



**90-Day  
Venusian  
Glow Up:  
Weekly  
Assignment  
Companion  
Guide**

# How to Use This Companion

This companion deepens the daily planner. Each of the 16 weeks has a corresponding assignment here. The assignment is designed to take 30 to 60 minutes across the week, spread across multiple sittings. Every week has two parts: a Core Assignment and an Optional Stretch. The core assignment is the work. The stretch is for the weeks when something opens and you want to go further. Each week also opens with a Carrying Forward note, a single paragraph that connects this week's assignment to what you built the week before. Read it. The program is cumulative.

## The assignment types:

***Somatic Exercise*** — Body-based practices that build interoceptive awareness, nervous system regulation, and embodied self-perception. Do these slowly and with full physical attention.

***Shadow Work Ritual*** — Jungian-rooted writing and ritual practices for making the unconscious conscious. Follow Pennebaker's protocol: write for the full time without stopping or editing

***Creative Assignment*** — Expressive, artistic, or altar-based work that engages the right brain and bypasses the critic. There is no correct way to do these.

***Behavioral Exercise*** — Structured observation and behavioral experiments drawn from charisma research, attachment theory, and nervous system science. Take the observations seriously.

***Magickal Ritual*** — Full ceremonial practices that integrate the Venusian magickal tradition with the psychological work of the program. Prepare your space and enter these intentionall

# **A few notes before you begin:**

- ◆ **If you miss a week, do not skip ahead. Go back. The assignments build on each other.**
- ◆ **The writing prompts follow Pennebaker's protocol. Write without stopping. Do not edit. Feelings and facts both**
- ◆ **The science notes in your planner and the assignments here are designed to work together. Read the science note before you begin each week's assignment.**
- ◆ **This companion works best when you bring what surfaces here into the Venusian Magick Circle community. The work is better witnessed.**

# **PHASE 1 · AWARENESS**

## **— Weeks 1–4 · Days 1–30**

You cannot change what you have not honestly seen. This phase is honest inventory. The first four weeks ask you to witness what is already true in your body, your shadow, your pleasure, and your presence. Keep the pace gentle and consistent. Allow insights to accumulate rather than forcing breakthroughs. This guide provides Core Assignments and Optional Stretches so you can scale the depth to match your capacity week by week without losing momentum. As you progress, keep returning to the Carrying Forward paragraphs; they link the work like stones across a river, ensuring you do not lose the thread of your own becoming.

## **Week 1 · Body as Temple**

Assignment Type: Somatic Exercise. Carrying Forward: This is the beginning. There is nothing to carry forward yet. What you bring into this week is exactly what you are, wherever you are in your relationship with your body, your practice, and yourself. That is enough to start.

# Core Assignment: The Body Map

Before you can reclaim your body, you need an honest map of where you actually are. This is not a fitness exercise. It is a cartography exercise. You are locating yourself. Your assignment this week: 1) Find a quiet space and lie on your back for 10 minutes with no audio. 2) Starting from the soles of your feet, slowly move your awareness upward through every body part, crown, jaw, throat, chest, belly, hips, hands, feet. 3) In each area, note only what you observe: warm, cool, tight, numb, heavy, light, absent, present. Do not fix anything. 4) Immediately after, write what you noticed in your daily journal. Where did you feel tension, numbness, aliveness, or absence? Use as much physical detail as you can. 5) Repeat this scan every morning this week. Note what changes from day to day.

## Reflection Prompts

(15 minutes each, write without stopping): Which area of your body felt most absent, like you simply don't live there? What do you think that area holds? Which area surprised you with sensation or aliveness? What is your relationship with that part of your body? What would it mean to be fully present in your body for one full day? What would be different about how you moved, spoke, made decisions?

Affirmation: My body is not performing for anyone. She is communicating with me.

## Optional Stretch: The Stranger Letter

Write a letter to your body as if she were a stranger you are meeting for the first time. Introduce yourself. Apologize for anything you need to. Ask her what she needs from you this week. Write without editing for at least 10 minutes.

# Week 2 · Shadow Work & Self-Knowledge

Assignment Type: Shadow Work Ritual. Carrying Forward: Last week you mapped where you live in your body, and where you have been absent. This week we go inward to what your body has been storing. The emotional material that lives in the places you found numb, tight, or absent is the raw material of your shadow. We are going to start looking at it directly.

