

GLAMOUR ALCHEMY

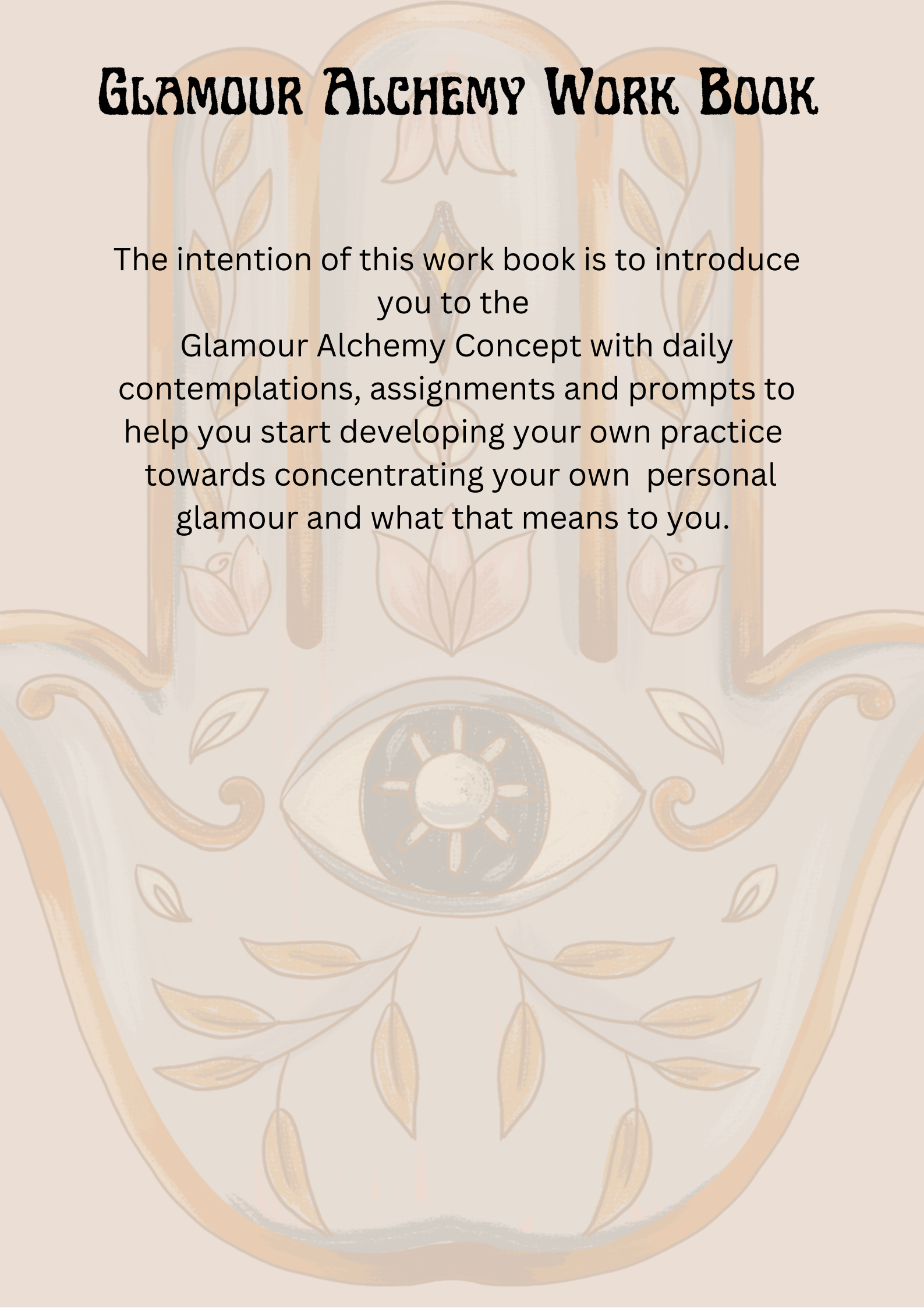
FREE MINI WORKBOOK



GLAMOUR ALCHEMY WORK BOOK

The intention of this work book is to introduce
you to the

Glamour Alchemy Concept with daily
contemplations, assignments and prompts to
help you start developing your own practice
towards concentrating your own personal
glamour and what that means to you.



