

MAGIC HOUR: SPRING EQUINOX

The Magic Hour: Spring Equinox Setting Intentions

Is there something you're feeling called to create or shift this season?

If this season could support one meaningful change in your life, what would it be?

Daily Mapping - Bring it into today — think simplicity

- What is one small thing I can do today to support what I feel called to create or shift?
- Where & When (specifically) can I create even a little more space for this today?
- Name the action, accountability and inspiration

Weekly Mapping - When in the week can I invite in Ritual

- What is one thing I can commit to this week that supports this intention?

Imagine looking at your week and choosing one simple ritual that supports what you're ready to shift or create.

Something small, consistent, and supportive.

- Where & When (specifically) can I create even a little more space for this?
- What can I say yes to this week? What might I need to say no to?
- Name the action, accountability and inspiration

Examples:

- waking up a little earlier
- meditation or breathwork
- journaling
- movement or the gym
- an art class or creative time
- time in nature
- a walk without your phone
- a date night or meaningful connection
- taking intentional rest

Seasonal Mapping - Plant the garden

- What wants to take shape in my life this season?
- What rhythms or rituals are you willing to nurture consistently to support your growth over the next few weeks to support this season in my life? Name something specific - it could even be planning something special for yourself, taking a course, doing a class, 'doing the thing'.
- Name the action, accountability and inspiration

Yearly Mapping - Integration & The unfolding of Life Design

- Staying connected to your desires & intention, what do you wish to unfold over the next year?
- What kind of life slowly building through these small choices?
- Name the action, accountability and inspiration

Imagine it is spring 2027.... You are looking back and you say...

The one thing/ritual... (insert answer here) that I committed to last year was the most impactful to supporting the life I am creating and living today. I am so grateful for... I am most inspired when...