

# MANIFEST *like an* EMPRESS



Script Your Dreams  
to Reality



# My Dearest Empress,

Welcome to a space where your desires are sacred, your softness is your strength and your business is treated like the temple it truly is.

**This isn't just a journal.**

It's a portal back to your Feminine Business Essence — where strategy meets soul, where magnetism replaces burnout, and where you attract instead of chase.

Inside these pages, you'll meet the version of you who:

- *Leads with energy, not exhaustion*
- *Creates from alignment, not anxiety*
- *Receives with grace, not guilt*

This journal is filled with prompts, rituals, and activations designed to reconnect you with your true frequency of wealth, voice, and visibility.

**You're not here to push — you're here to flow and flourish.**

**Not to work harder, but to remember who you are.**

**So light a candle.**

**Exhale.**

**And write like the Empress you are.**

**Your next level doesn't require more doing — only deeper being.**

**With sacred devotion,**

**Amrita**

**Feminine Business Essence Coach | Manifestation Coach**

✉ [@manifestwithamrita](mailto:@manifestwithamrita)



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# What is Empress Journaling?

Empress Journaling is not just about writing.  
It's a ritual a soft throne you return to daily,  
where your intuition leads, your truth speaks,  
and your desires are declared with divine authority.  
This is where the Queen in you meets the Womb of the Universe.

## 01. Create Your Sacred Space

- Light a candle or incense.
- Play soft instrumental or soulful music.
- Take three deep belly breaths.
- Whisper: "I am safe to receive. I am ready to remember."

## 02. Choose Your Empress Prompt

- Use the prompt of the day from your journal.
- Or intuitively ask: "What does my Empress self want to say today?"

## 03. Free Flow Write (5–15 minutes)

- Let go of "doing it right."
- Write as if no one is reading — especially your inner critic.
- Use "I desire...", "I claim...", "I remember..." to anchor your power.

## 04. Seal with a Declaration

- End each entry with a bold truth.
- Examples:
  - "It is done."
  - "This or something better."
  - "I am the Empress of my reality."

## 05. Anchor It Into the Body

- Place your hands on your heart or womb.
- Say your favorite affirmation or mantra.
- Anchor It Into the Body
- Visualize golden light wrapping around your desires.

Step-by-Step Daily Ritual



# Empress Writing Prompts You Can Use Anytime

- What does my Empress self know about this situation?
- Where am I ready to lead with softness today?
- What do I get to release to rise in my power?
- How do I magnetize more (love/money/peace) today?
- What would I write if I knew I couldn't get it wrong?

## Empress Codes to Remember

- There's no wrong way to journal.
- You are your safest space.
- Slowness = Power.
- Your desires are divine instructions.
- Ritual makes the ordinary sacred.

## Suggested Empress Rhythm

Time of Day	Empress Ritual Idea
Morning (5–15 mins)	Desire Setting + Anchoring Mantra
Midday Break	Check-in prompt: "How can I support myself right now?"
Evening (10–20 mins)	Gratitude + Soul Memory Journaling

## Final Note from Your Journal Guide

My Dearest Empress,  
Every time you pick up this journal, you're not just writing —  
You're remembering your power.  
You're calling your energy home.  
You're choosing to manifest from magnetism, not force.  
Let every page be a mirror of your soul and a map to your empire.



# Why yellow page and red pen

## 01. Yellow Page: The Brain's Highlighter

- **Neurological Activation:**
  - Yellow is the most visually stimulating color for the brain.
  - It enhances mental clarity, memory retention, and optimism — ideal for subconscious imprinting.
  - Yellow activates the left hemisphere of the brain (logical, analytical), helping ground spiritual insights into action.
- **Energetic Significance:**
  - Associated with the Solar Plexus Chakra (self-worth, willpower, confidence).
  - Journaling on yellow helps women reclaim energetic authority and inner leadership — a big match for your Empress/Queen archetype.
  - It makes your words feel alive, glowing, sacred.





## 02 Red Pen: Energetic Signature + Subconscious Command

- **Psychology of Red:**
  - Red is the first color the human eye detects it triggers attention, emotion, and urgency.
  - It's often used in branding and rituals to mark importance or imprint intensity.
- **Subconscious Rewiring:**
  - The reticular activating system (RAS) in your brain flags red-linked content as “emotionally important.”
  - When you write affirmations or intentions in red, you're telling your subconscious: “this is non-negotiable.”
- **Chakra Link:**
  - Red is the color of the Root Chakra safety, survival, grounding.
  - Using red connects your desires to earth energy it grounds dreams into reality.

## Why This Combo Is So Effective for Manifestation:

ELEMENT	PURPOSE
Yellow Page	Boosts focus, memory, and solar plexus confidence
Yellow Page	Charges words with urgency, emotion, and sacred energy
Together	Creates a neuro-magical ritual that rewires identity

# Archetype Quiz





# Our Archetype Reflection Pages

Meet the Sacred Women Within You

Every Empress holds multitudes the Wild Woman, the Lover, the Queen, the Mystic, the Mother, the Maiden...

These pages are where you explore your inner archetypes, decode their messages, and embody the ones calling you forward now.

## How to Use These Pages

### 1. Choose One Archetype at a Time

- Let her speak to you.
- You may pick based on what you're experiencing love, business, healing, grief, power, expansion.

### 2. Reflect on Her Energies

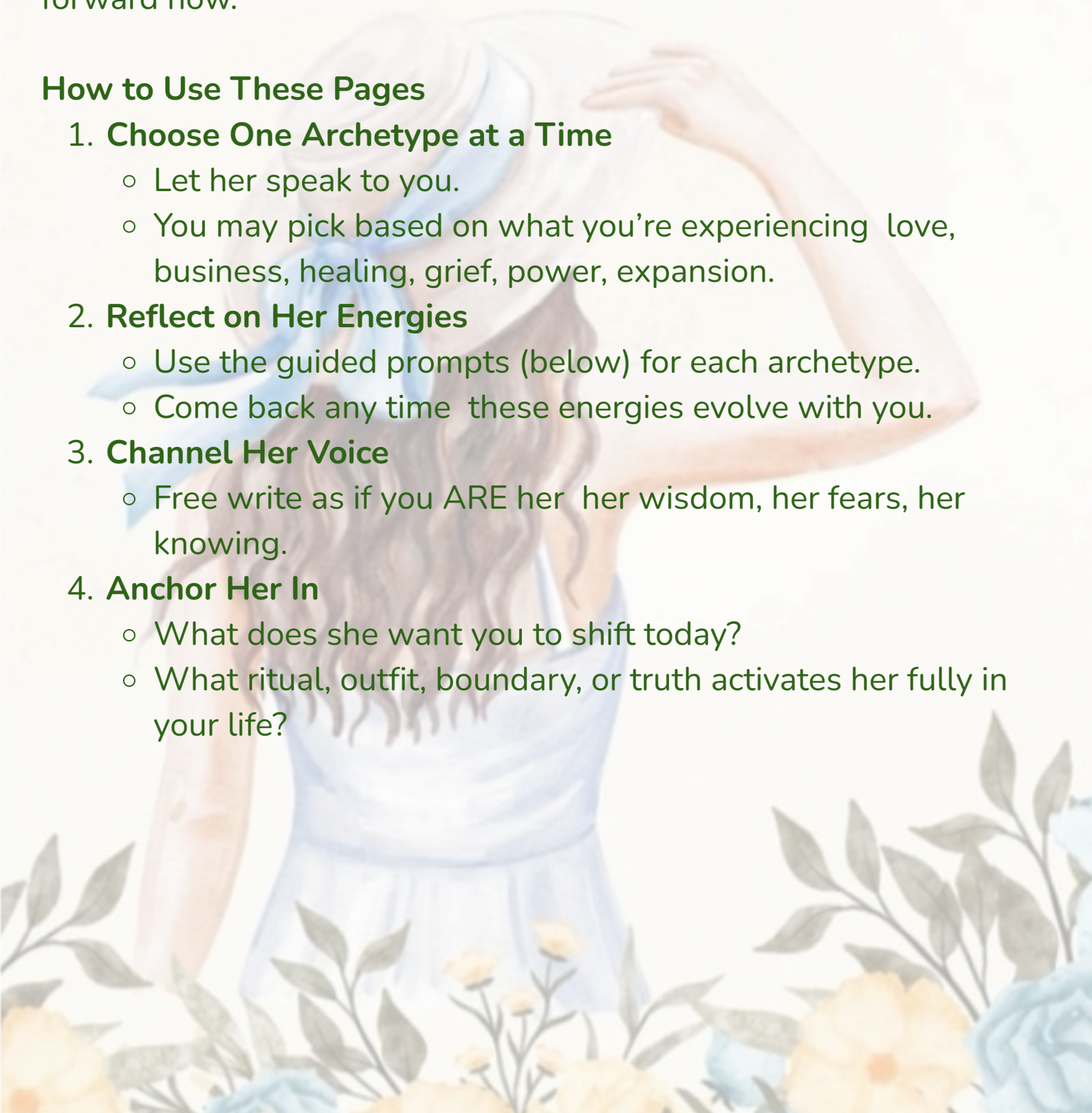
- Use the guided prompts (below) for each archetype.
- Come back any time these energies evolve with you.

### 3. Channel Her Voice

- Free write as if you ARE her her wisdom, her fears, her knowing.

### 4. Anchor Her In

- What does she want you to shift today?
- What ritual, outfit, boundary, or truth activates her fully in your life?



# Archetype Reflection: The Divine Dreamer

## Who She Is:

The visionary soul. She holds cosmic dreams, divine intuition, and boundless imagination. Her realm is vision boards, spiritual downloads, and sacred silence.

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## Her Signature Energy Feels Like:

## When I am in her energy, I...

## Her message for me right now:

## What she's asking me to remember:

## Where I block her expression in me:

## A ritual to awaken her today:

## I feel her most when...

## Affirmation as this Archetype:

"As the Divine Dreamer, I trust my vision and ground it into reality."



# Archetype Reflection: The Sacred Hustler

## Who She Is:

The strategic go-getter. She channels ambition, drive, and purpose with sacred structure. She builds empires with intention and leads with aligned action.

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## Her Signature Energy Feels Like:

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## When I am in her energy, I...

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## Her message for me right now:

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## What she's asking me to remember:

---

---

## Where I block her expression in me:

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## A ritual to awaken her today:

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## I feel her most when...

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## Affirmation as this Archetype:

"As the Sacred Hustler, I take inspired action with calm certainty."



# Archetype Reflection: The Soulful Seeker

## Who She Is:

The wisdom keeper. She lives in deep connection with her soul, spirit, and inner peace. She hears the whispers of the Universe and honors divine timing.

## Her Signature Energy Feels Like:

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## When I am in her energy, I...

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## Her message for me right now:

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## What she's asking me to remember:

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---

## Where I block her expression in me:

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## A ritual to awaken her today:

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## I feel her most when...

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## Affirmation as this Archetype:

"As the Soulful Seeker, I trust my wisdom and move with grace."

# Archetype Reflection: The Magnetic Queen

## Who She Is:

The sovereign woman. She leads with grace, embodiment, and unshakable feminine power. Her magnetism lies in her presence, her rituals, and her radiant self-worth.

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## Her Signature Energy Feels Like:

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## When I am in her energy, I...

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## Her message for me right now:

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## What she's asking me to remember:

---

---

## Where I block her expression in me:

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## A ritual to awaken her today:

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---

## I feel her most when...

---

---

## Affirmation as this Archetype:

"As the Magnetic Queen, I lead from soul and receive with elegance."



# Week 1-4: Grounding & Archetype Integration

**Focus:** Identity Safety, Self-Knowing, Embodiment

**Vibe:** Gentle, anchoring, soulful

ELEMENT	EXAMPLE
Daily Theme	Day 6: Anchoring My Divine Dreamer
Sacred Line	Day 6: Anchoring My Divine Dreamer
Prompt 1	What dream keeps returning to me, gently asking to be heard?
Prompt 2	What action can I take today to ground this dream in love, not pressure?

# Week 5-8: Boundaries & Belief Rewiring

**Focus:** Subconscious rewiring, releasing people-pleasing, energetic sovereignty

**Vibe:** Powerful, clear, sacred

ELEMENT	EXAMPLE
Daily Theme	Day 47: Reclaiming My Feminine Edge
Sacred Line	“I soften, and I rise.”
Prompt 1	What old identity am I still proving today?
Prompt 2	How can I surrender with more power, not panic?



# Week 9-12: Wealth & Receiving Codes

**Focus:** Feminine Money Magnetism, Overflow Mindset, Wealth Identity

**Vibe:** Luxurious, soft, magnetic

ELEMENT	EXAMPLE
Daily Theme	Day 63: Becoming a Vessel for Wealth
Sacred Line	“My presence is my prosperity.”
Prompt 1	How is money already showing up for me today, in ways I almost missed?
Prompt 2	What loving action can I take today to feel like a woman who receives with grace?

# Week 13+: Business & Radiance Power

**Focus:** Soul-Aligned Strategy, Embodied Selling, Radiant Visibility

**Vibe:** Bold, embodied, sacred CEO

ELEMENT	EXAMPLE
Daily Theme	Day 80: Leading Like a Queen
Sacred Line	“My voice is my value.”
Prompt 1	How is my message meant to activate others right now?
Prompt 2	What would my higher self say, sell, or share today — with ease and soul?

# WEEK 1

## Day 1

**Grounding Exercise:** 5 deep belly breaths with feet flat on the ground. Feel your spine straight and body heavy.

- **Divine Dreamer:** What would it feel like to fully trust my dreams are supported by the Earth?
- **Sacred Hustler:** Where am I holding stress about performance?
- **Soulful Seeker:** What messages does my body want me to hear?
- **Magnetic Queen:** What makes me feel deliciously safe in my feminine energy?

*Journaling Space:*







# Day 2

**Grounding Exercise:** Walk barefoot on natural ground for 5 minutes and feel every step.

- **Divine Dreamer:** Where do I resist slowing down and rooting into now?
- **Sacred Hustler:** What habits disconnect me from my grounded power?
- **Soulful Seeker:** How safe do I feel being seen in my spiritual identity?
- **Magnetic Queen:** How does sensory presence amplify my power?

*Journaling Space:*





# Day 3

**Grounding Exercise:** Gentle body stretch with eyes closed, focusing on where tension lives.

- **Divine Dreamer:** What tension am I ready to release from my body today?
- **Sacred Hustler:** How can I honour slow productivity today?
- **Soulful Seeker:** What can I learn from the stillness of nature?
- **Magnetic Queen:** Where can I soften into the moment instead of controlling it?

*Journaling Space:*







# Day 4

**Grounding Exercise:** Journal or sit in silence under a tree or with a grounding crystal.

- **Divine Dreamer:** What beliefs anchor my creative visions into reality?
- **Sacred Hustler:** How do I anchor safety in receiving and giving?
- **Soulful Seeker:** How can discipline create deeper devotion?
- **Magnetic Queen:** How does my body want to receive the Earth's nourishment?