# Core Assignment: The Trigger Altar

Jung said that everything that irritates us about others can lead us to an understanding of ourselves. This week you are building what I call a Trigger Altar, a written collection of everything that provokes you. The altar reveals the map of your shadow. Your assignment this week: 1) For the first three days, keep a running Trigger Log. Every time you feel a strong negative reaction, irritation, defensiveness, shame, envy, write it down within the same day. Note what happened, what you felt in your body first, and what story immediately formed. 2) On Day 4, read through your log and circle every quality that also lives, even quietly, in you. 3) On Day 5, choose three circled items. For each, write: when did I first learn to reject this quality in myself? 4) On Days 6 and 7, sit with what you found. You are not fixing anything this week. You are witnessing.

## Reflection Prompts

(15 minutes each, write without stopping): What was the most uncomfortable trigger you recorded this week? What does it tell you about what you have rejected in yourself? Which circled quality is the oldest? When do you first remember being taught it was unacceptable? If you fully owned that quality, not performed it, but genuinely claimed it, what would change?

Affirmation: The parts of me I most reject are the parts that most need my attention.

## Optional Stretch: The Projection Reversal

Think of someone who irritates you consistently. Write one full page about every quality that bothers you about them. Then rewrite the entire page in first person — "I am someone who..." Do not skip a single item. Read it aloud when finished.

# **Week 3 · Pleasure & Sensuality**

Assignment Type: Creative Assignment. Carrying Forward: Last week you began mapping your shadow material — the qualities you reject in yourself and the triggers that reveal them. This week we turn toward the opposite pole: what your body and senses genuinely enjoy. Notice how much you have been managing that too.

# Core Assignment: The Pleasure Inventory Altar

You are going to spend this week building a physical altar to your own pleasure. Not spiritual pleasure, not earned pleasure — the small, honest, sensory pleasures that are already available to you right now. The altar is evidence that pleasure exists in your life. You are just not stopping to honor it. Your assignment this week: 1) Gather five objects this week that represent genuine sensory pleasure to you. They can be tiny: a stone with an interesting texture, a scent you love, a color that satisfies you, a fabric that feels good in your hands. 2) Place them somewhere you will see them daily. This is your Pleasure Altar. 3) Each day, add one item or note to your altar. By Day 7 you will have at least 7 entries. 4) On Day 7, photograph or draw your altar and describe it in your journal. 5) Notice: was it hard to collect 7 genuine pleasures? What does that tell you?

## Reflection Prompts

(15 minutes each, write without stopping): What surprised you most about what brought you pleasure this week? Was it smaller or different than you expected? Where did you feel resistance to claiming something as pleasurable? What story arose? What pleasure have you been telling yourself you don't deserve or don't have time for? Name it directly.

Affirmation: Pleasure is not the reward. It is the practice.

## Optional Stretch: Sensory Immersion

Design a 30-minute experience for yourself that deliberately engages all five senses. Prepare it with care, a specific scent, a texture to touch, something beautiful to look at, a sound or music, something to taste. Enter it with no phone. Afterward, write about what it felt like to receive that much deliberate pleasure without justifying it.

# **Week 4 · Magnetism & Attraction**

Assignment Type: Behavioral Exercise. Carrying Forward: Three weeks of honest inventory. You have touched your body's terrain, your shadow material, and your pleasure landscape. Now we turn to what you are broadcasting outward and whether it matches what you intend.

# Core Assignment: The Presence Audit

Charisma research is clear: magnetic people are not performing. They are present. This week you conduct a full audit of where your presence actually goes, where you show up fully and where you routinely leave the room while still physically in it. Your assignment this week: 1) For three days, rate your presence in every significant interaction on a scale of 1 (entirely elsewhere) to 5 (fully there). Note what pulled you away when it dropped below a 3. 2) Identify your top three Presence Drains, the situations, people, or thoughts that most reliably pull you out of the room. 3) For two days, practice a single Presence Anchor before each interaction: both feet on the floor, one slow breath, eyes that actually see the person in front of you. 4) On Day 7, compare your presence ratings from days 1–3 to days 5–6. Note the difference and what produced it.

