

WORKSHOP WORKBOOK

Applying the Elements in Everyday Life



A Companion to Lesson 11

CASE STUDY 1

SCENARIO

Read the scenario below.
What elements are
in balance, and
which are not?



WHICH ELEMENT IS STRONGEST?

WHY?

MAGICAL IDEAS

WHICH ELEMENT IS MISSING?

PRACTICAL ADVICE

PERSONAL NOTES

CASE STUDY 2

SCENARIO

Read the scenario below.
What elements are
in balance, and
which are not?



WHICH ELEMENT IS STRONGEST?

WHY?

MAGICAL IDEAS

WHICH ELEMENT IS MISSING?

PRACTICAL ADVICE

PERSONAL NOTES

*The elements are always working with you.
When you understand their gifts,
you can create a life of balance, purpose, and magic.*





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CASE STUDY 3

SCENARIO

Read the scenario below.
What elements are
in balance, and
which are not?



WHICH ELEMENT IS STRONGEST?



WHICH ELEMENT IS MISSING?



WHY?



PRACTICAL ADVICE



MAGICAL IDEAS



PERSONAL NOTES

CASE STUDY 4

SCENARIO

Read the scenario below.
What elements are
in balance, and
which are not?



WHICH ELEMENT IS STRONGEST?



WHICH ELEMENT IS MISSING?



WHY?



PRACTICAL ADVICE



MAGICAL IDEAS



PERSONAL NOTES



Observe. Reflect. Balance.
The elements are always present.
When we understand their energy,
we can create harmony in everyday life.





WORKSHOP WORKBOOK

Designing My Elemental Day









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Plan your day with the elements. Choose simple practices that bring balance and intention to your morning, afternoon, and evening. Then reflect on how the day felt.


MORNING

Set the tone for your day with the wisdom of Earth and Air.



EARTH



AIR


PRACTICES & INTENTIONS


NOTES


AFTERNOON

Bring your energy and creativity to life.



FIRE



WATER


PRACTICES & INTENTIONS


NOTES


EVENING

Close your day with reflection and connection to Spirit.



SPIRIT


PRACTICES & INTENTIONS


NOTES



REFLECTION

How did today feel?
 What did I notice? What was supportive? What do I want to carry forward?





When you move with the elements,
 you move with the rhythm of life.
 Balance creates magic.





DESIGNING A SPELL WORKSHOP

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Plan your spell with intention, creativity, and respect for the elements.



1. MY INTENTION

What do I wish to create, change, attract, or release?



2. DESIRED OUTCOME

What will I see, feel, or experience when my spell is successful?



3. PRIMARY ELEMENT

Which element is the most important for this spell and why?



4. SUPPORTING ELEMENTS

Which other elements will support my intention?





5. SYMBOLS

What symbols will I use?



6. COLORS

What colors support my intention?



7. HERBS

Which herbs will I include?



8. CRYSTALS

Which crystals will I use?



9. INCENSE

What incense or scents will I use?



10. ACTIONS I'LL TAKE

What will I do during the spell? (Steps, gestures, offerings, chant, visualization, etc.)



11. CLOSING WORDS

How will I close my spell and give thanks?



12. NOTES

Any other notes, ideas, or reminders.



May your spell be guided by wisdom, your heart, and the elements.

BLESSED BE.



PERSONAL GROWTH REFLECTION

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*Take time to reflect on your journey with the elements this month.
Honesty and awareness help your magic—and your life—grow.*



1. What surprised me most this month?

Four horizontal lines for writing.



2. Which element became my closest companion?

Four horizontal lines for writing.



3. Which element challenged me?

Four horizontal lines for writing.



4. What have I learned about myself?

Four horizontal lines for writing.



5. What practice will I continue?

Four horizontal lines for writing.





LOOKING AHEAD

My Commitment

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*As you continue your journey with the elements,
set your intentions and step forward with purpose and magic.*



1. THIS MONTH I WILL CONTINUE...



2. THE ELEMENT I'LL FOCUS ON...



3. ONE GOAL FOR NEXT MONTH...



SIGNATURE



DATE



*The path of magic is a lifelong journey.
With intention, practice, and trust,
you create a life of balance,
wisdom, and wonder.*