**Journaling Space:**







# Day 5

**Grounding Exercise:** Describe or draw a place that feels deeply safe to you.

- **Divine Dreamer:** How can I recreate this safety in my daily life?
- **Sacred Hustler:** How do I ground myself when things feel chaotic?
- **Soulful Seeker:** What anchors me to my truth when the world gets loud?
- **Magnetic Queen:** What does grounded confidence look like for me?

**Journaling Space:**





# Day 6

**Grounding Exercise:** 4-7-8 breathwork (inhale 4, hold 7, exhale 8) for 3 rounds.

- **Divine Dreamer:** What part of me still feels ungrounded in this season?
- **Sacred Hustler:** What do I notice about my pace and presence?
- **Soulful Seeker:** What strengths did I inherit that ground me today?
- **Magnetic Queen:** Where do I still link worth to doing?

**Journaling Space:**







# Day 7

**Grounding Exercise:** Repeat a grounding mantra like “I am safe, I am held, I am rooted” for 1-2 minutes.

- **Divine Dreamer:** What mantra brings me into my body instantly?
- **Sacred Hustler:** How can I honour my hustle with sacred presence?
- **Soulful Seeker:** What do I avoid hearing when I stay busy?
- **Magnetic Queen:** What physical anchors remind me of my reality?

**Journaling Space:**







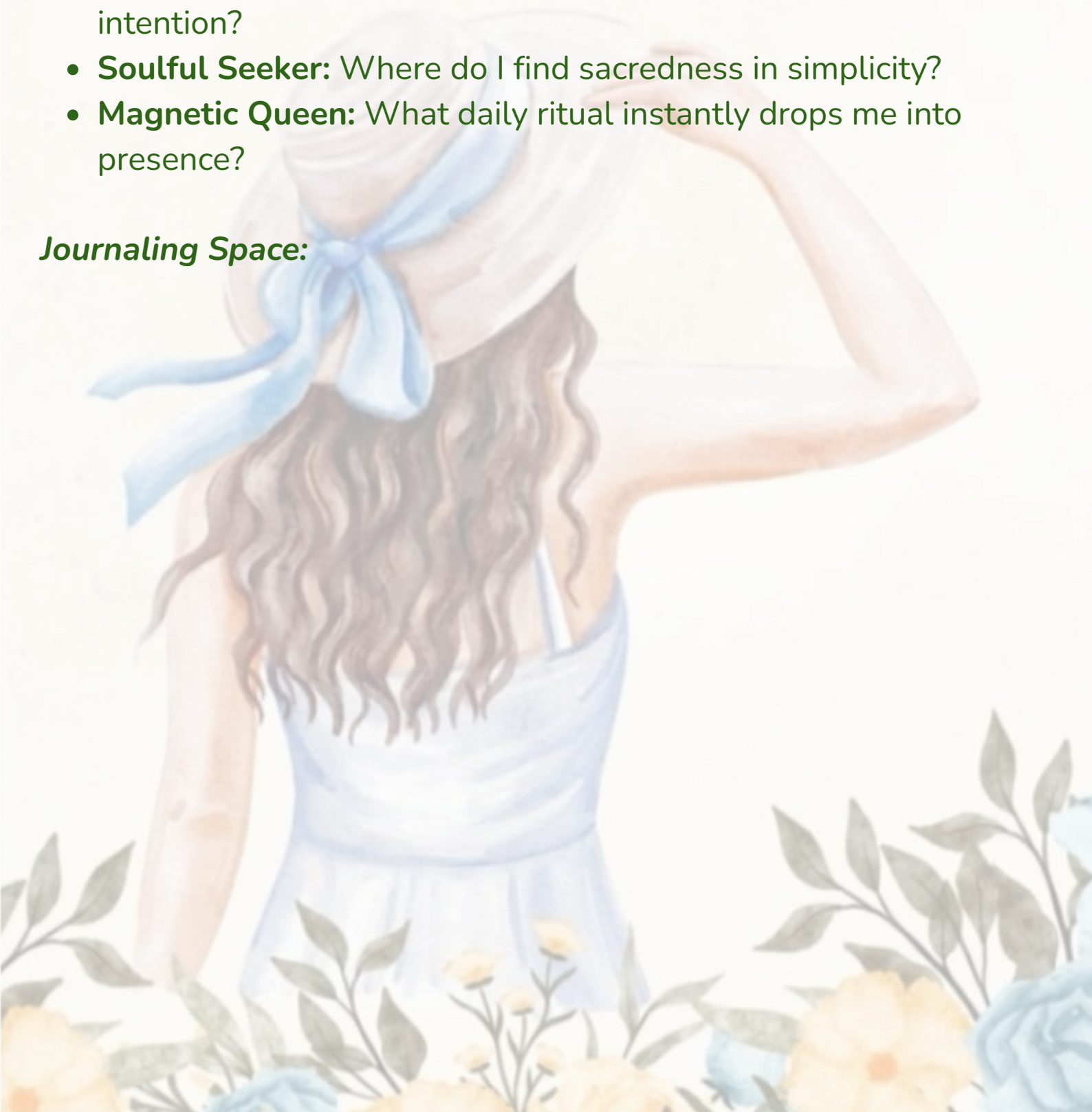
# WEEK 2

## Day 1

**Grounding Exercise:** Body tapping from head to toes while breathing deeply.

- **Divine Dreamer:** What parts of my vision feel most alive in my body?
- **Sacred Hustler:** How can I ground my to-do list in aligned intention?
- **Soulful Seeker:** Where do I find sacredness in simplicity?
- **Magnetic Queen:** What daily ritual instantly drops me into presence?

*Journaling Space:*





# Day 2

**Grounding Exercise:** Hug yourself tightly for one full minute.

- **Divine Dreamer:** What dream wants to feel more real?
- **Sacred Hustler:** Where can I bring in more softness to my routine?
- **Soulful Seeker:** What does grounded spiritual practice look like for me?
- **Magnetic Queen:** How does my sensual body want to feel held today?

*Journaling Space:*







# Day 3

**Grounding Exercise:** Light a candle and journal with a warm drink.

- **Divine Dreamer:** What brings me comfort and inspiration at the same time?
- **Sacred Hustler:** What part of my workflow needs more breath and space?
- **Soulful Seeker:** What feels like spiritual nourishment right now?
- **Magnetic Queen:** What beauty grounds me into the moment?

*Journaling Space:*





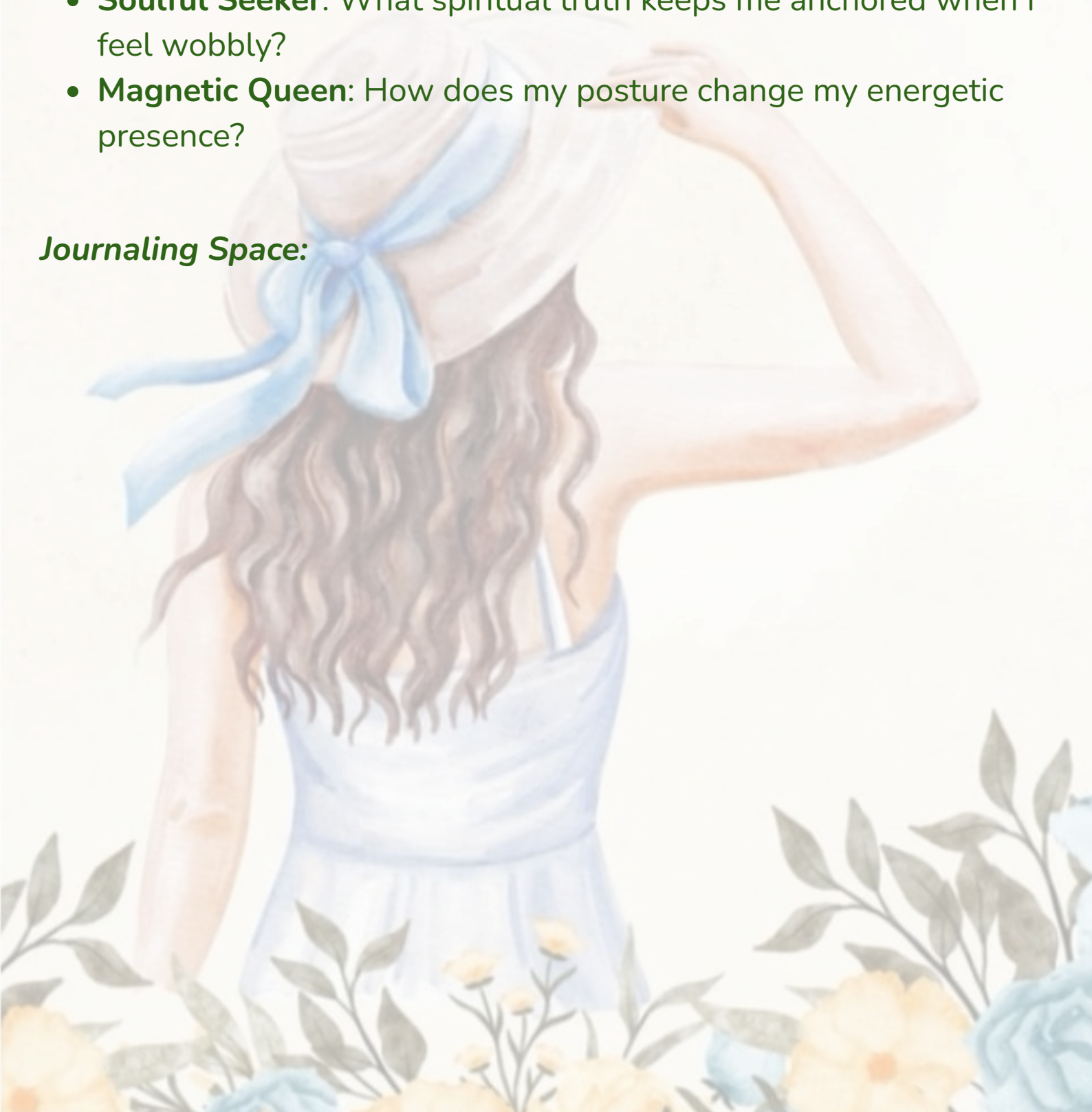


# Day 4

**Grounding Exercise:** Sit with your spine against a wall or tree for 5 minutes.

- **Divine Dreamer:** Where do I need more support in my dreaming?
- **Sacred Hustler:** What practical step would bring me peace today?
- **Soulful Seeker:** What spiritual truth keeps me anchored when I feel wobbly?
- **Magnetic Queen:** How does my posture change my energetic presence?

*Journaling Space:*





# Day 5

**Grounding Exercise:** Focus on the soles of your feet while walking slowly.

- **Divine Dreamer:** What am I walking toward this season?
- **Sacred Hustler:** How can I build momentum without force?
- **Soulful Seeker:** What grounded rituals do I want to carry forward?
- **Magnetic Queen:** What part of me feels most magnetic when I slow down?

*Journaling Space:*







# Day 6

**Grounding Exercise:** Use a grounding essential oil (e.g., vetiver or patchouli) during breathwork.

- **Divine Dreamer:** What scent or feeling brings me back into trust?
- **Sacred Hustler:** How do I hold structure without losing soul?
- **Soulful Seeker:** How does the Earth mother me today?
- **Magnetic Queen:** How can I anchor pleasure in the ordinary?

*Journaling Space:*







# Day 7

**Grounding Exercise:** Listen to a grounding frequency or nature sounds for 10 minutes.

- **Divine Dreamer:** What dream needs deeper roots?
- **Sacred Hustler:** What is one grounded way I can celebrate my growth?
- **Soulful Seeker:** Where does grounded devotion want to bloom?
- **Magnetic Queen:** What does radiant stillness feel like in my body?

*Journaling Space:*





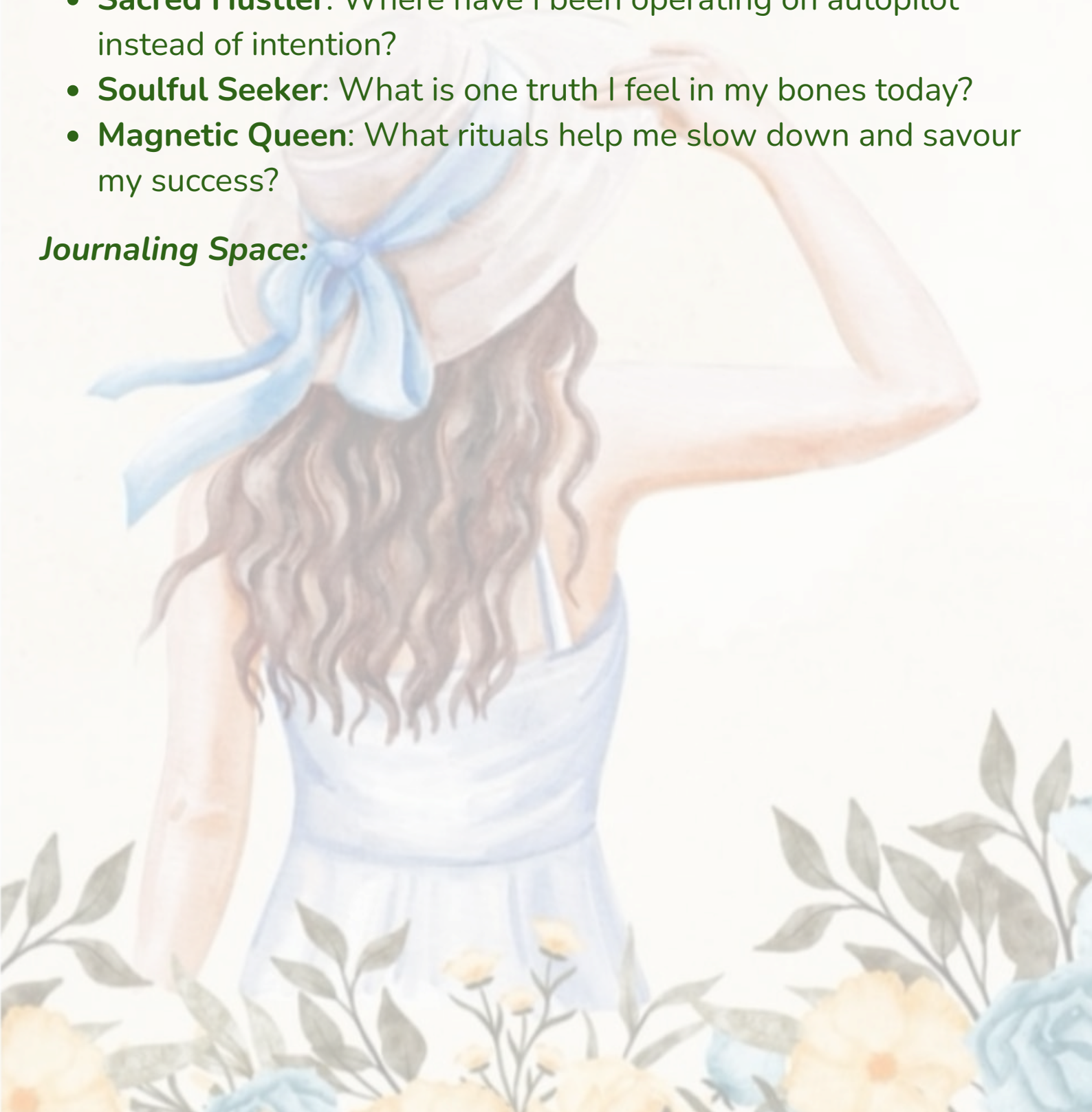
# WEEK 3

## Day 1

**Grounding Exercise:** Sit with a warm drink in silence for 10 minutes, no distractions.

- **Divine Dreamer:** What does stillness reveal about the next step in my vision?
- **Sacred Hustler:** Where have I been operating on autopilot instead of intention?
- **Soulful Seeker:** What is one truth I feel in my bones today?
- **Magnetic Queen:** What rituals help me slow down and savour my success?

