoy the journey of learning and growing in my craft."

"I trust in my abilities and my unique path."



## **6. Seek Support and Accountability**

Action: Share your goals and plans with a trusted friend, mentor, or fellow practitioner who can provide support and hold you accountable.

Example: I'm going to share my practice plan with my coven or a like-minded friend and ask them to check in on my progress regularly.

If you don't have any witchy friends or a coven, yes you do. I'm here and you can email me anytime.

## **7. Reflect and Adjust**

Reflection: Regularly review your progress and reflect on what's working and what isn't. Adjust your plan as needed while maintaining a positive attitude.

Example: Every month, I'll evaluate my practice and make any necessary adjustments to ensure it continues to flow with my life.

Now what you learned today, is only the first step: Shifting your Attitude.

Practice this for 7 days and come back here next week for your next lesson: Taking Inspired Action