## Reflection Prompts

(15 minutes each, write without stopping): Where did your presence score lowest this week? What story or anxiety was pulling you out? What was different in the interactions where you scored a 4 or 5? What conditions made full presence possible? What does it feel like in your body when you are genuinely present versus when you are performing presence?

Affirmation: I do not need to try harder. I need to be more here.

## Optional Stretch: The Mirror Presence Practice

Stand in front of a mirror for 5 minutes. Hold your own gaze, softly, not staring. Notice what arises: discomfort, self-criticism, the urge to look away. Stay anyway. On Day 4 and Day 7, repeat. Write what changed between the three sessions.

# **PHASE 2 · REWIRING**

## **— Weeks 5–12 · Days 31–60**

Awareness alone does not heal. Repetition of new patterns does. In this middle phase you will install practices, examine inherited beliefs, legislate permission, interrupt collapse, reclaim embodied beauty, map relational mirrors, chart desire, and reclaim energy. Consistency beats intensity; let the dailiness lay tracks for your nervous system so that presence, regulation, and sovereignty become default rather than peak states.

## **Week 5 · Body as Temple**

Assignment Type: Somatic Exercise. Carrying Forward: Phase 1 gave you honest inventory. You know where you live in your body, what your shadow holds, what pleasure actually feels like, and what your current magnetic signal broadcasts. Now the work changes. Phase 2 is repetition, building new neural pathways through consistent practice. The nervous system does not change through insight. It changes through showing up in a new way, repeatedly.

# Core Assignment: The Regulation Practice

The nervous system does not change through insight. It changes through repetition of new inputs. This week you choose one regulation practice and do it every single day at the same time. The consistency is the magick. Not the intensity. Your assignment: 1) Choose your anchor practice: (a) 5 minutes of slow diaphragmatic breathing, 4 counts in, hold 4, out 6; (b) a daily 10-minute walk with no audio and full sensory presence; or (c) a cold-to-warm shower sequence with intentional breath. 2) Each day before your practice, rate your nervous system state on a scale of 1 (dysregulated, anxious, numb) to 10 (calm, present, grounded). Record it in your daily journal. 3) Each day after, rate again. Track the delta, the shift between before and after. 4) On Day 7, review your week of ratings. What patterns emerged? What time of day was hardest? When was the practice most potent?

## Reflection Prompts

(15 minutes each): What did your nervous system baseline feel like at the start of this week? Describe the texture of your typical daily state, not what you think it should be, but what it actually is. Which day was hardest to do the practice? What was happening? What story did your mind offer as justification for skipping it? What does regulated feel like in your body, specifically? Where do you feel it? What changes first?

Affirmation: I am not too busy to regulate. Dysregulation is what makes me too busy.

## Optional Stretch: The Before-and-After Portrait

On Day 1 and Day 7, spend 10 minutes writing a physical description of how your body feels, in as much somatic detail as you can. Not thoughts. Physical sensations: temperature, weight, ease or constriction, where your breath goes, what your jaw is doing, how heavy or light your limbs feel. Compare the two descriptions. Write one paragraph on what the comparison reveals.

# **Week 6 · Shadow Work & Self-Knowledge**

Assignment Type: Shadow Work Ritual. Carrying Forward: Last week you built a regulation practice and began tracking your nervous system's baseline. This week we go directly into the belief systems that are keeping your nervous system in a chronic low-grade threat response. You cannot regulate your way out of beliefs you have not examined. This week you examine them.

# Core Assignment: The Inherited Belief Excavation

Pennebaker's research is specific: writing that engages both the emotions and the facts of an experience produces the deepest and most durable change. This week you write about the beliefs you inherited about your own worthiness. Not to perform healing. To excavate what has been running your choices from below. Your assignment: 1) Day 1: Write for 15 minutes on this prompt: What is the core belief I hold about whether I am enough? Write without stopping. Feelings and facts both. 2) Day 2: Write for 15 minutes on: Where did I learn this belief? Be specific. What happened? Who was there? How old were you? 3) Day 3: Write for 15 minutes on: What has this belief cost me? List specifically, relationships, opportunities, choices, years of energy spent managing it. 4) Day 4: Write for 15 minutes on: What evidence in my actual life contradicts this belief? This is the hardest day. Write anyway. 5) Days 5–7: Read all four entries. Write a single paragraph beginning with: The story I am ready to stop living is...