**Journaling Space:**







# Day 2

**Grounding Exercise:** Place your palms over your heart and belly; breathe into both centers.

- **Divine Dreamer:** What desire lives in my heart right now?
- **Sacred Hustler:** What would it feel like to work from the heart instead of the mind?
- **Soulful Seeker:** What inner wisdom wants to lead me today?
- **Magnetic Queen:** What kind of love do I want to radiate today?

*Journaling Space:*







# Day 3

**Grounding Exercise:** Sit cross-legged and hum softly, feeling the vibration in your chest.

- **Divine Dreamer:** What dream has been quietly calling me lately?
- **Sacred Hustler:** What do I need to pause in order to hear my own voice again?
- **Soulful Seeker:** What part of me longs to be expressed?
- **Magnetic Queen:** How does my energy shift when I move from noise to resonance?

*Journaling Space:*





# Day 4

**Grounding Exercise:** Journal while holding a grounding object (stone, root, wood).

- **Divine Dreamer:** What is one rooted commitment I want to make to my dream?
- **Sacred Hustler:** What is the cost of being ungrounded in my ambition?
- **Soulful Seeker:** What would help me feel more anchored in my purpose?
- **Magnetic Queen:** What does graceful, embodied leadership mean to me?

*Journaling Space:*







# Day 5

**Grounding Exercise:** Lie down on the floor with a pillow under your knees and feel fully supported.

- **Divine Dreamer:** How does surrender help my dreams take form?
- **Sacred Hustler:** What would it feel like to be supported by life itself?
- **Soulful Seeker:** Where can I soften and trust more today?
- **Magnetic Queen:** What makes me feel luxuriously safe to receive?

*Journaling Space:*







# Day 6

**Grounding Exercise:** Create a short ritual with incense or scent to begin your journaling.

- **Divine Dreamer:** What new reality do I want to breathe life into?
- **Sacred Hustler:** What action today can feel both efficient and sacred?
- **Soulful Seeker:** How does ritual bring me back to my essence?
- **Magnetic Queen:** What small, sacred habit feels like royalty to me?

*Journaling Space:*



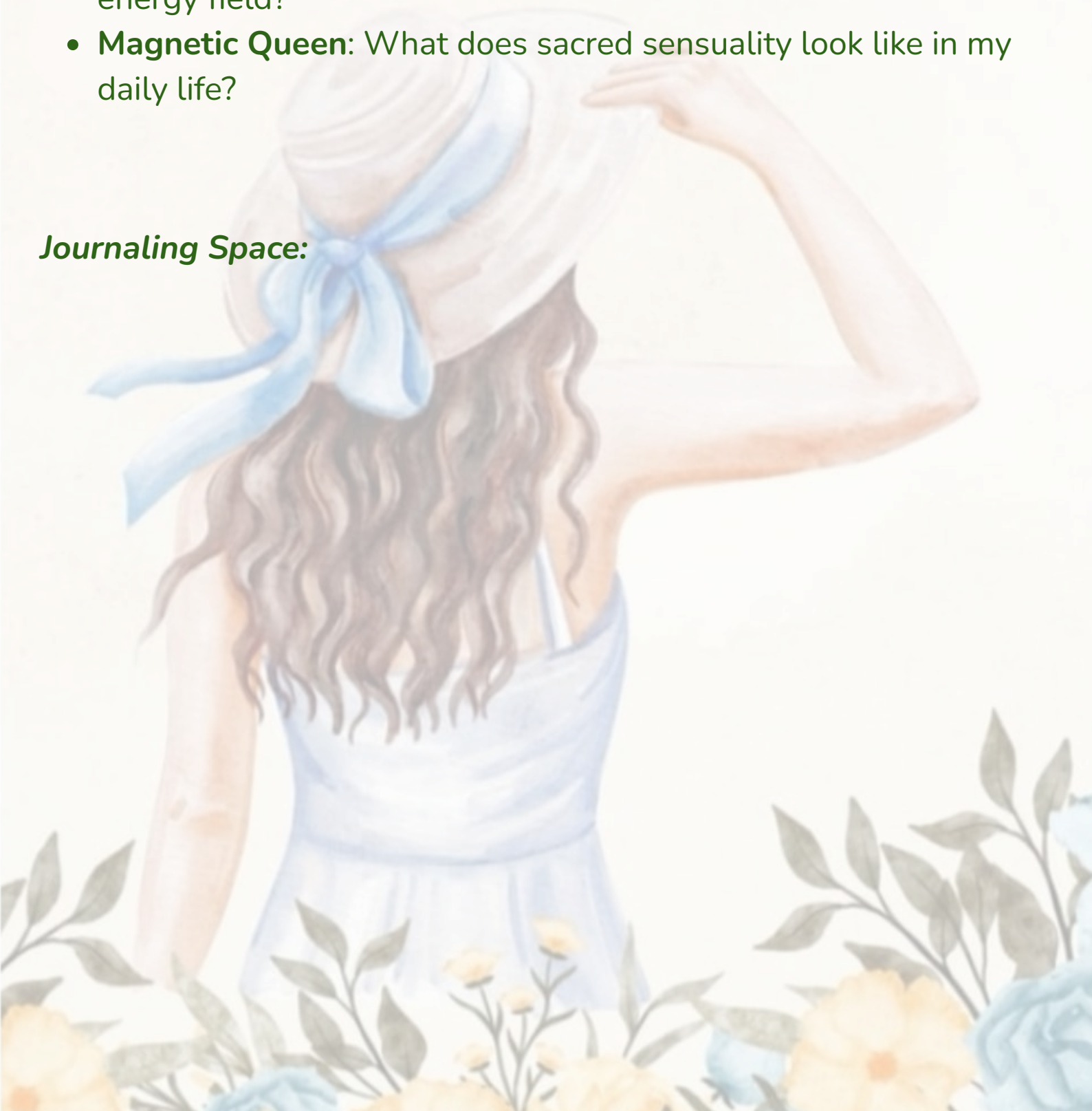


# Day 7

**Grounding Exercise:** Take a slow bath or shower with full sensory awareness.

- **Divine Dreamer:** How can I cleanse my energy to make space for creative flow?
- **Sacred Hustler:** What tension am I ready to wash away today?
- **Soulful Seeker:** What old belief is ready to be rinsed from my energy field?
- **Magnetic Queen:** What does sacred sensuality look like in my daily life?

**Journaling Space:**







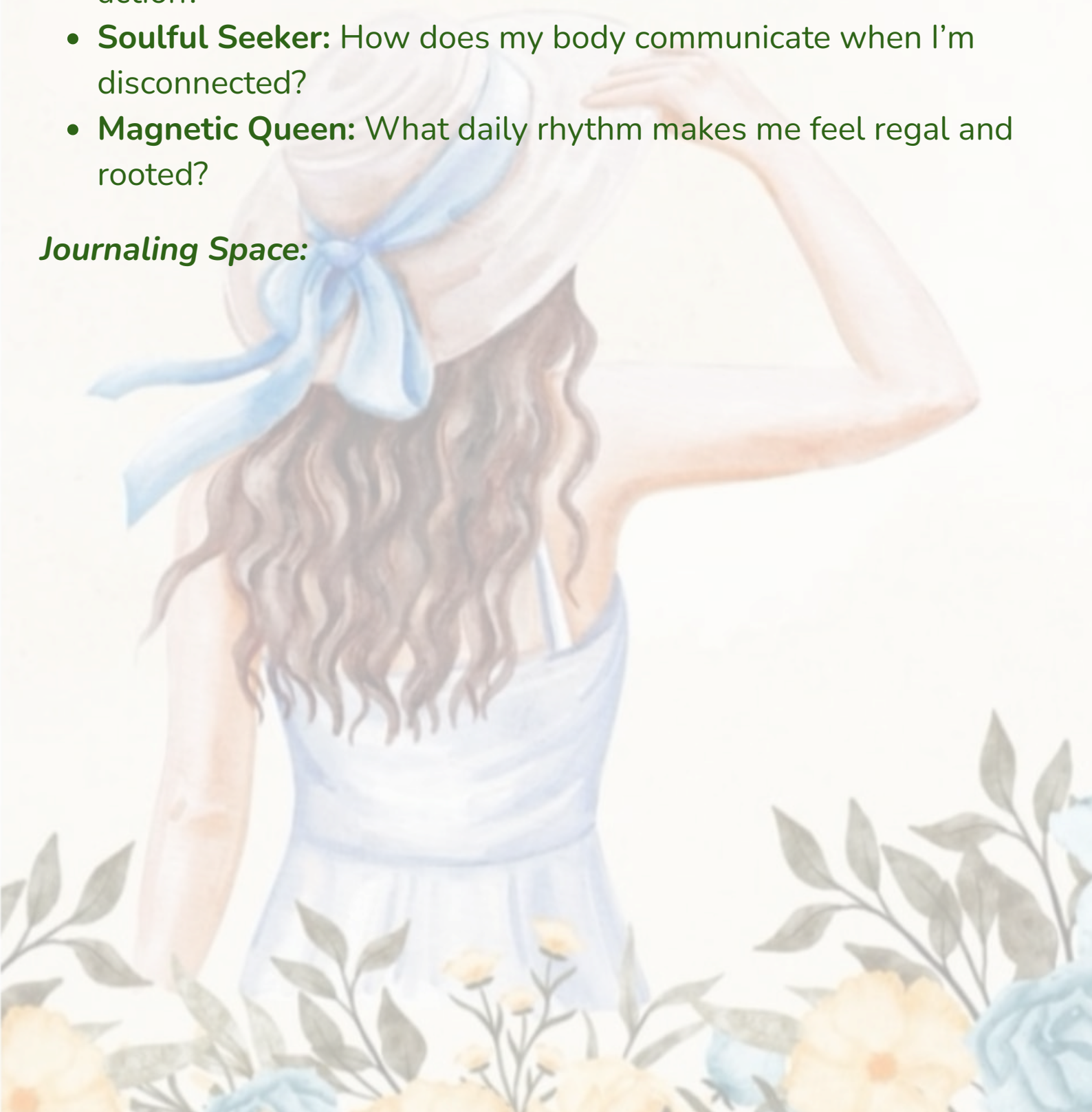
# WEEK 4

## Day 1

**Grounding Exercise:** Do a slow body scan from head to toe, placing one hand on your heart and one on your belly.

- **Divine Dreamer:** What part of my vision needs more grounding right now?
- **Sacred Hustler:** What helps me feel anchored in the midst of action?
- **Soulful Seeker:** How does my body communicate when I'm disconnected?
- **Magnetic Queen:** What daily rhythm makes me feel regal and rooted?

**Journaling Space:**





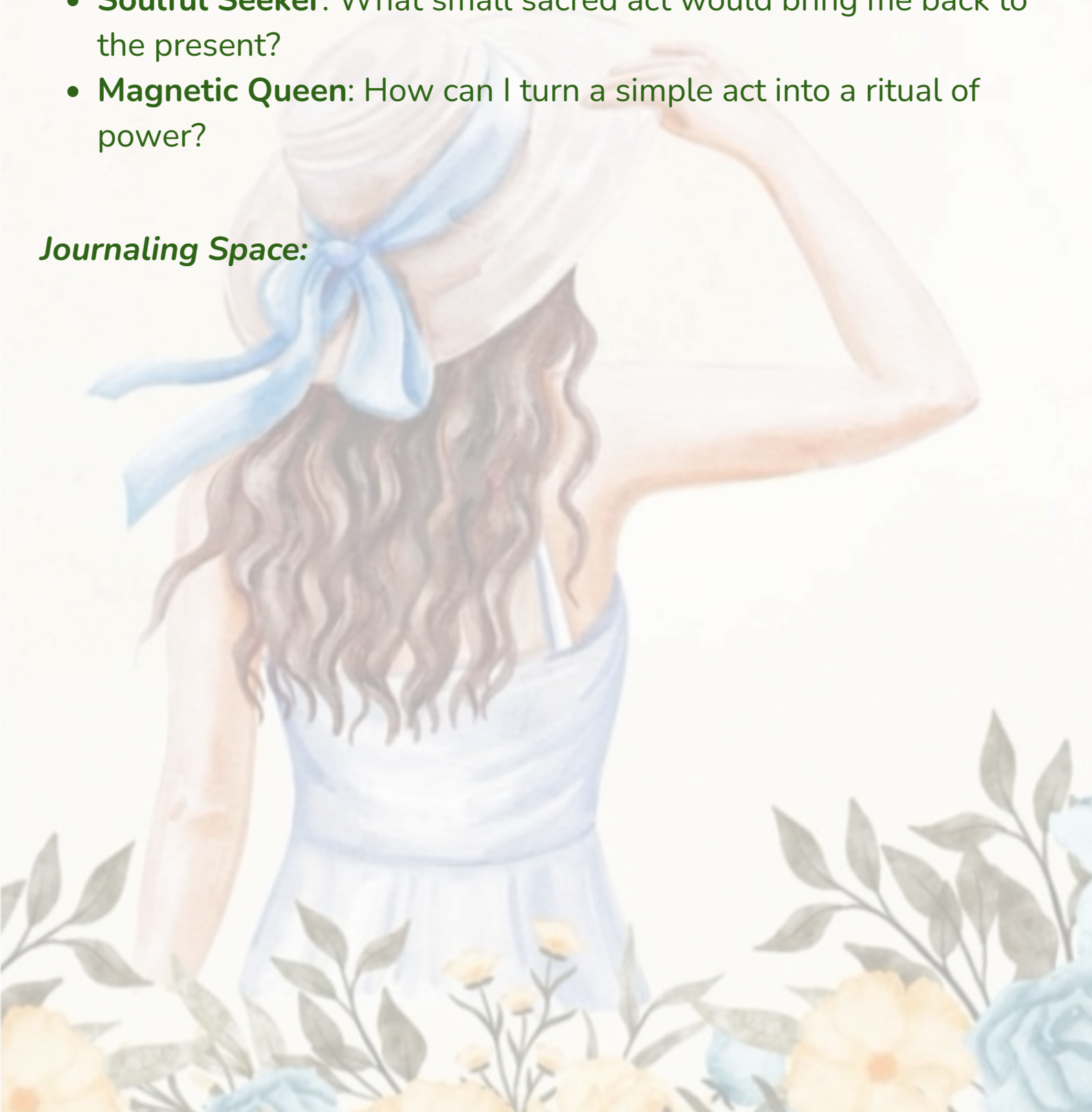


# Day 2

**Grounding Exercise:** Drink a glass of water slowly with full attention and gratitude.

- **Divine Dreamer:** What am I ready to nourish in my creative process?
- **Sacred Hustler:** What part of my day deserves more conscious attention?
- **Soulful Seeker:** What small sacred act would bring me back to the present?
- **Magnetic Queen:** How can I turn a simple act into a ritual of power?