GLAMOUR ALCHEMY WORKSHEET EXPLAINED

In Glamours Goals use your journal to identify your glamour goals- choose your top 3 then choose just one goal to focus this week

QUALITIES I WANT TO INTEGRATE/ EMBODY

ie: I want to embody Grace.....
what does that feel, taste or smell like....

choose a new quality each day

TODAY'S COULD-DO TASKS

What are some small steps I could take TODAY within my life to move closer to these goals...

IDEAS & INSPIRATION

● Use ideas and inspiration to refine your Glamour goals



Think of a time you felt "Glamorous" - what were the elements that came together to complete this experience, Sounds, sights, Smells, textures.....

What qualities did you feel that you wish embody more often?

How would you walk, talk, and move if you had this quality?

Practice embodying this energy

GLAMOUR ALCHEMY WORKSHEET

GLAMOUR GOALS

QUALITIES I WANT TO INTEGRATE

1.

2.

3.

NOTES:

IDEAS & INSPIRATION

TODAY'S COULD-DO TASKS

1.

2.

3.

NOTES:

TRACK SHEET

EXERCISE

DAILY REFLECTION

Answer in your journal and reflect on your experience.

.....
What encourages my embodiment of this quality?

.....
what discourages my embodiment of this quality?

.....
How does embodying this quality make you feel?

SCHEDULE YOUR QUALITIES

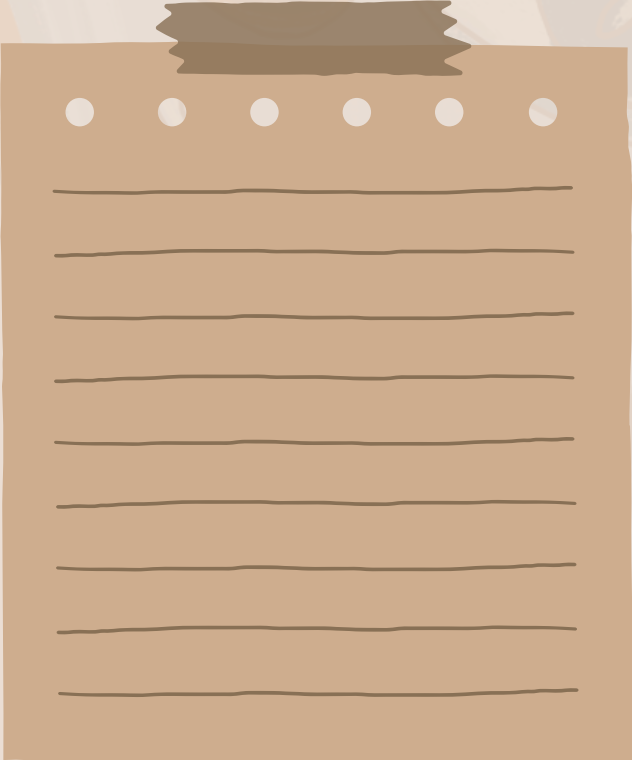
M	T	W	Th
F	S	Su	

NOTES

What did this process teach you about yourself?

How did these practices influence your life?

other notes:



A brown notepad with a torn top edge and six punch holes on the left side. It has ten horizontal lines for writing.



A brown notepad with a perforated top edge and four checkboxes on the left side. It has five horizontal lines for writing.

If you enjoyed this free mini workbook , you are invited to dive deeper with with the self paced ebook explaining deeper the concept of Glamour Alchemy and how to use it in your daily life and influence.

full in depth length 6 week Glamour Alchemy course

where we dive deep on :

Sovreneignty

What is Charisma? and how to cultivate it

how we can flex and alchemize our deepest pains in to beauty

includes discussion

practical excercise

establishing a practice

intention setting

sensual movement

vocal toning

protect and fortify your aura from jealousy