## Reflection Prompts

(15 minutes each): What was the earliest moment you can trace the core unworthiness belief to? How old were you? What specifically happened? Whose voice does that belief speak in when it arises in you today? Is it yours, or did you inherit it from someone? What single decision in the last year was most driven by that belief? What would you have done differently without it?

Affirmation: I did not choose this belief. I am choosing, now, what I do with it.

## Optional Stretch: The Belief Funeral

Write the belief you are ready to release on a piece of paper. Beneath it, write everything it has cost you, be specific and unsparing. Then perform a release ritual of your choosing: burn it safely, bury it, tear it into pieces and let them go. Write about the experience afterward. What did it feel like in your body? What arose in its place?

# Week 7 • Pleasure & Sensuality

Assignment Type: Creative Assignment. Carrying Forward: Last week you excavated the core belief that has been running your worthiness narrative. This week we work directly with what that belief has done to your capacity for pleasure, specifically, the numbing behaviors you have been using to not feel. Numbing is not a character flaw. It is a learned response to a nervous system that decided feeling was too risky. This week we begin to choose differently.

# Core Assignment: The Pleasure Permission Slip

You are going to create an actual document of permission this week, a written, signed, dated declaration of what you are allowing yourself to enjoy without apology. This is a creative and magickal act: you are legislating a new internal law for yourself. Your assignment this week: 1) Day 1: List every form of pleasure you currently allow yourself, no matter how small. 2) Day 2: List every form of pleasure you deny yourself, minimize, or feel you haven't earned. 3) Day 3: For each item on the denial list, write the exact story that justifies the denial. Be specific. 4) Day 4: Choose three items from the denial list and write them as permissions: I give myself full permission to... because I am a woman who... 5) Day 5: Design your Pleasure Permission Slip. Make it official. Sign and date it. 6) Days 6–7: Act on at least one permission this week. Write about what happened.

## Reflection Prompts

(15 minutes each, write without stopping): What was on your denial list that surprised you, that you had not realized you were withholding from yourself? What story justifying denial was the oldest? The most inherited? The most clearly not yours? What did it feel like to act on a permission? What arose in your body during and after?

Affirmation: Permission is not given to me. It is claimed by me.

## Optional Stretch: The Sensory Biography

Write a brief biography of your relationship with your five senses from childhood to now. Which sense was most celebrated in your home growing up? Which was most suppressed or ignored? How has that shaped what you allow yourself to feel today? Write for at least 20 minutes without stopping.

# **Week 8 · Magnetism & Attraction**

Assignment Type: Behavioral Exercise. Carrying Forward: Last week you began legislating new permissions for pleasure. This week we work on what collapse behaviors are undermining your magnetic signal and begin the practice of holding your ground. You cannot be magnetic and invisible at the same time. This week you start choosing to be seen.

# Core Assignment: The Collapse Interruption

Collapsing... shrinking, over-explaining, people-pleasing, apologizing unnecessarily, is not politeness. It is a habitual dysregulation response. This week you interrupt it. Not by performing confidence you don't feel, but by pausing long enough to make a different choice. Your assignment this week: 1) Day 1: Identify your three primary collapse behaviors with as much specificity as possible. Not "I people-please" but "when X happens, I do Y specifically." 2) Days 2–4: Catch each collapse behavior in real time. You do not need to stop it yet. Simply notice it within the hour and write: I just collapsed by doing X in situation Y. 3) Day 5: Choose one collapse behavior. This week, once, do the opposite. Hold the pause. Stay with the discomfort. Note what happens in your body and in the room. 4) Days 6–7: Write about the experience of holding ground. What arose in your body? What story tried to make you collapse?

## Reflection Prompts

(15 minutes each, write without stopping): Which collapse behavior is the oldest pattern? When did you first learn it kept you safe? What do you believe will happen to the relationship or situation if you stop collapsing? Be specific about the fear underneath it. What did it feel like in your body when you held your ground? Where did you feel it? What changed in the interaction?