*Journaling Space:*





# Day 3

**Grounding Exercise:** Lie down with your legs up on a wall or surface, feeling support from below.

- **Divine Dreamer:** What dream do I need to receive rather than chase?
- **Sacred Hustler:** Where can I let go of striving and let ease lead?
- **Soulful Seeker:** What guidance comes when I fully surrender?
- **Magnetic Queen:** How do I hold space for both grace and ambition?

*Journaling Space:*





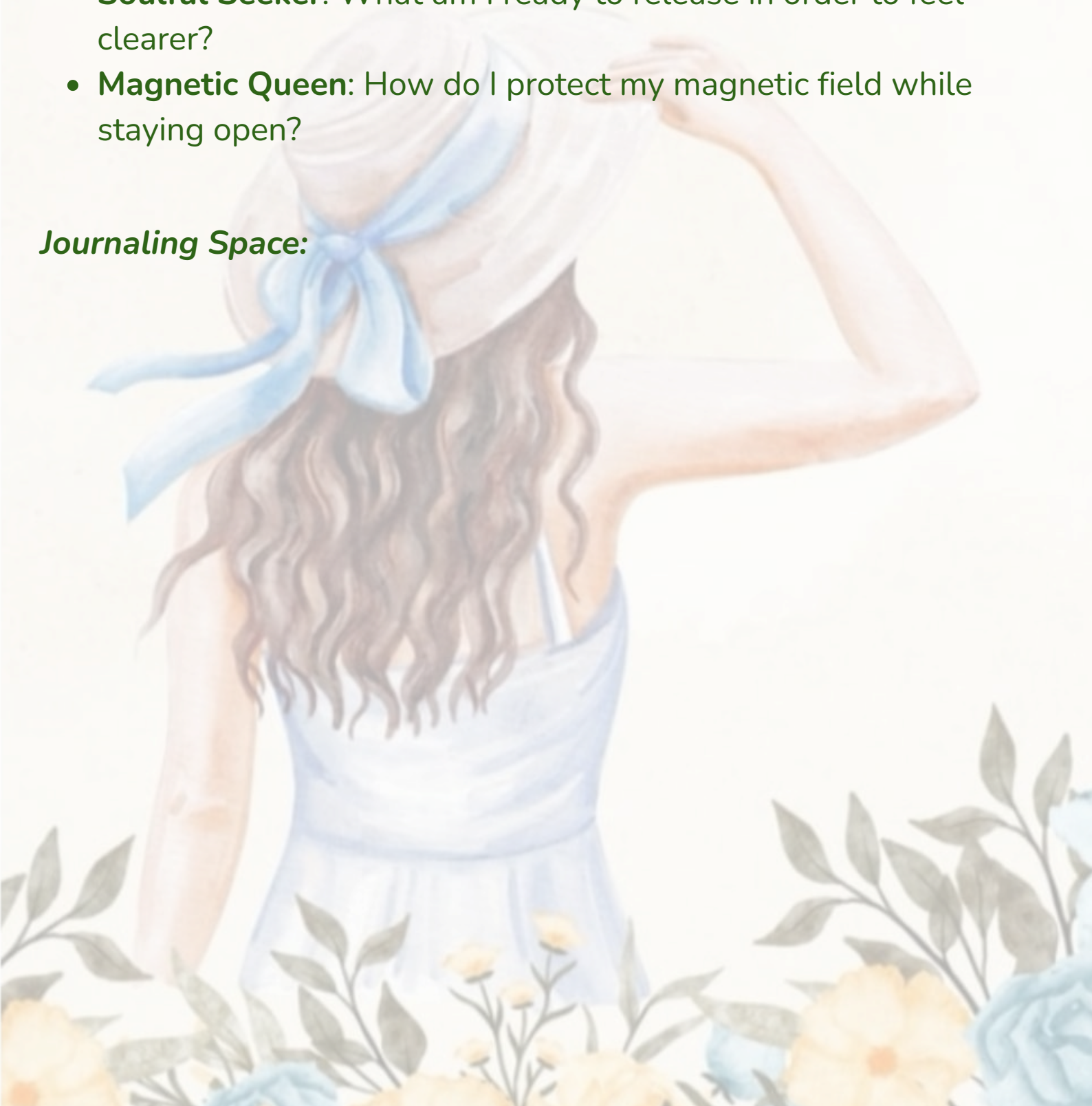


# Day 4

**Grounding Exercise:** Smudge your space or light incense while setting the intention to feel safe and steady.

- **Divine Dreamer:** What does a sacred, grounded space look like to me?
- **Sacred Hustler:** What is one boundary I can set to protect my energy?
- **Soulful Seeker:** What am I ready to release in order to feel clearer?
- **Magnetic Queen:** How do I protect my magnetic field while staying open?

*Journaling Space:*







# Day 5

**Grounding Exercise:** Take a digital detox for 1 hour and connect with your senses.

- **Divine Dreamer:** What inspiration lives in the silence?
- **Sacred Hustler:** What does true presence feel like when I'm offline?
- **Soulful Seeker:** What emerges when I disconnect from noise?
- **Magnetic Queen:** How does unplugging restore my energetic glow?

*Journaling Space:*





# Day 6

**Grounding Exercise:** Touch and thank the objects around you — your clothes, journal, tools.

- **Divine Dreamer:** What material things help ground my visions?
- **Sacred Hustler:** How does reverence for the present increase my productivity?
- **Soulful Seeker:** What does it mean to sanctify the ordinary?
- **Magnetic Queen:** How do I make my daily environment match my inner royalty?

*Journaling Space:*







# Day 7

**Grounding Exercise:** Walk slowly around your space, breathing deeply and saying “I belong here.”

- **Divine Dreamer:** Where do I still hesitate to fully land?
- **Sacred Hustler:** How do I reclaim my space in this season of life?
- **Soulful Seeker:** Where do I feel most spiritually rooted?
- **Magnetic Queen:** What does embodied sovereignty feel like today?

**Journaling Space:**







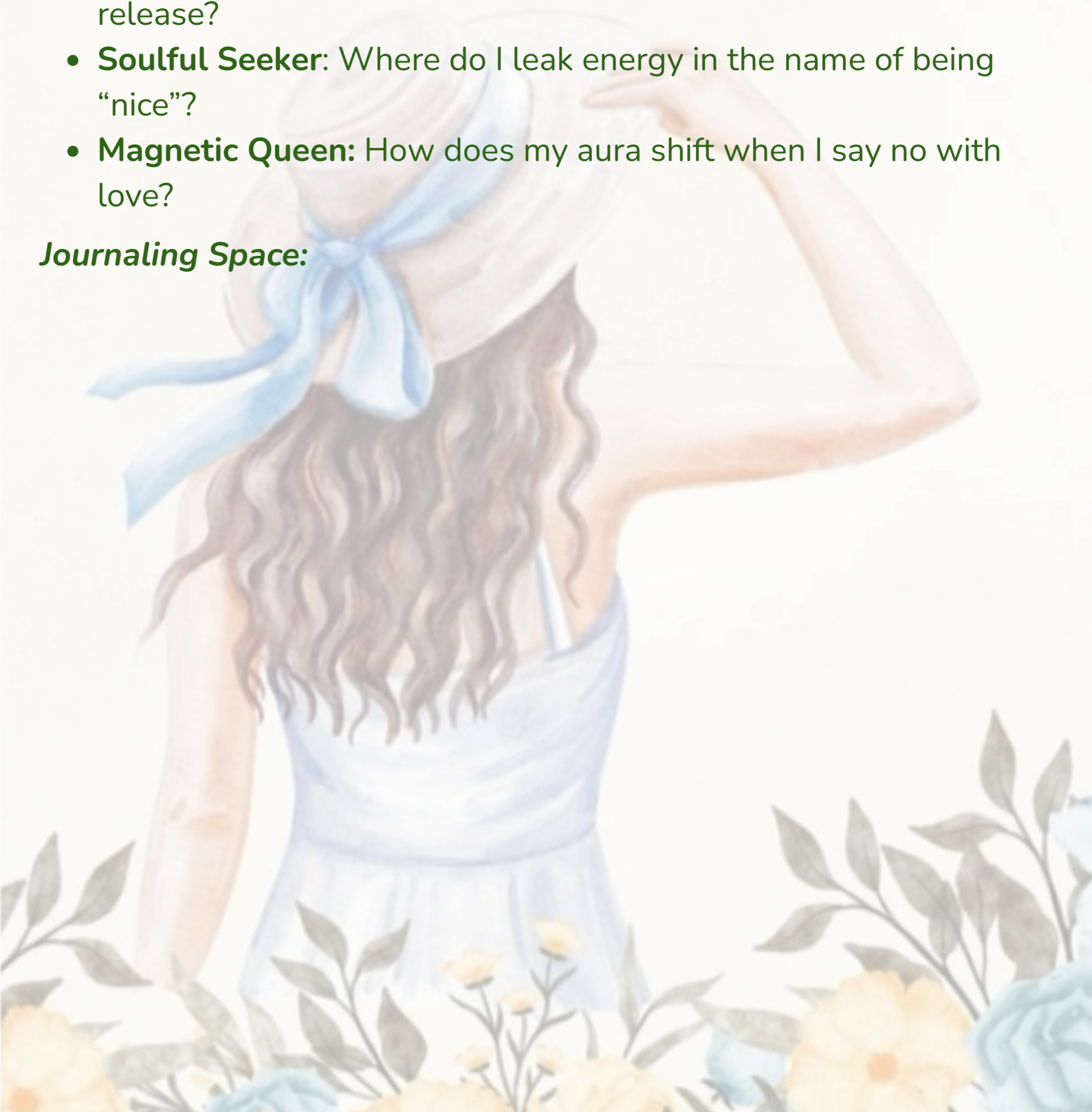
# WEEK 5: BOUNDARIES & BELIEF REWIRING

## Day 1

**Exercise:** Visualize a glowing energetic boundary around you. Notice where it's strong or porous.

- **Divine Dreamer:** Where am I afraid to take up space?
- **Sacred Hustler:** What limiting belief about work am I ready to release?
- **Soulful Seeker:** Where do I leak energy in the name of being “nice”?
- **Magnetic Queen:** How does my aura shift when I say no with love?

