



# *Magic* Questions

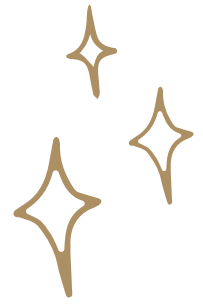


**50 Journal Prompts**  
*For Self-Love & Living Your Best Life*

*Created by Kesley Tweed*  
*IronGypsy Astrology & Coaching*

# Magic Questions

*It's time to step into your magic!*



Congrats, my friend! There is so much freedom in finally saying YES to you! There is peace and joy, love and hope, meaning and strength—all of this and more —already living inside you just waiting to be unlocked! And you just took the first step!

The secrets to living your best life —living as the best you — are in YOU.

That's why I created "Magic Questions." These journal prompts will help unlock the magic buried deep inside underneath the stress, past "failures" and limiting beliefs.

It's time to reconnect with the real you. It's time to stop searching. It's time to find YOUR MAGIC.

When connected with your MAGIC, you are:

**Magnetic:** You attract what is meant for you through a positive attitude and open heart and mind.

**Authentic:** You are 100 percent comfortable being and sharing ALL of you.

**Grateful:** You appreciate all that you are and all that you have.

**Inspiring:** You courageously share your gifts, talents and true self to help and lift others.

**Confident:** You walk with the confidence that you can handle anything life throws at you.

All of that is possible for you!

Let's make MAGIC!

Love,

*Kesley*

Kesley Tweed  
Founder, Iron Gypsy Coaching

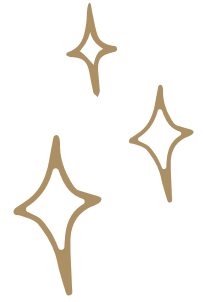


*"The magic is  
in you, babe."*



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## Benefits of journaling:

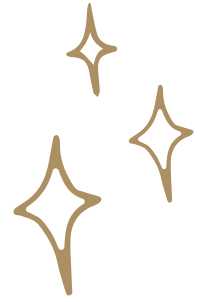
- Journaling helps you find a healthy way of expressing yourself and has been proven to help manage anxiety, stress and depression.
- Journaling can improve mood by helping you process inner dialogue, emotions and limiting beliefs – allowing you to transform what's holding you back by bringing it into your awareness.
- Journaling can help you stay grounded in times of stress or confusion by helping you clarify and prioritize challenges and potential solutions.
- Journaling can help you get clear on desires and can also support manifestation.
- Journaling can be a lot of fun. See the "Just for Fun" section for questions that can also be great happy hour or date conversation.

## How to get the most from these questions:

- Set aside at least 20 minutes per day to complete at least one journal question. This will allow you to sink into it rather than rushing through answers. Although it's not required, journaling at the same time each day can be highly effective.
- Try starting with a brief meditation before diving into the journal prompt. If you are new to meditation, you can find a [\*\*Meditation Masterclass here.\*\*](#)
- Release all judgment or any preconceived notions about what "journaling" should be. Bullets, scribbles, misspelled words – it's all part of letting go of the voice of judgment and beginning to allow your true inner voice shine through!
- If you are concerned about others reading your journaling, burn the page, shred it and throw it away. There is no need to hold on to your journaling for it to be effective. Keep concise bullet points of things you want to note or remember.
- Call in a "higher power" of your own understanding to guide you. This can mean starting with a prayer, calling in a guide or guardian angel, or channeling the energy of love.
- Trust your intuition. Follow the steps above and you'll be able to access your deepest self – and your highest self leading to some life-changing insights! Enjoy, my dear friend!

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## About the Questions

These “magic questions” were carefully selected to help you uncover and align with the best of you – your magic. As Deepak Chopra says, “The deeper you go, the higher you’ll fly.” Take this time to look deeper than you ever have before, and find that light that’s inside of you – just waiting to shine even brighter!

## Questions to ask daily

1. How do I want to feel today?
2. How do I want to grow today?
3. How do I want to give or show kindness today?
4. What am I grateful for today?
5. What do I appreciate most, in this moment?
6. How will I show or express my gratitude today?
7. What are my top 1-3 priorities today?
8. What is my one-word intention for today?

## Who you are

1. When do I feel most like “me?”
2. What are my strengths, or what do others tell me are my strengths?
3. What is unique about me?
4. What do I love about me?
5. What is most important for me to feel? (These are your values.)
6. People that I love being around bring out what characteristic in me?
7. What would I need to believe to show more of the real me?



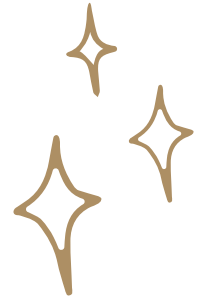
**"The deeper you go, the higher you'll fly."**

*~ Deepak Chopra*



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## What you love

1. What do I love about my life?
2. When do I feel most alive?
3. What are the simple pleasures in my life that I am most grateful for?
4. Who are the people in my life I am most grateful for?
5. What moments in my past am I most grateful for?
6. What activities do I lose track of time doing?
7. If I could travel anywhere, where would I go any why?
8. If I could learn to do something new this year, what would it be?

## Your purpose

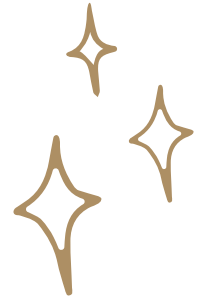
1. What is one challenge that I've been through that I feel compelled to help others overcome?
2. What is one thing that I wish the world had more of?
3. What might others find inspiring about me or my story?
4. What is at least one talent or strength that I have that you can share with others?
5. What is at least one thing you hope to be remembered for?
6. What is most important to me in life?
7. When I think about "Be the change you want to see in the world," what comes to mind?

## Your dreams

1. What is one childhood dream that I still secretly want to make a reality?
2. What does my dream day look like?
3. What is one big dream that you have that I would love to make a reality?
4. What is something I've always dreamed of being, experiencing or achieving?
5. What is one goal I would like to accomplish before your next milestone birthday?
6. What would I do if I was unafraid to fail?

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## Just for Fun

1. If I was a super hero, what would my alter ego and super power be?
2. If I could to a pick power theme song, what would it be?
3. If I could spend a year as any character or famous person, who would I be and why?
4. If I could dye your hair any color what color would I go with and why?
5. What is the one thing I wish I could do if no one would ever find out?
6. What makes me laugh?
7. What's my astrological "sign" and what do I know about it?
8. If I had to get a tattoo, what would I get, and where would it be?

## Let's Make Magic – Bringing it all together

1. What is one new thing I discovered about myself from these journal questions?
2. What is one new goal that I identified from these journal questions?
3. What is one action I can take to move me toward this new goal?
4. What does it mean to to "live in my magic?"
5. What is one limiting belief I will let go of to "live in my magic?"
6. What is one new thing I will do daily to stay in my "magic?"
7. What is one new positive belief I have about myself?



**"All magic is simply a shift in perception."**