Affirmation: Holding my ground is not aggression. It is self-respect becoming visible.

## Optional Stretch: The Magnetic Inventory

Write about three people in your life — past or present — you find genuinely magnetic. For each, identify the specific qualities that create that pull for you. Then identify which of those qualities you are actively suppressing in yourself. Write one paragraph on what it would look like to let one of those qualities be visible this week.

# Week 9 • Body as Temple

Assignment Type: Somatic Exercise. Carrying Forward: Last week you began interrupting collapse behaviors. You may have noticed that collapse is often a body-first response — the shoulders drop, the breath shortens, the voice softens before any conscious decision is made. This week we work directly on the body's relationship with how it is seen. Not how others see it. How you see it.

# Core Assignment: The Embodied Beauty Practice

Research is clear: how you perceive yourself changes how you move through the world, how others respond to you, and what you allow yourself to pursue. This practice is not about positive affirmations. It is about consciously widening the perceptual frame you apply to your own body. Your assignment this week: 1) Each morning: 90-second mirror practice. Soft eyes. Notice one physical quality you have not consciously acknowledged in a month. Name it aloud. It does not need to feel true yet. Say it anyway. 2) Each evening: name one moment during the day when your body served you, carried you somewhere, allowed you to feel something, held you together. Write it in your daily journal. 3) Day 4: Write your body's résumé. Everything she has survived, carried, felt, experienced, and produced. Do not include appearance. Only function, endurance, and sensation. 4) Day 7: Compare how you felt looking at yourself on Day 1 to Day 7. Write the difference, however small.

## Reflection Prompts

(15 minutes each, write without stopping): What was the hardest part of the mirror practice? What arose on the days it felt most uncomfortable? What surprised you most about your body's résumé, the things she has done, carried, and survived? How has the way you move through a room, or inhabit a conversation, shifted even slightly this week?

Affirmation: My body is not an obstacle to be overcome. She is the ground I stand on.

## Optional Stretch: The Anointing Ritual

Choose a body oil, lotion, or water with a scent you love. Set aside 20 uninterrupted minutes. Slowly anoint your body from feet to crown with full intention and presence. Speak aloud to each area as you move through it — even briefly, even if it feels strange. Afterward write: what did this ask of me? What did it give me?

# **Week 10 · Shadow Work & Self- Knowledge**

Assignment Type: Shadow Work Ritual. Carrying Forward: Last week you began reclaiming your body through embodied beauty practice. This week we go back into shadow territory, specifically the patterns of projection that have been creating the same relational dynamics on repeat. Every relationship that triggers you strongly is a mirror. This week you look directly into it.

# Core Assignment: The Mirror Relationship

Every relationship that triggers us strongly is a mirror. This does not mean others' behavior is acceptable. It means that the intensity of your reaction always contains information about you. This week you map one significant mirror relationship and extract what it has been trying to show you. Your assignment this week: 1) Choose one relationship, current or past, that has provoked the strongest repeated emotional reaction in you. 2) Day 1: Write for 15 minutes about everything that bothers, has bothered, or has hurt you about this person or dynamic. Be uncensored. 3) Day 2: Read what you wrote. Circle every quality you also carry, have carried, or secretly fear in yourself. 4) Day 3: For each circled item, write: the version of me who does this is... and what she is trying to do is... 5) Days 4–5: Write about what this relationship has been trying to teach you. Not what they did wrong. What you needed to see. 6) Days 6–7: Write one thing you are taking responsibility for in this dynamic, not blame, responsibility. What was yours?

## Reflection Prompts

(15 minutes each, write without stopping): What was the most uncomfortable item you circled, the quality you most resist owning in yourself? What has this relationship been showing you about your own unmet needs or unacknowledged patterns? What shifts in how you see this person when you stop projecting and take responsibility for what is yours?

Affirmation: Every mirror is a teacher. I am choosing to look.

## Optional Stretch: The Forgiveness Letter You Don't Send

Write a letter of forgiveness to the person from your mirror relationship. Not because they deserve it. Because you deserve to put it down. Write everything you felt, everything it cost you, everything you needed and didn't get. End with: I am releasing this not for you, but so I can have this energy back. Do not send it.