*Journaling Space:*



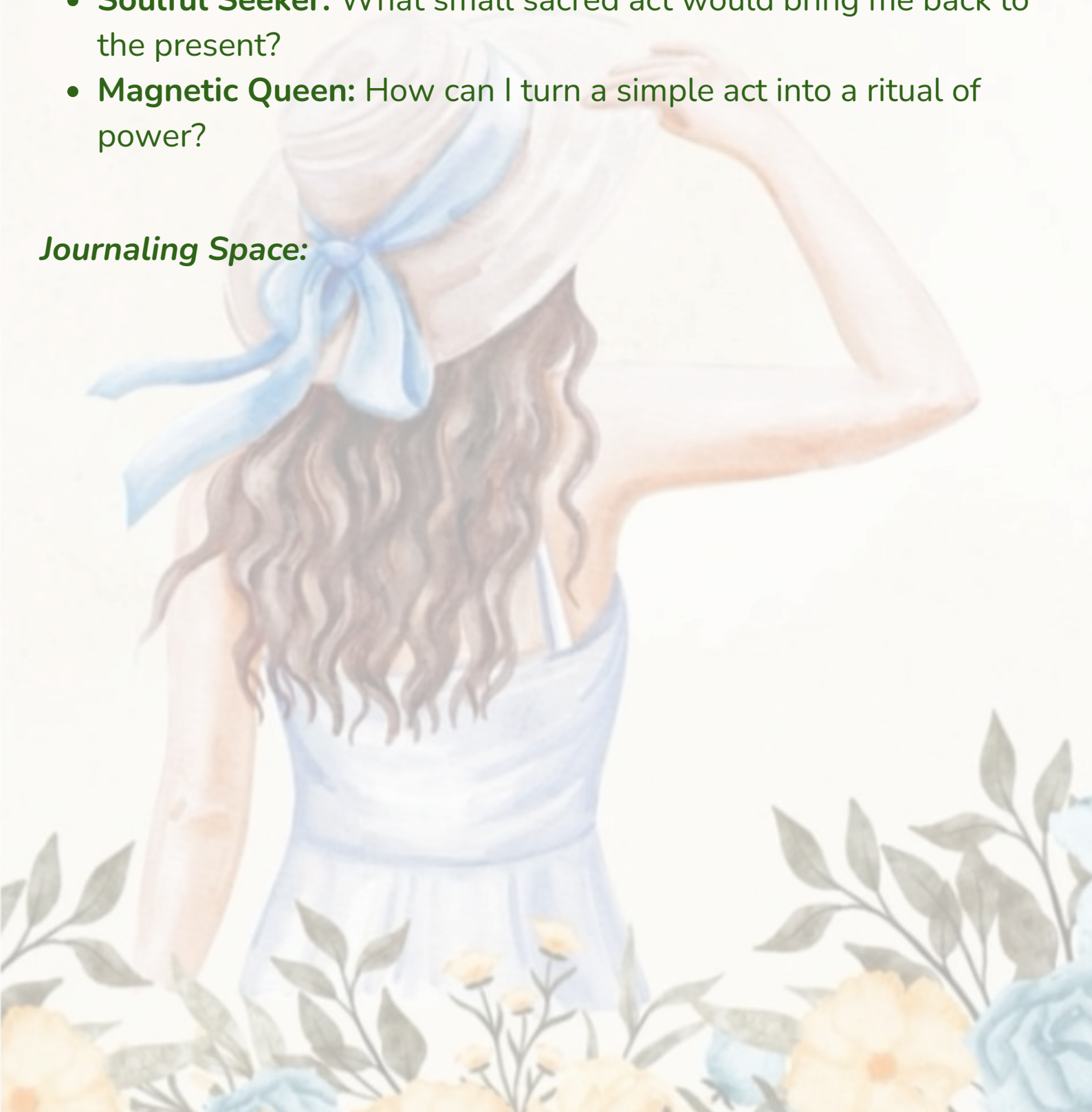


# Day 2

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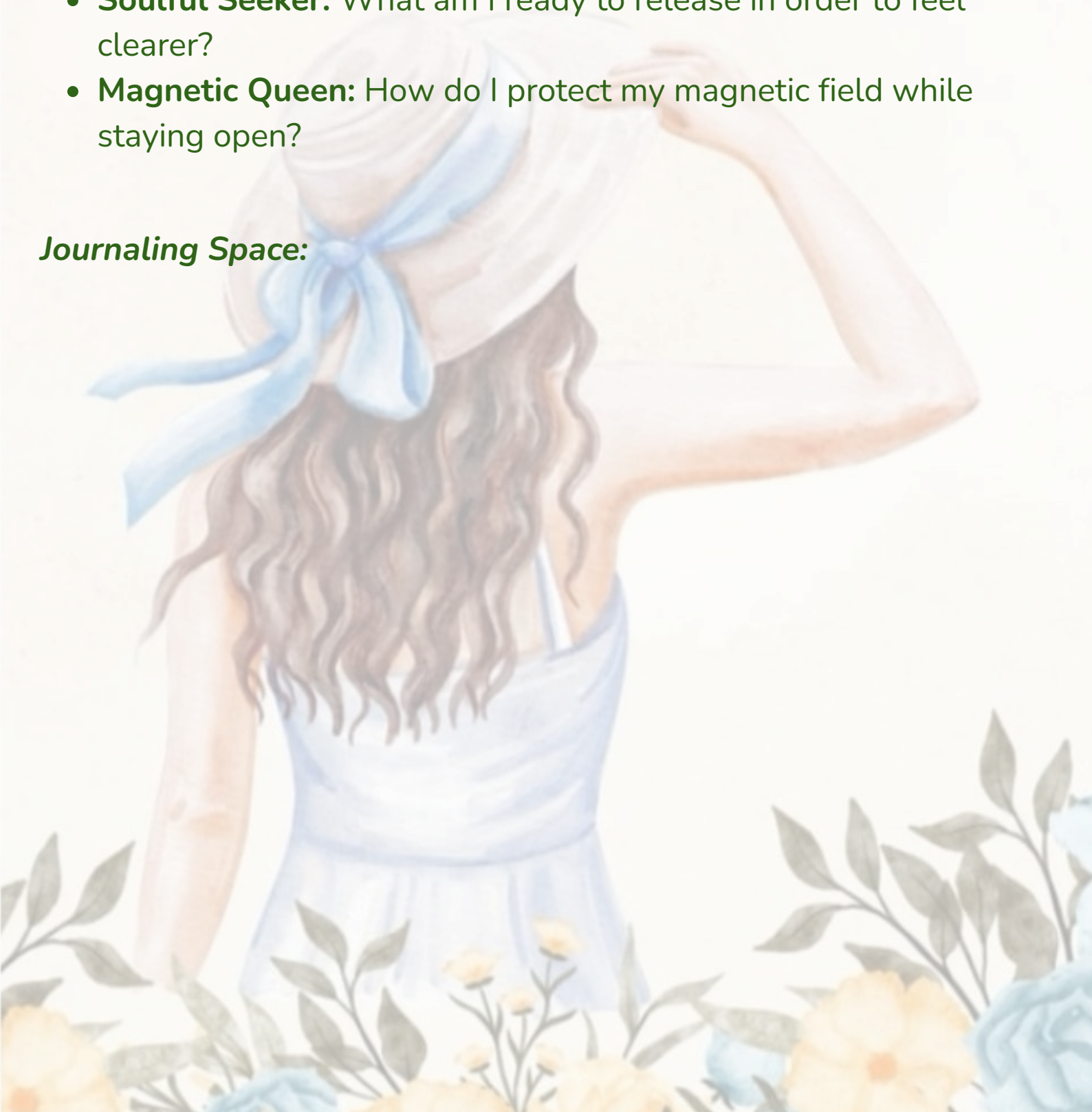


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- **Magnetic Queen:** What does embodied sovereignty feel like today?

*Journaling Space:*





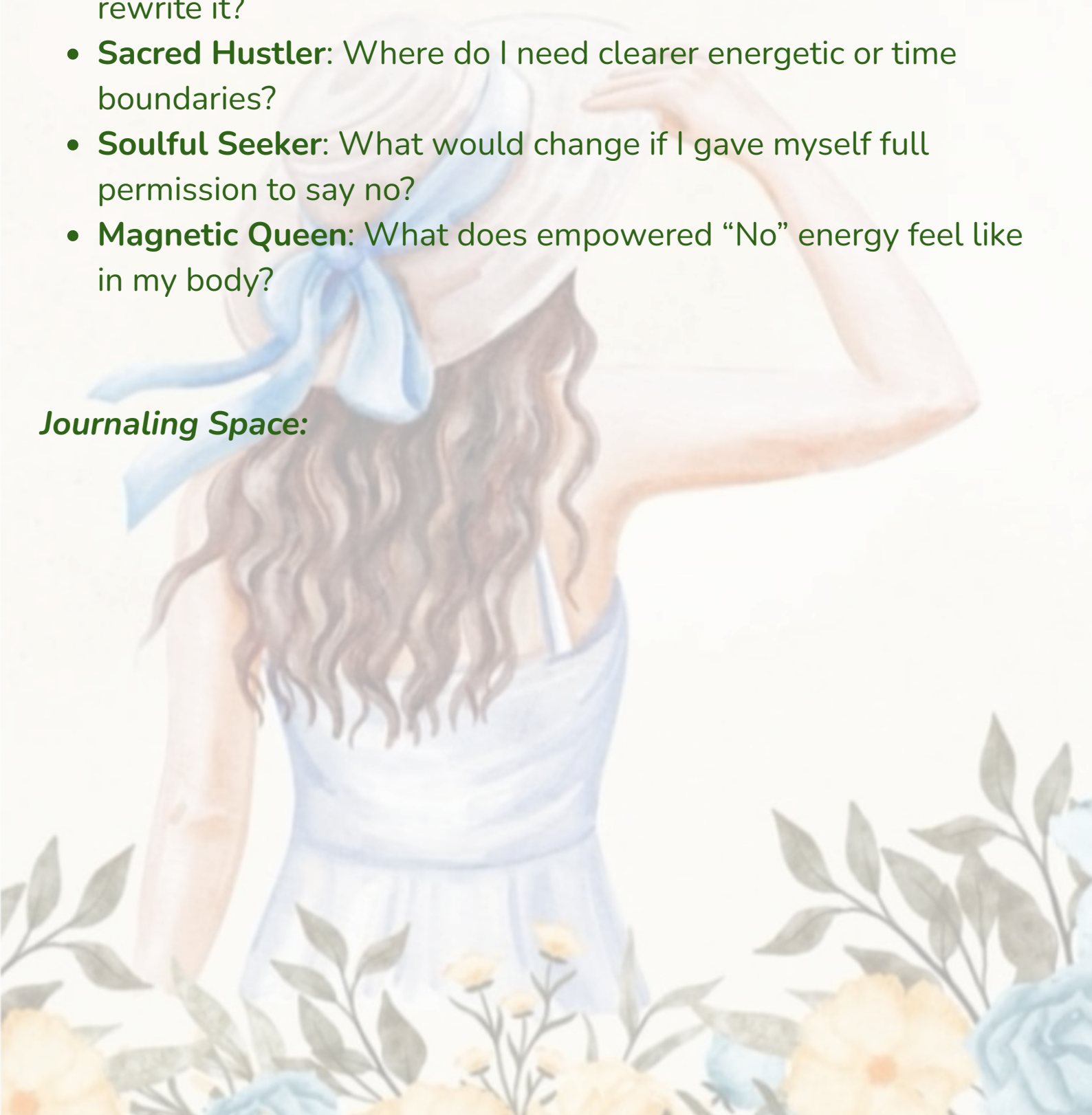
# WEEK 6: BOUNDARIES & BELIEF REWIRING

## Day 1

**Exercise:** Write down 3 things you no longer tolerate — and bless your past self for once allowing them.

- **Divine Dreamer:** What belief dims my light and how can I rewrite it?
- **Sacred Hustler:** Where do I need clearer energetic or time boundaries?
- **Soulful Seeker:** What would change if I gave myself full permission to say no?
- **Magnetic Queen:** What does empowered “No” energy feel like in my body?

*Journaling Space:*





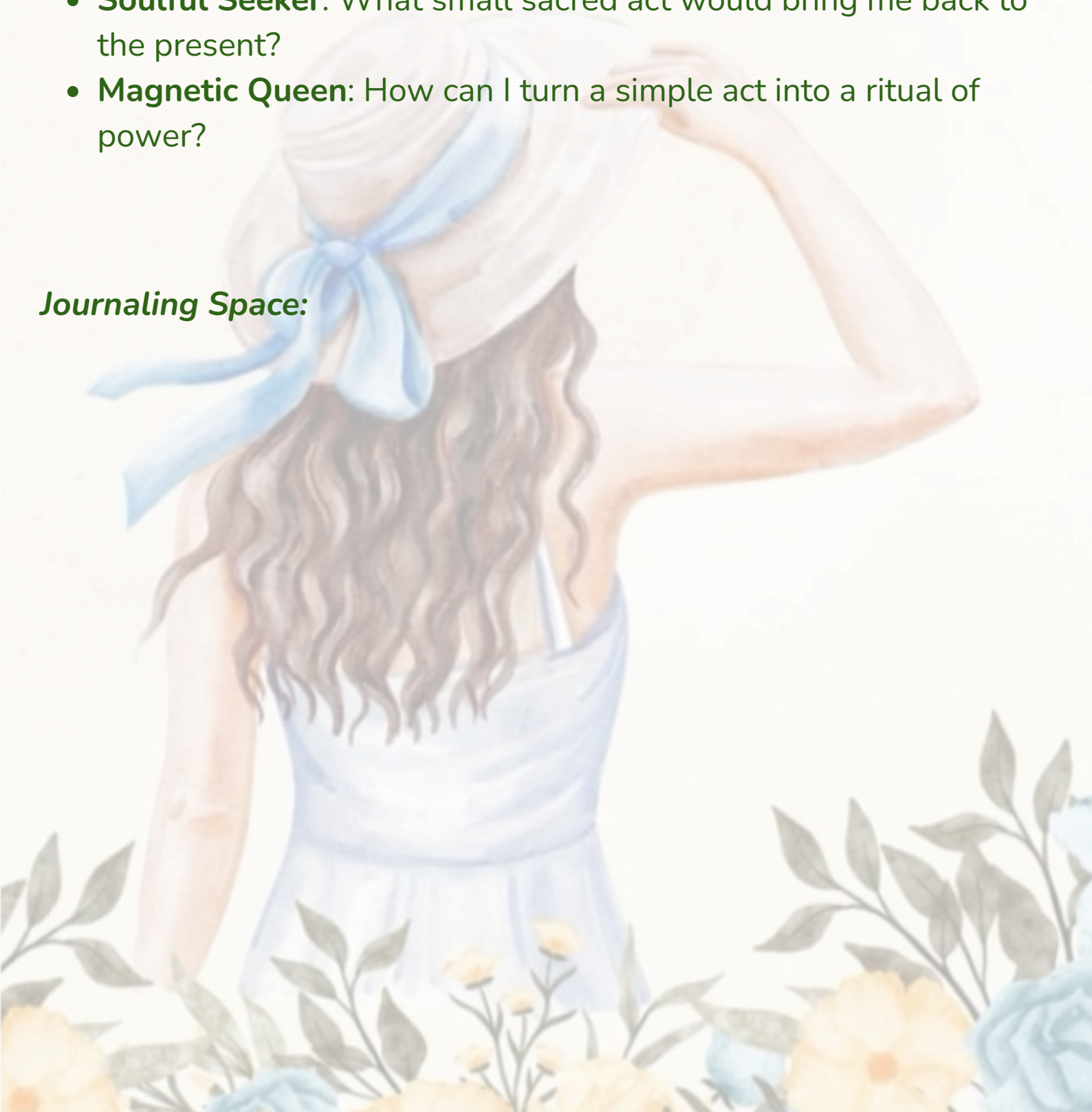


# Day 2

**Grounding Exercise:** Drink a glass of water slowly with full attention and gratitude.

- **Divine Dreamer:** What am I ready to nourish in my creative process?
- **Sacred Hustler:** What part of my day deserves more conscious attention?
- **Soulful Seeker:** What small sacred act would bring me back to the present?
- **Magnetic Queen:** How can I turn a simple act into a ritual of power?

***Journaling Space:***







# Day 3

**Grounding Exercise:** Lie down with your legs up on a wall or surface, feeling support from below.

- **Divine Dreamer:** What dream do I need to receive rather than chase?
- **Sacred Hustler:** Where can I let go of striving and let ease lead?
- **Soulful Seeker:** What guidance comes when I fully surrender?
- **Magnetic Queen:** How do I hold space for both grace and ambition?

*Journaling Space:*





# Day 4

**Grounding Exercise:** Smudge your space or light incense while setting the intention to feel safe and steady.

- **Divine Dreamer:** What does a sacred, grounded space look like to me?
- **Sacred Hustler:** What is one boundary I can set to protect my energy?
- **Soulful Seeker:** What am I ready to release in order to feel clearer?
- **Magnetic Queen:** How do I protect my magnetic field while staying open?

*Journaling Space:*







# Day 5

**Grounding Exercise:** Take a digital detox for 1 hour and connect with your senses.

- **Divine Dreamer:** What inspiration lives in the silence?
- **Sacred Hustler:** What does true presence feel like when I'm offline?
- **Soulful Seeker:** What emerges when I disconnect from noise?
- **Magnetic Queen:** How does unplugging restore my energetic glow?

*Journaling Space:*







# Day 6

**Grounding Exercise:** Touch and thank the objects around you — your clothes, journal, tools.

- **Divine Dreamer:** What material things help ground my visions?
- **Sacred Hustler:** How does reverence for the present increase my productivity?
- **Soulful Seeker:** What does it mean to sanctify the ordinary?
- **Magnetic Queen:** How do I make my daily environment match my inner royalty?

*Journaling Space:*





# Day 7

**Grounding Exercise:** Walk slowly around your space, breathing deeply and saying “I belong here.”

- **Divine Dreamer:** Where do I still hesitate to fully land?
- **Sacred Hustler:** How do I reclaim my space in this season of life?
- **Soulful Seeker:** Where do I feel most spiritually rooted?
- **Magnetic Queen:** What does embodied sovereignty feel like today?

