

REAL MAGIC  
Journal  
DAILY HABITS FOR SUCCESS



ANDERS HANSEN

# Welcome to your awaken year!

It is my absolute pleasure to welcome you to this one-year journal that guides you through daily exercises that will ensure daily momentum and growth. Furthermore, it will help you build the habit of consistency - repetition is key.

The intention behind this journal is to awaken your mind allowing you to step into your future self and live the life that you truly wish for and deserve.

Perhaps you are already part of one of our programs or maybe you are new to our community, but the most important thing is that you are here now committing to yourself and your dreams - every-thing becomes possible once you commit yourself to it!

This journal is created with the purpose of supporting your development and it consists of nine carefully chosen areas to start off every each day with important reflection. I suggest that you write out everything with your non-dominant hand to bring your present attention to the reflection.

Below here you will find a presentation of each of the nine areas in order for you to maximize momentum!

1: In the upper left corner you can track how many days you have been writing in your journal and below you fill in the date of the day. It is a great opportunity to strengthen your discipline and persistence when you write daily.

2: Below the date, you will see a small box dedicated to your daily focus. Write here, short and precise, what you wish for today's focus to be. Maybe it is being balanced, maybe it is calmness, maybe it is movement, strength, or discipline. Whatever it might be, write it there to emphasize it to yourself.

3: In the upper right corner you will find space to write out your goal. This should always be done with your non-dominant hand.

4: Below your goal statement area, you will write out what you are grateful for. Daily gratitude is something I have practiced for the past 10 years and it is extremely powerful as it instantly increases your vibration. Make sure you FEEL it and not just write it.

5: To the right of your gratitude area, you will find the headline "Magic in My Mind". This is a space designed for you to write out ideas and creative concepts from YOUR Magical Mind. Once you feel your gratitude flow through you, you will be able to connect with your higher self from which all answers and insights come.

6, 7 & 8: Below, you will list one good thing you did for yourself on the day before, as well as one good thing you did for someone else, and last but not least; send love to someone who needs it. This can be someone you need to forgive or someone you need to release from your system emotionally.

9: Lastly, you will list the 6 goal-achieving activities that will bring you closer to your goal.

Please share your Real Magic Journey with me on my social media platforms so that my team and I can celebrate and support you on your path to success!

In loving gratitude,

A handwritten signature in black ink, appearing to read "Audra" followed by an exclamation point. The signature is written in a cursive, flowing style.

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MAKE THE  
IMPOSSIBLE,  
**POSSIBLE!**

[www.AndersHansen.com](http://www.AndersHansen.com)