# Week 11 • Pleasure & Sensuality

Assignment Type: Creative Assignment. Carrying Forward: Last week you did some of the deepest shadow work of this program, taking responsibility for your part in your mirror relationships. That kind of excavation can leave the system raw. This week we return to pleasure, but at a deeper level: your relationship with desire itself. Not the pleasures you have already permitted yourself. The ones you have been keeping at a distance.

# Core Assignment: The Desire Map

You are going to spend this week mapping your desires with the same rigor and honesty you brought to your shadow work. Desire is sacred data. It is not indulgent, frivolous, or shameful. It is accurate information about who you are and what you are here for. The assignment is to stop treating it as a secret. Your assignment this week: 1) Day 1: Without editing, write 20 things you desire. Bodily, relationally, materially, creatively, spiritually, professionally. All categories, all sizes. Do not rank them. 2) Day 2: Mark each desire with one of three codes: A (I actively pursue this), H (I hold this at a distance), S (I am ashamed of this). 3) Day 3: For every H and S, write the specific fear or story that keeps you from claiming it. 4) Day 4: Choose one H or S desire and write what your life would look like if you actually pursued it. Present tense. As if it were already real. 5) Days 5–7: Create a visual Desire Map in your journal. It can be words, images, symbols, or colors. Let it be honest.

## Reflection Prompts

(15 minutes each, write without stopping): Which desires had the most H and S codes? What does that category of desire reveal about where your shame lives? What desire felt most forbidden to write? Write about it now, fully, without the code. What would change in how you carry yourself and move through the world if you stopped treating your desires as a problem?

Affirmation: My desires are not too much. They are exactly the right amount of me.

## Optional Stretch: The Desire Altar

Build a physical altar this week devoted entirely to one desire you have been holding at a distance. Include objects, images, colors, scents, anything that calls that desire forward. Spend 5 minutes at the altar each morning this week. On Day 7, write about what it felt like to give that desire a dedicated physical space in your life.

# Week 12 · Magnetism & Attraction

Assignment Type: Behavioral Exercise. Carrying Forward: Last week you mapped your desires and gave one of them a physical altar. This final week of Phase 2 completes the rewiring by addressing the most practical question: what is currently draining your magnetic field, and what are you going to stop giving it? Your magnetism is only as strong as the energy you have available to generate it.

# Core Assignment: The Energy Reclamation Ritual

Every resource you give to a relationship, habit, or situation that does not give back is energy that is unavailable for your magnetism, your creativity, and your aliveness. This week you conduct a full energy audit and begin the practice of reclamation. Your assignment this week: 1) Day 1: List every person, situation, habit, or commitment in your life. Rate each from -3 (significantly draining) to +3 (genuinely energizing). Be honest. 2) Day 2: For every -2 and -3 item: identify the specific behavior you engage in that costs you. Not "this relationship drains me" but "when X happens, I do Y and it costs me Z." 3) Day 3: For each costly behavior, write the boundary or shift that would change it. You do not have to act on it yet. Name it. 4) Days 4–6: Choose one boundary or shift and practice it once this week. One. Write what happens. 5) Day 7: Write the difference in your energy between Day 1 and Day 7. Even one boundary shifts the system.

## Reflection Prompts

(15 minutes each, write without stopping): What drained you most consistently this week? Is this new information, or something you have been knowing and not addressing? What is the story you tell yourself that justifies continuing to give to the -3 items? Whose needs are you protecting? What did it feel like to practice a boundary, even once? What arose in your body during and after?

Affirmation: I do not have unlimited energy. I have chosen investments. I am choosing better ones.

## Optional Stretch: The Energy Vow

Write a formal vow to yourself about one energy drain you are committing to address in Phase 3. Not vague intention — a specific, dated, signed declaration. What you are stopping. What you are redirecting that energy toward. What you expect to feel when it is done. Keep it somewhere visible.

# **PHASE 3 · EMBODIMENT — Weeks 13–16 · Days 61–90**

The work becomes who you are, not what you do. In this final phase, you shift from practicing skills to inhabiting them. The emphasis is on anchors, negotiated coexistence with shadow, sovereignty in pleasure, and full invocation of the self you uncovered. Continue to use the Carrying Forward notes to thread the wisdom from earlier weeks into daily life so the transformation remains integrated rather than episodic.