*Journaling Space:*







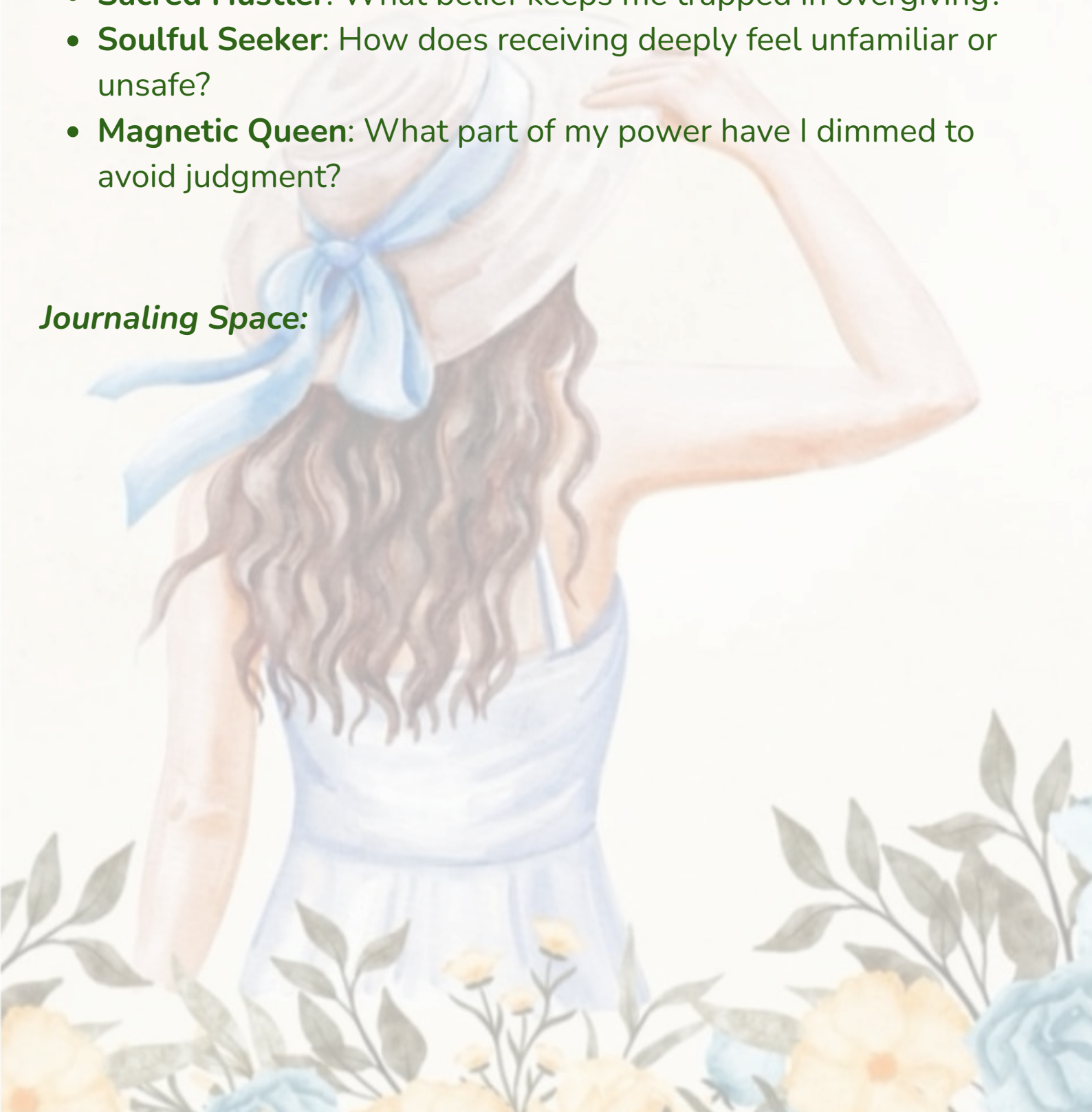
# WEEK 7: BOUNDARIES & BELIEF REWIRING

## Day 1

**Exercise:** Write down 3 compliments you resist receiving. Explore the stories behind your resistance.

- **Divine Dreamer:** Where do I resist being seen in my bigness?
- **Sacred Hustler:** What belief keeps me trapped in overgiving?
- **Soulful Seeker:** How does receiving deeply feel unfamiliar or unsafe?
- **Magnetic Queen:** What part of my power have I dimmed to avoid judgment?

*Journaling Space:*







# Day 2

**Grounding Exercise:** Drink a glass of water slowly with full attention and gratitude.

- **Divine Dreamer:** What am I ready to nourish in my creative process?
- **Sacred Hustler:** What part of my day deserves more conscious attention?
- **Soulful Seeker:** What small sacred act would bring me back to the present?
- **Magnetic Queen:** How can I turn a simple act into a ritual of power?

*Journaling Space:*





# Day 3

**Grounding Exercise:** Lie down with your legs up on a wall or surface, feeling support from below.

- **Divine Dreamer:** What dream do I need to receive rather than chase?
- **Sacred Hustler:** Where can I let go of striving and let ease lead?
- **Soulful Seeker:** What guidance comes when I fully surrender?
- **Magnetic Queen:** How do I hold space for both grace and ambition?

*Journaling Space:*





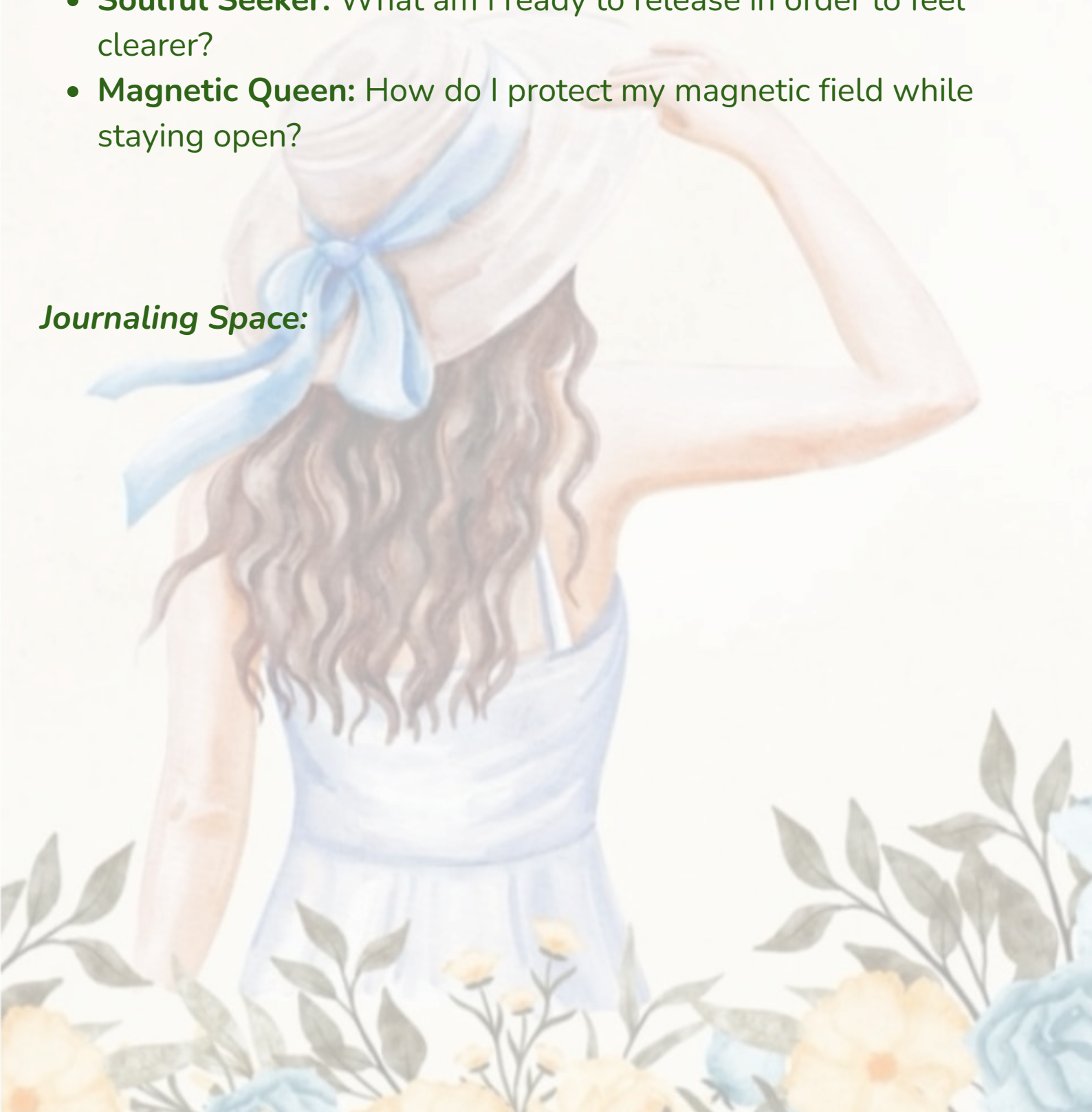


# Day 4

**Grounding Exercise:** Smudge your space or light incense while setting the intention to feel safe and steady.

- **Divine Dreamer:** What does a sacred, grounded space look like to me?
- **Sacred Hustler:** What is one boundary I can set to protect my energy?
- **Soulful Seeker:** What am I ready to release in order to feel clearer?
- **Magnetic Queen:** How do I protect my magnetic field while staying open?

*Journaling Space:*







# Day 5

**Grounding Exercise:** Take a digital detox for 1 hour and connect with your senses.

- **Divine Dreamer:** What inspiration lives in the silence?
- **Sacred Hustler:** What does true presence feel like when I'm offline?
- **Soulful Seeker:** What emerges when I disconnect from noise?
- **Magnetic Queen:** How does unplugging restore my energetic glow?

*Journaling Space:*





# Day 6

**Grounding Exercise:** Touch and thank the objects around you — your clothes, journal, tools.

- **Divine Dreamer:** What material things help ground my visions?
- **Sacred Hustler:** How does reverence for the present increase my productivity?
- **Soulful Seeker:** What does it mean to sanctify the ordinary?
- **Magnetic Queen:** How do I make my daily environment match my inner royalty?

*Journaling Space:*







# Day 7

**Grounding Exercise:** Walk slowly around your space, breathing deeply and saying “I belong here.”

- **Divine Dreamer:** Where do I still hesitate to fully land?
- **Sacred Hustler:** How do I reclaim my space in this season of life?
- **Soulful Seeker:** Where do I feel most spiritually rooted?
- **Magnetic Queen:** What does embodied sovereignty feel like today?

*Journaling Space:*







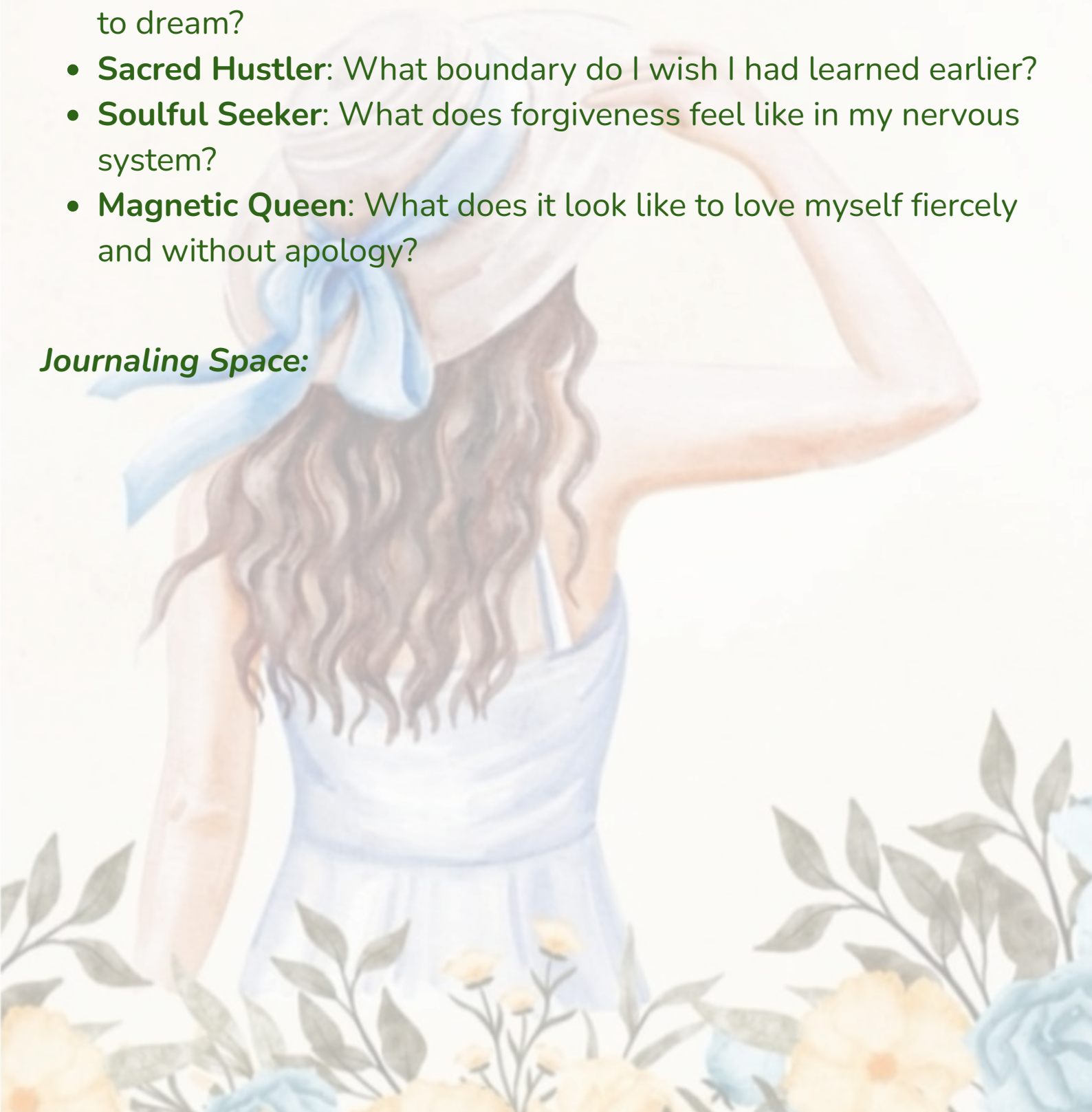
# WEEK 8: BOUNDARIES & BELIEF REWIRING

## Day 1

**Exercise:** Write a letter to your younger self forgiving her for all the times she didn't say no.

- **Divine Dreamer:** How does guilt or shame affect my willingness to dream?
- **Sacred Hustler:** What boundary do I wish I had learned earlier?
- **Soulful Seeker:** What does forgiveness feel like in my nervous system?
- **Magnetic Queen:** What does it look like to love myself fiercely and without apology?

*Journaling Space:*





# Day 2

**Grounding Exercise:** Drink a glass of water slowly with full attention and gratitude.

- **Divine Dreamer:** What am I ready to nourish in my creative process?
- **Sacred Hustler:** What part of my day deserves more conscious attention?
- **Soulful Seeker:** What small sacred act would bring me back to the present?
- **Magnetic Queen:** How can I turn a simple act into a ritual of power?

