

Day 11 – You Are the Magic

Theme: Integration + Celebration

Today we honour your journey. You've remembered. You've reconnected. Now, you rise — not into someone new, but more fully into ***you.***

Today's Practice

1. Reflect:

“Before I began, I felt...”

“Now I feel...”

2. Choose One Word or Image to Carry Forward

Let it be your energetic talisman.

3. Close With a Ritual

Repeat your Day 1 breath-work or light a candle in gratitude.

Reflection Prompts

- What shifted most for me over these 11 days?
- What have I remembered about myself?
- What will I continue or deepen from here?

Optional Extras

- Write a love note to your future self.
- Share a takeaway in the group space if it feels aligned.