## **Week 13 · Body as Temple**

Assignment Type: Somatic Exercise. Carrying Forward: You have completed two full phases of this work. You have your body's map, your shadow material, your permission slips, your desire map, and your energy reclamations. Phase 3 is not more excavation. It is the work of letting what you have learned become who you are. The difference between Phase 2 and Phase 3 is the difference between studying a language and thinking in it.

# Core Assignment: The Embodiment Anchor

An embodiment anchor is a physical cue you can invoke on demand to return to your full, grounded presence, even in high-stakes, uncomfortable, or unfamiliar situations. This week you identify yours and begin training it into your nervous system through daily repetition. Your assignment this week: 1) Day 1: Identify your anchor. Choose one physical sensation you will use as your cue: a slow exhale, a deliberately lengthened spine, both feet pressed evenly into the ground, or a specific hand position. It must be subtle enough to use anywhere. 2) Days 2–7: Practice invoking your anchor deliberately at least three times daily, before you enter a room, before a conversation, before a decision, upon waking, before sleep. 3) Keep a daily log: when did you use it? What was the context? How did it shift your internal state or the quality of what followed? 4) Day 7: Write a full account of how your anchor changed one specific interaction or moment this week.

## Reflection Prompts

(15 minutes each): What does your anchor actually feel like in your body when you invoke it? Describe the physical sensation as precisely as you can. Which context was hardest to use the anchor in? What does that reveal about where you most need to reclaim your presence? How has your relationship with your body shifted from Week 1 to now? Name something measurable, something you can observe, not just sense.

Affirmation: I do not have to find my power. I only have to stop leaving my body.

## Optional Stretch: The Embodied Walk

Take a 20-minute walk this week with one intention: to inhabit every step. Feel the ground under each foot. Let your spine be long. Breathe slowly and deliberately. No phone, no audio. Afterward, write about what you noticed about how your body moves through space when you are actually present in it.

# **Week 14 · Shadow Work & Self- Knowledge**

Assignment Type: Shadow Work Ritual. Carrying Forward: Last week you installed your embodiment anchor and began practicing full somatic presence. This week we integrate the shadow work of the entire program, not by adding more excavation, but by writing the relationship you now have with what you found. Integration is not elimination. It is negotiated coexistence.

# Core Assignment: The Integration Letter

This is the most important shadow writing of the entire program. You are going to write a letter to the most resisted, most judged, most exiled part of yourself, not to fix her, not to heal her, but to acknowledge her and offer her a place in your life. Your assignment this week: 1) Day 1: Identify the shadow quality that has cost you the most across this program. Not the most dramatic, the most persistent. 2) Day 2: Write a letter to that part. Open with: I know I have been trying to get rid of you. Write for 20 minutes. Do not stop to edit. 3) Day 3: Write the letter she would write back. What has she been trying to protect you from? What has she needed from you that she never received? 4) Day 4: Write a single paragraph of negotiation, what you are willing to offer her, and what you are asking of her in return. 5) Days 5–7: Read all three letters. Write a closing integration statement beginning with: The version of me who carries this has earned her place because...

## Reflection Prompts

(15 minutes each): What was the most surprising thing the shadow part had to say in her letter back to you? What did you not expect to find there? What has the effort of rejecting this quality actually cost you in energy, relationships, and self-knowledge over the years? What is the difference between the way you hold this quality now versus how you held it at the start of Week 2?

Affirmation: I am not becoming whole by eliminating parts of myself. I am becoming whole by welcoming them home.

## Optional Stretch: The Shadow Reclamation Ceremony

Design a brief ceremony to mark the integration of your shadow material. It does not need to be elaborate: a candle lit and extinguished, an object buried or released, a declaration spoken aloud at your altar. Write about the ceremony: what you did, what you intended, what you felt in your body during and after.

# **Week 15 · Pleasure & Sensuality**

Assignment Type: Creative Assignment. Carrying Forward: Last week you completed the integration work and formally welcomed your shadow home. This week we bring the pleasure and sensuality work to its embodied culmination, not as an assignment, but as a lived practice of your own sovereignty. You have been building toward this since Week 3.