**Journaling Space:**







# Day 3

**Grounding Exercise:** Lie down with your legs up on a wall or surface, feeling support from below.

- **Divine Dreamer:** What dream do I need to receive rather than chase?
- **Sacred Hustler:** Where can I let go of striving and let ease lead?
- **Soulful Seeker:** What guidance comes when I fully surrender?
- **Magnetic Queen:** How do I hold space for both grace and ambition?

*Journaling Space:*







# Day 4

**Grounding Exercise:** Smudge your space or light incense while setting the intention to feel safe and steady.

- **Divine Dreamer:** What does a sacred, grounded space look like to me?
- **Sacred Hustler:** What is one boundary I can set to protect my energy?
- **Soulful Seeker:** What am I ready to release in order to feel clearer?
- **Magnetic Queen:** How do I protect my magnetic field while staying open?

*Journaling Space:*





# Day 5

**Grounding Exercise:** Take a digital detox for 1 hour and connect with your senses.

- **Divine Dreamer:** What inspiration lives in the silence?
- **Sacred Hustler:** What does true presence feel like when I'm offline?
- **Soulful Seeker:** What emerges when I disconnect from noise?
- **Magnetic Queen:** How does unplugging restore my energetic glow?

*Journaling Space:*







# Day 6

**Grounding Exercise:** Touch and thank the objects around you — your clothes, journal, tools.

- **Divine Dreamer:** What material things help ground my visions?
- **Sacred Hustler:** How does reverence for the present increase my productivity?
- **Soulful Seeker:** What does it mean to sanctify the ordinary?
- **Magnetic Queen:** How do I make my daily environment match my inner royalty?

*Journaling Space:*





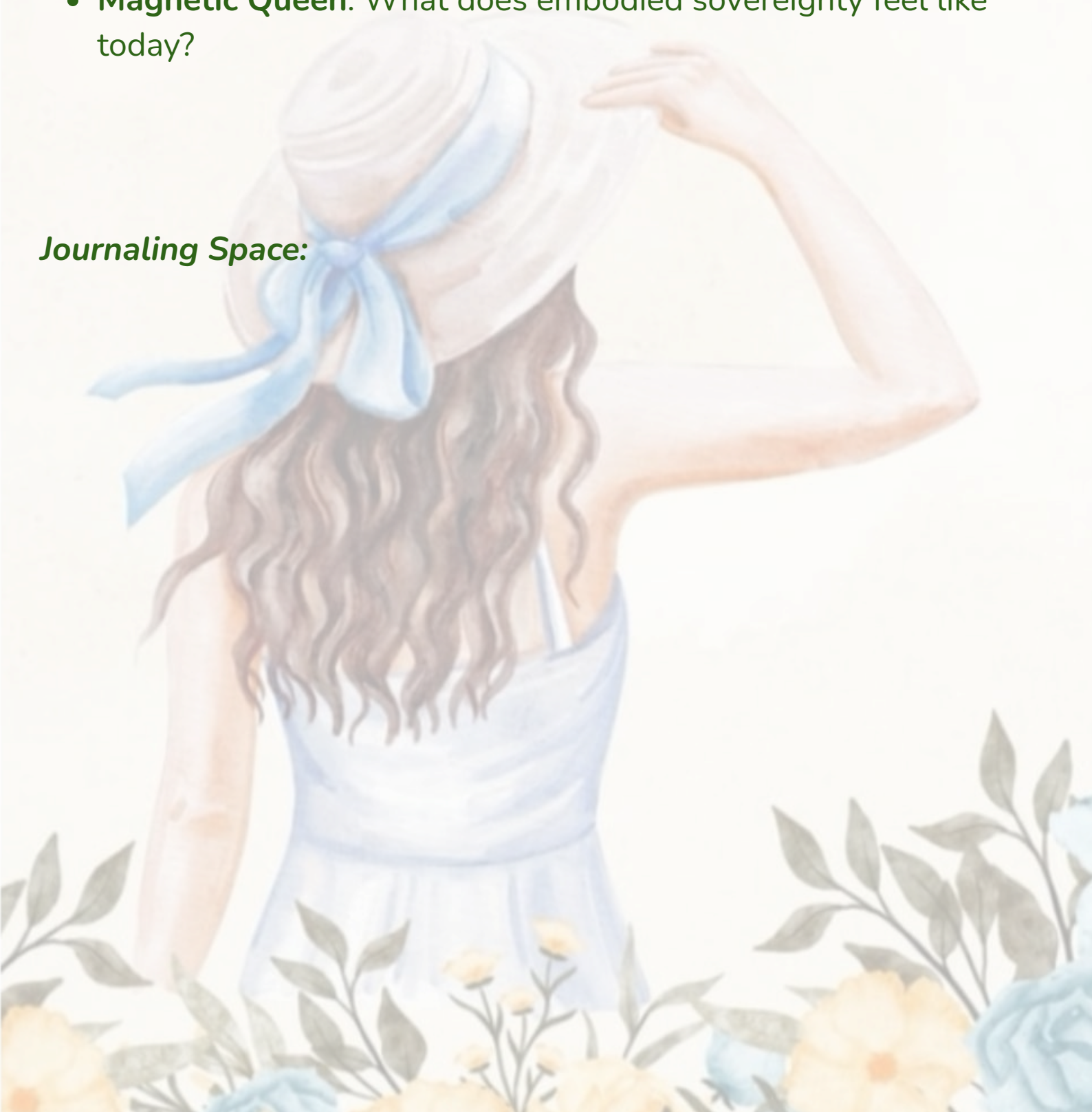


# Day 7

**Grounding Exercise:** Walk slowly around your space, breathing deeply and saying “I belong here.”

- **Divine Dreamer:** Where do I still hesitate to fully land?
- **Sacred Hustler:** How do I reclaim my space in this season of life?
- **Soulful Seeker:** Where do I feel most spiritually rooted?
- **Magnetic Queen:** What does embodied sovereignty feel like today?

**Journaling Space:**





# WEEK 9: WEALTH & RECEIVING CODES

## Day 1

**Exercise:** Close your eyes and visualize yourself receiving an unexpected gift. Let yourself feel the joy without guilt.

- **Divine Dreamer:** What limiting belief blocks me from receiving with joy?
- **Sacred Hustler:** What part of me still believes I must earn everything through effort?
- **Soulful Seeker:** What does sacred receiving look and feel like for me?
- **Magnetic Queen:** How do I respond when abundance flows to me easily?

*Journaling Space:*







# Day 2

**Grounding Exercise:** Drink a glass of water slowly with full attention and gratitude.

- **Divine Dreamer:** What am I ready to nourish in my creative process?
- **Sacred Hustler:** What part of my day deserves more conscious attention?
- **Soulful Seeker:** What small sacred act would bring me back to the present?
- **Magnetic Queen:** How can I turn a simple act into a ritual of power?

*Journaling Space:*







# Day 3

**Grounding Exercise:** Lie down with your legs up on a wall or surface, feeling support from below.

- **Divine Dreamer:** What dream do I need to receive rather than chase?
- **Sacred Hustler:** Where can I let go of striving and let ease lead?
- **Soulful Seeker:** What guidance comes when I fully surrender?
- **Magnetic Queen:** How do I hold space for both grace and ambition?

*Journaling Space:*





# Day 4

**Grounding Exercise:** Smudge your space or light incense while setting the intention to feel safe and steady.

- **Divine Dreamer:** What does a sacred, grounded space look like to me?
- **Sacred Hustler:** What is one boundary I can set to protect my energy?
- **Soulful Seeker:** What am I ready to release in order to feel clearer?
- **Magnetic Queen:** How do I protect my magnetic field while staying open?

*Journaling Space:*







# Day 5

**Grounding Exercise:** Take a digital detox for 1 hour and connect with your senses.

- **Divine Dreamer:** What inspiration lives in the silence?
- **Sacred Hustler:** What does true presence feel like when I'm offline?
- **Soulful Seeker:** What emerges when I disconnect from noise?
- **Magnetic Queen:** How does unplugging restore my energetic glow?

*Journaling Space:*







# Day 6

**Grounding Exercise:** Touch and thank the objects around you — your clothes, journal, tools.

- **Divine Dreamer:** What material things help ground my visions?
- **Sacred Hustler:** How does reverence for the present increase my productivity?
- **Soulful Seeker:** What does it mean to sanctify the ordinary?
- **Magnetic Queen:** How do I make my daily environment match my inner royalty?

*Journaling Space:*





# Day 7

**Grounding Exercise:** Walk slowly around your space, breathing deeply and saying “I belong here.”

- **Divine Dreamer:** Where do I still hesitate to fully land?
- **Sacred Hustler:** How do I reclaim my space in this season of life?
- **Soulful Seeker:** Where do I feel most spiritually rooted?
- **Magnetic Queen:** What does embodied sovereignty feel like today?

*Journaling Space:*







# WEEK 10: WEALTH & RECEIVING CODES

## Day 1

**Exercise:** Reflect on a time you received something effortlessly.  
How did it feel in your body?

- **Divine Dreamer:** What if ease was my default way to receive?
- **Sacred Hustler:** How do I block ease because I associate wealth with struggle?
- **Soulful Seeker:** What lesson is hidden in the way I receive today?
- **Magnetic Queen:** How does receiving deepen my radiance?

*Journaling Space:*







# Day 2

**Exercise:** Write down 5 things you've already received that once felt out of reach.

- **Divine Dreamer:** How do I expand my capacity to dream even bigger?
- **Sacred Hustler:** What proves that hard work isn't the only path?
- **Soulful Seeker:** How do I celebrate the magic in the mundane?
- **Magnetic Queen:** What makes me a natural receiver of love, joy, and success?

*Journaling Space:*





# Day 3

**Exercise:** Spend 10 minutes in stillness, repeating the mantra “I am open to receive.”

- **Divine Dreamer:** What dreams am I now ready to receive instead of chase?
- **Sacred Hustler:** What if I let go of proving and focused on aligning?
- **Soulful Seeker:** What ancient truths about abundance live within me?
- **Magnetic Queen:** What does overflow feel like in my body?

*Journaling Space:*







# Day 4

**Exercise:** Touch every coin or note in your wallet with gratitude. Feel the energy of enoughness.

- **Divine Dreamer:** What if money loved being around me?
- **Sacred Hustler:** How can I honour money as a sacred partner?
- **Soulful Seeker:** What does my soul believe about prosperity?
- **Magnetic Queen:** How does luxury show up in my everyday world?

*Journaling Space:*







# Day 5

**Exercise:** Write a letter to your future wealthy self.

- **Divine Dreamer:** What timeline am I now choosing to align with?
- **Sacred Hustler:** What boundaries help me protect my wealth frequency?
- **Soulful Seeker:** What would it mean to receive from the Divine?
- **Magnetic Queen:** How do I hold power and softness in my wealth?

*Journaling Space:*





# Day 6

**Exercise:** Create a “Receiving Ritual” — light a candle, play soft music, open your palms upward.

- **Divine Dreamer:** What gifts are already on their way to me?
- **Sacred Hustler:** How do I release urgency and rest in trust?
- **Soulful Seeker:** What ancestral patterns around money am I healing?
- **Magnetic Queen:** What part of me becomes magnetic when I feel safe?

*Journaling Space:*





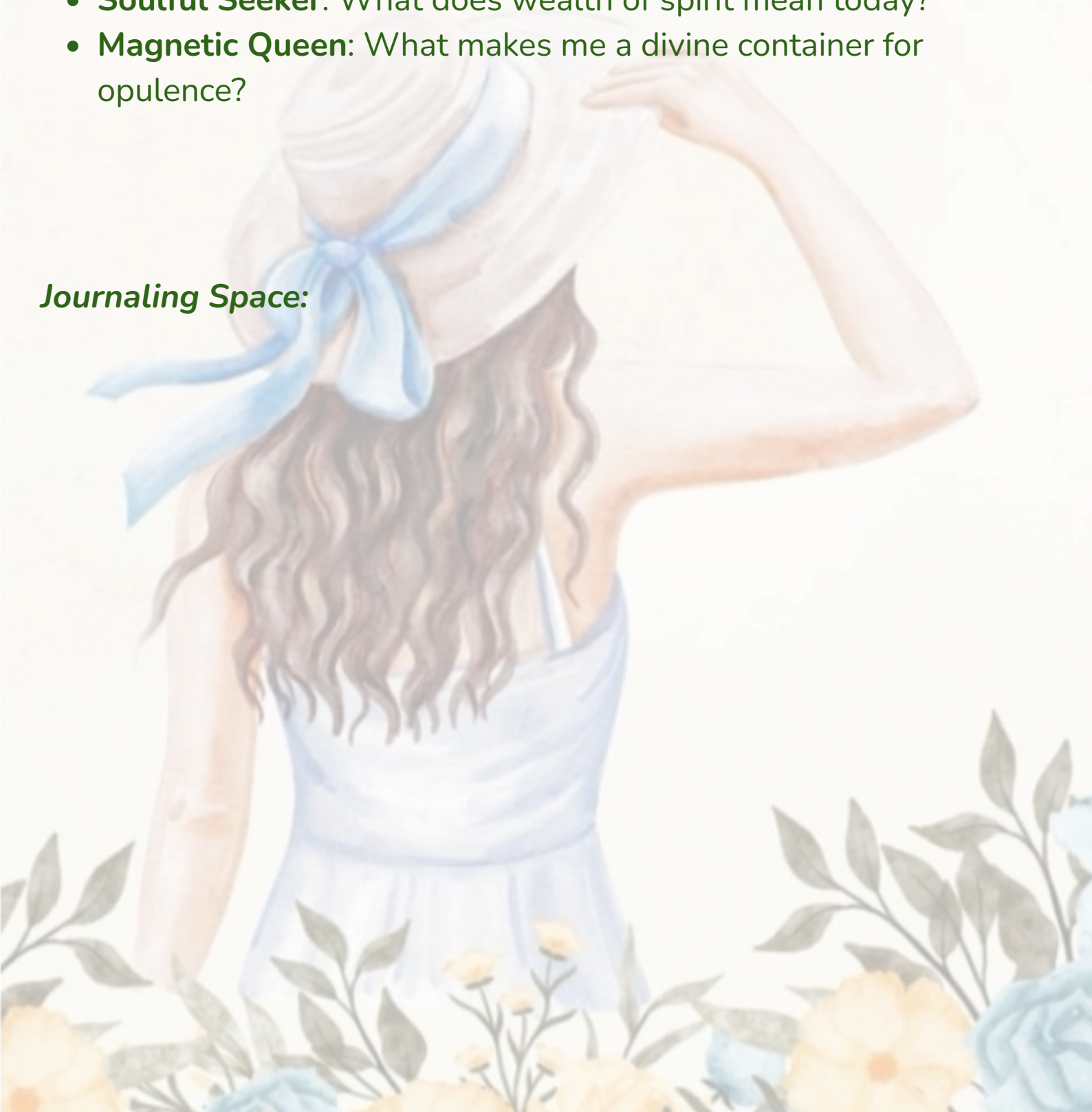


# Day 7

**Exercise:** Take yourself on a solo wealth date — buy something small but luxurious.

- **Divine Dreamer:** What does it feel like to indulge in my own vision?
- **Sacred Hustler:** What does earned vs. deserved truly mean to me?
- **Soulful Seeker:** What does wealth of spirit mean today?
- **Magnetic Queen:** What makes me a divine container for opulence?

*Journaling Space:*



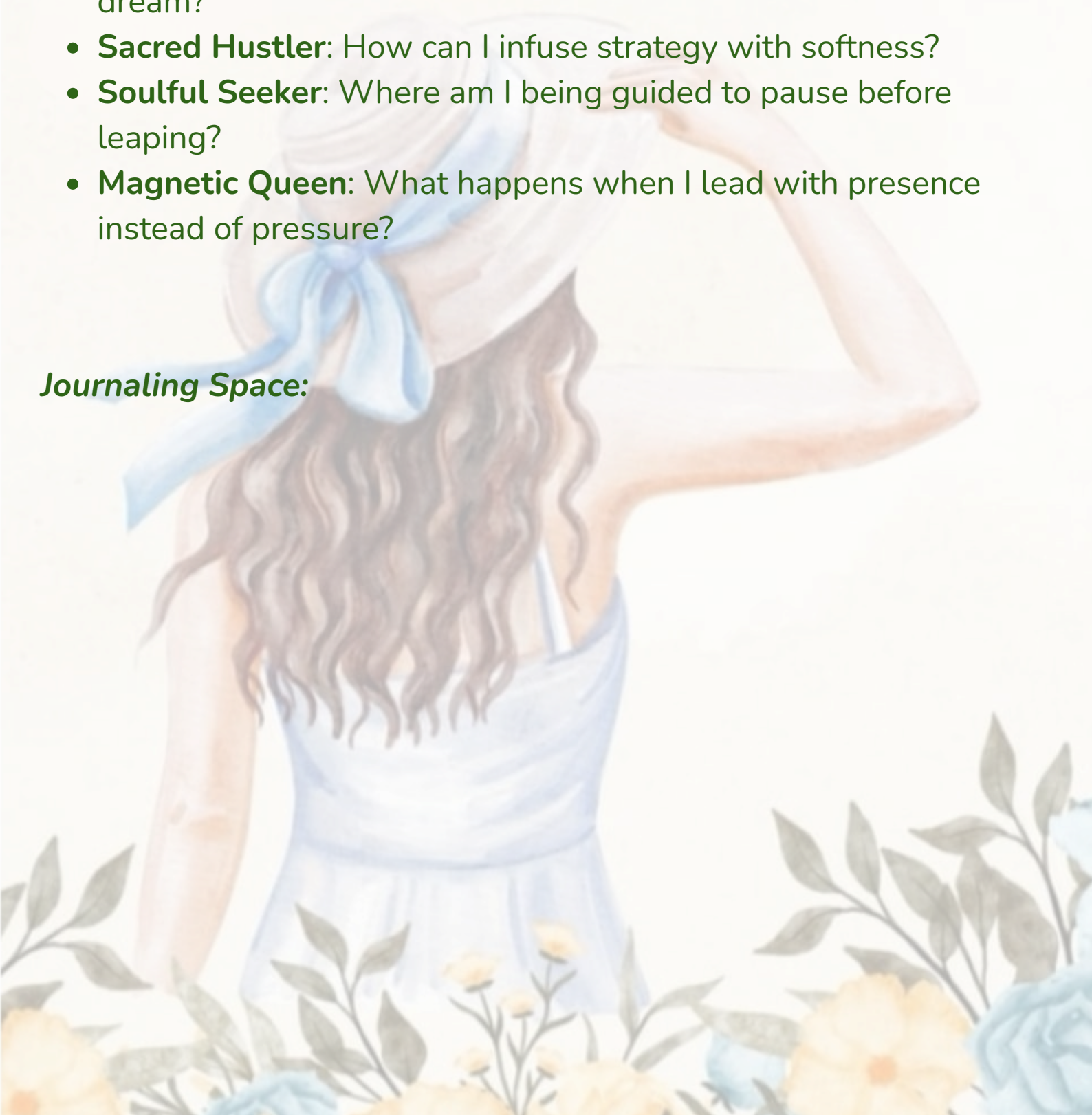
# WEEK 11: FEMININE STRATEGY & ENERGY MEETS ACTION

## Day 1

**Exercise:** Identify one place where you're forcing instead of flowing. Practice doing it the feminine way today.

- **Divine Dreamer:** What does aligned action look like for my dream?
- **Sacred Hustler:** How can I infuse strategy with softness?
- **Soulful Seeker:** Where am I being guided to pause before leaping?
- **Magnetic Queen:** What happens when I lead with presence instead of pressure?

*Journaling Space:*







# Day 2

**Exercise:** Dance for 5 minutes to move stuck creative energy.

- **Divine Dreamer:** What creative flow wants to move through me?
- **Sacred Hustler:** What's my next inspired aligned action?
- **Soulful Seeker:** What's the difference between soul-work and ego-work?
- **Magnetic Queen:** How does play fuel my power?

*Journaling Space:*







# Day 3

**Exercise:** Choose one thing to take off your to-do list and delegate or delay it.

- **Divine Dreamer:** What am I doing out of fear rather than vision?
- **Sacred Hustler:** What does my calendar look like when it honours my energy?
- **Soulful Seeker:** How do I trust divine timing while taking action?
- **Magnetic Queen:** What gets to be easy and magical today?

*Journaling Space:*





# Day 4

**Exercise:** Write out your version of “success” and highlight the parts that feel rooted in truth.

- **Divine Dreamer:** What story about success am I rewriting?
- **Sacred Hustler:** What if I redefined ambition through a sacred lens?
- **Soulful Seeker:** What does soulful success look like to me?
- **Magnetic Queen:** How do I embody my version of success in stillness?

*Journaling Space:*







# Day 5

**Exercise:** Ask: “If I fully trusted myself, what would I do next?” and journal the answer.

- **Divine Dreamer:** What would my highest self choose today?
- **Sacred Hustler:** What is my body asking me to honour in my workflow?
- **Soulful Seeker:** How can I blend inner wisdom with action?
- **Magnetic Queen:** What part of my brilliance am I no longer hiding?

*Journaling Space:*







# Day 6

**Exercise:** Spend time with a woman who inspires you or read/watch her content.

- **Divine Dreamer:** What aspects of her dream mirror mine?
- **Sacred Hustler:** What's a strategic move I've been avoiding?
- **Soulful Seeker:** What divine feminine energy am I drawn to?
- **Magnetic Queen:** How do I let her embodiment activate my own?

*Journaling Space:*





# Day 7

**Exercise:** Close the week by creating a ritual of completion — music, candle, or card pull.

- **Divine Dreamer:** What has shifted in how I hold my vision?
- **Sacred Hustler:** How do I honour both strategy and soul?
- **Soulful Seeker:** What truth became clearer through aligned action?
- **Magnetic Queen:** What makes me a soft and strong leader?

*Journaling Space:*







# WEEK 12: CELEBRATION & INTEGRATION

*This week is all about honoring your transformation, integrating your new identity, and ritualizing completion with joy and self-witnessing.*

## Day 1

*Exercise: Light a candle and reflect on how far you've come over the past 11 weeks.*

- **Divine Dreamer:** *What part of me is more alive now?*
- **Sacred Hustler:** *What success do I want to pause and celebrate?*
- **Soulful Seeker:** *What wisdom have I integrated through this journey?*
- **Magnetic Queen:** *How do I celebrate in a way that feels deliciously me?*

*Journaling Space:*







# Day 2

**Exercise:** Choose one ritual you want to continue beyond this journal. Practice it today.

- **Divine Dreamer:** What daily devotion keeps me plugged into vision?
- **Sacred Hustler:** What rhythm feels most aligned to sustain success?
- **Soulful Seeker:** What spiritual tool will remain part of my life?
- **Magnetic Queen:** What ritual makes me feel most magnetic?

*Journaling Space:*





# Day 3

**Exercise:** Record a voice note to your future self celebrating all your inner growth.

- **Divine Dreamer:** What am I claiming next with boldness?
- **Sacred Hustler:** What new belief about success is now anchored in me?
- **Soulful Seeker:** What patterns have I fully released?
- **Magnetic Queen:** What legacy frequency do I now carry?

*Journaling Space:*







# Day 4

**Exercise:** Write down what you are no longer available for — energetically, emotionally, physically.

- **Divine Dreamer:** What no longer fits in my sacred vision?
- **Sacred Hustler:** What energy drains will I no longer entertain?
- **Soulful Seeker:** What endings deserve sacred closure?
- **Magnetic Queen:** What do I lovingly release to call in more?

*Journaling Space:*







# Day 5

**Exercise:** Dance for 5–10 minutes in celebration of your wholeness.

- **Divine Dreamer:** How does joy amplify my manifestation power?
- **Sacred Hustler:** What feels like success in my body?
- **Soulful Seeker:** How does dance connect me to my divinity?
- **Magnetic Queen:** What does embodied celebration look like?

*Journaling Space:*





# Day 6

**Exercise:** Reflect on your biggest transformation. Write a letter of gratitude to yourself.

- **Divine Dreamer:** What did I birth through belief?
- **Sacred Hustler:** What did I build from soulful consistency?
- **Soulful Seeker:** What truth have I come home to?
- **Magnetic Queen:** What makes me proud to be the woman I am?

*Journaling Space:*







# Day 7

**Exercise:** Create a visual altar or collage of your 12-week journey. Witness yourself.

- **Divine Dreamer:** What dreams are now ready to grow wings?
- **Sacred Hustler:** How does success now feel sustainable?
- **Soulful Seeker:** How has my inner world reshaped my outer reality?
- **Magnetic Queen:** What does radiance look like in the next chapter?

*Journaling Space:*







# WEEK 13: BUSINESS & RADIANCE POWER

## Day 1

*Exercise: Declare your business as a sacred temple. Write a vow of devotion to it.*

- **Divine Dreamer:** *What part of my dream is ready to become a business?*
- **Sacred Hustler:** *What values will guide my leadership?*
- **Soulful Seeker:** *How do I weave soul into strategy?*
- **Magnetic Queen:** *What makes my business feel like an extension of my radiance?*

*Journaling Space:*





# Day 2

**Exercise:** Choose a CEO ritual you'll begin your workweek with. Practice it today.

- **Divine Dreamer:** What would my dream business feel like to run?
- **Sacred Hustler:** What structure supports my creativity?
- **Soulful Seeker:** What energetic hygiene do I need as a leader?
- **Magnetic Queen:** What magnetic energy am I bringing into my work?

*Journaling Space:*







# Day 3

**Exercise:** Reflect on one client transformation you desire to create.

- **Divine Dreamer:** Who am I here to serve through my gifts?
- **Sacred Hustler:** What impact do I want my work to have?
- **Soulful Seeker:** How do I make my business a channel for healing?
- **Magnetic Queen:** What legacy does my brand embody?

*Journaling Space:*







# Day 4

**Exercise:** Write your soul-led mission statement — 1–3 sentences that feel alive in your body.

- **Divine Dreamer:** What dream do I dare to lead with?
- **Sacred Hustler:** How do I stay consistent with soul?
- **Soulful Seeker:** What truth does my business reflect?
- **Magnetic Queen:** What kind of leader am I becoming?

*Journaling Space:*





# Day 5

**Exercise:** Set your next bold business intention — then breathe into it for 2 minutes.

- **Divine Dreamer:** What wild vision am I calling in?
- **Sacred Hustler:** What systems will support this vision?
- **Soulful Seeker:** What fears must I bless and release?
- **Magnetic Queen:** What energy must I embody to be this version of me?

*Journaling Space:*







# Day 6

**Exercise:** Tune into your brand voice. Write a social media post or email from your highest self.

- **Divine Dreamer:** What story do I long to share?
- **Sacred Hustler:** How does my message align with my strategy?
- **Soulful Seeker:** What makes this message soul-deep?
- **Magnetic Queen:** What magnetism flows through my words?

*Journaling Space:*







# Day 7

**Exercise:** Celebrate your unique radiance with a photoshoot or video day.

- **Divine Dreamer:** How do I let my essence shine online?
- **Sacred Hustler:** What visibility fears am I ready to shed?
- **Soulful Seeker:** What does authentic expression feel like today?
- **Magnetic Queen:** How does my visual energy attract aligned opportunities?

*Journaling Space:*





# QUEEN FREQUENCY TRACKER (21 DAYS)

Track how you embody your Queen energy daily. Circle, color in, or add a word to each day that reflects your frequency.

DAY	EMOTION FELT	ACTIONS FROM	POWER	BEAUTY RITUAL	MAGNETIC MOMENT
1					
2					
3					
4					
5					
6					
7					



# QUEEN FREQUENCY TRACKER (21 DAYS)

Track how you embody your Queen energy daily. Circle, color in, or add a word to each day that reflects your frequency.

DAY	EMOTION FELT	ACTIONS FROM	POWER	BEAUTY RITUAL	MAGNETIC MOMENT
8					
9					
10					
11					
12					
13					
14					

# QUEEN FREQUENCY TRACKER (21 DAYS)

Track how you embody your Queen energy daily. Circle, color in, or add a word to each day that reflects your frequency.

DAY	EMOTION FELT	ACTIONS FROM	POWER	BEAUTY RITUAL	MAGNETIC MOMENT
15					
16					
17					
18					
19					
20					
21					



# INTEGRATION LETTER + COMPLETION RITUAL

Take time to honor the woman you've become. Write a sacred letter to yourself below.

Prompt: **“Dear me, I am so proud of you for...”**

## Completion Ritual:

- *Light a candle or incense.*
- *Play a song that activates joy or softness.*
- *Read your letter aloud.*
- *Seal it with a hand on your heart and say: “I witness my wholeness. I receive my radiance.”*

## CLOSING LETTER FROM YOUR COACH

**Dearest Queen,**

You've walked with grace through initiation after initiation. You've faced your shadows, anchored your light, and remembered your wholeness. What you now hold is not just wisdom but embodiment. You've met the Divine Dreamer in you who dares to vision.

The Sacred Hustler who shows up with soul.

The Soulful Seeker who anchors in truth.

And the Magnetic Queen who leads with radiance.

As you close this container, remember:

You are your own portal. Your presence is your power.

Let this journal become your sacred mirror whenever you need to return home to yourself.

In the cycles of your evolution, this is not the end — it's the beginning of you standing fully as Her.

**In devotion to your becoming,  
Amrita Sameer Your Coach**



Created by:

**Amrita Sameer Ganguly**

Manifestation & Business Essence Coach