## **Core Assignment: The Pleasure Sovereignty Declaration**

You began this program with a pleasure audit, discovering what you allow and what you deny. You wrote permission slips and mapped your desires. This week you synthesize all of that into a formal declaration of your relationship with pleasure, what you have learned, what you are claiming, and what you are committing to going forward. Your assignment this week: 1) Day 1: Review your Week 3 pleasure altar notes, your Week 7 permission slips, and your Week 11 desire map. Write one paragraph on what has shifted. 2) Day 2: Write your Pleasure Sovereignty Declaration, a formal document of what you now claim, what you no longer apologize for, and what relationship you are committing to with your own aliveness. 3) Day 3: Design the declaration as an artifact, beautiful, finished, something you would keep. Write it, illustrate it, or design it in your journal. 4) Days 4–6: Practice one act of sovereignty per day: a pleasure honored fully, a desire acknowledged without shame, an aliveness experienced without justification. 5) Day 7: Write about how your relationship with pleasure has changed from the first week of this program to now.

### **Reflection Prompts**

(15 minutes each, write without stopping): What is the most significant shift in your relationship with pleasure across this program? Name it specifically, not the concept, the actual lived experience of it. What would you tell someone at the beginning of Week 1 about what this work would ask of them — and what it would give them? What does pleasure as a spiritual practice mean to you now, in your own language? Not the theory. Your experience of it.

Affirmation: A woman who knows her pleasure knows what she is worth. I know both.

### **Optional Stretch: The Full Sensory Ceremony**

Design and experience one full sensory ceremony this week that is entirely for your own pleasure and sovereignty. Engage all five senses deliberately. Prepare it as if it is sacred, because it is. Enter it with no phone, no justification, no editing of yourself while you are in it. Afterward, write about what it felt like to inhabit your own pleasure that completely.

# **Week 16 · Magnetism & Attraction**

Assignment Type: Magickal Ritual. Carrying Forward: You have integrated your shadow, declared your pleasure sovereignty, and installed your embodiment anchor. This final week is the culmination of everything: you are going to write yourself forward as the woman who has done this work. Not who you will become. Who you already are.

# Core Assignment: The Venus Invocation

In Venusian magick, an invocation is not a request. It is a recognition — a calling forth of what already exists within you. This final assignment is a full magickal and written ceremony in which you invoke the fully embodied, fully sovereign version of yourself. She is not a future goal. She is what this 90 days has been uncovering. Your assignment this week: 1) Day 1: Prepare your space. Candle, scent, something beautiful. This is a ritual. Enter it intentionally and with full presence. 2) Day 2: Write a letter in present tense from the most fully embodied version of you. She is already here. She writes to you about how she carries herself, what she allows, what she no longer tolerates, and what she knows about her worth and her magick. Do not hedge. Write as her. 3) Day 3: Read the letter aloud three times. The first time, in a whisper. The second time, in a full voice. The third time, standing. 4) Day 4: Write her vows. Not aspirations — commitments. What she will no longer do. What she will no longer accept. What she will no longer withhold from herself. 5) Days 5–7: Live as her. When you face a choice, ask: what would she do? Write one observation per day.

## Reflection Prompts

(15 minutes each, write without stopping): What is the most significant thing the fully embodied version of you knows about herself that you were not sure of at the start of Day 1? What has shifted measurably, observably, in how you carry yourself, make choices, or allow yourself to be seen over these 90 days? What is the single most important thing this work has given you? Name it as precisely as you can.

Affirmation: I am not becoming her. I am finally letting her be visible.

## Optional Stretch: The Closing Altar

Build a closing altar that honors the 90 days of work you have done. Include objects from across the program: something from your pleasure altar, something representing your shadow integration, something representing your embodiment anchor, something representing your desire map. Spend time with it. Photograph it if you wish. Write about what it represents, not what each object is, but what the whole of it means.

# **The 90-Day Integration Ceremony**

Evidence does not end with the practice. It ends with the reflection. The following ceremony closes the container of your 90-day journey and translates experience into integrated identity. Move slowly and keep the same standards you held across the program: feelings and facts, no editing, and devotion to what is actually true rather than what you think should be true.

**Refer to you 90 Day Venusian Glow  
Up Guide for the full Ceremony &  
Closing**