

A person is sitting at a wooden table, using a laptop. On the table, there is a bowl of food, a glass of water, and a vase with flowers. The scene is overlaid with a soft pink color. The text "Crystal Affirmation Activation Challenge" is written in large, white, serif font across the center of the image.

Crystal Affirmation Activation Challenge

*Integrate powerful affirmations with crystals to boost
confidence and manifest dreams in 30 days*

Hello lovely,

WELCOME!

I'm so excited that you're taking this challenge! I promise, it's going to be transformational.

I'm Kate, jeweler who is passionate about setting intention with crystal - gold smith, dog mom, gemstone expert and the founder of S for Sparkle

This is for you if you've ever felt unsure about using crystals, struggled to manifest your dreams, or felt overwhelmed by doubts. This challenge will help you design and activate crystals, empowering you to amplify your manifestation efforts and turn your dreams into reality.

If you're nodding along, then hello friend! You're not alone and this challenge is going to help you integrating powerful affirmations with crystals to boost confidence and manifest dreams.



Are you ready?

LET'S BEGIN!

*Kate C
Xx*

CRYSTAL AFFIRMATION ACTIVATION

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A top-down view of a woman with long dark hair and a tattoo on her left arm, sitting at a white desk. She is wearing a white top and a dark vest, and is typing on a silver laptop. On the desk are a white coffee mug, a black smartphone on a white speckled notebook, a silver pen, a pair of glasses, and an open book. The background is a light-colored wooden floor. The entire image has a soft, warm, peachy tint.

What if I fall?
Oh, but my
darling, what if
you fly?

ERIN HANSON

Getting Started

STEP ONE

1

COMMIT TO THE CHALLENGE

I don't think this challenge has made its way into your life by accident, you're ready for change. So the first rule of this challenge is to commit to it. Make the decision to stick to the plan. Come rain or shine, you have to do it. This is for YOU, so commit.

STEP TWO

2

TAKE ACTION

It's amazing that you're here and that you've taken that first step, but now the big thing is continuing to take steps. So follow along and keep taking action and see how things begin to unfold.

STEP THREE

3

HAVE FUN

This challenge is all about getting you BIG transformations, but it's important for us to have fun along the way. So roll up your sleeves, get stuck in, but remember to enjoy this journey!

Ready to get started? Good, let's do it...

Here we go...

Steps to take

1 • DAILY MORNING AFFIRMATION RITUAL

Begin each morning by holding your crystal and reciting a positive affirmation. This daily habit sets a powerful intention for your day, boosting your confidence and aligning your energy with your goals. The crystal amplifies the affirmation, making your intentions even stronger.



2 • DAILY CRYSTAL MEDITATION SESSION

Spend 5-10 minutes each day meditating with your crystal. This practice helps you connect deeply with the crystal's energy, clear your mind, and focus on your affirmations. Meditation enhances your ability to manifest your dreams by creating a calm, receptive state.

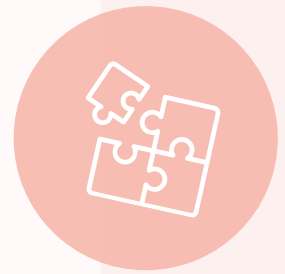


Here we go...

Steps to take

3 • DAILY AFFIRMATION JOURNALING

Keep a journal where you write down your daily affirmations and any thoughts or experiences related to them. This habit reinforces your affirmations and tracks your progress, helping you stay committed and motivated on your manifestation journey.



4 • WEEKLY CRYSTAL CLEANSING AND CHARGING

Cleanse and charge your crystals once a week to ensure they remain energetically potent. This habit keeps your crystals free of any negative energy they may have absorbed, maintaining their ability to amplify your affirmations effectively.



Here we go...

Steps to take



5 • DAILY EVENING GRATITUDE REFLECTION

End each day by holding your crystal and expressing gratitude for the positive changes you are manifesting. This practice reinforces a positive mindset and strengthens your connection to your goals, making it easier for you to attract what you desire.

Step 1: Find a Quiet Space

- Choose a peaceful, undisturbed spot.

Step 2: Hold Your Crystal

- Select a crystal that resonates with you and hold it in your hand.

Step 3: Reflect and Express Gratitude

- Think about positive changes from your day and express gratitude for them while holding your crystal.

Step 4: Visualize Your Intentions

- Imagine your goals as already achieved, feeling the emotions of success, while holding your crystal.

Step 5: Close and Place Your Crystal

- End with a moment of silence, thanking your crystal. Place it in a special spot to continue supporting your intentions.

Gratitude Lists

30 days:

Answer 1

Answer 2

Answer 3



QUESTION # 1

WHAT IS ONE THING THAT HAPPENED TODAY THAT I AM GRATEFUL FOR?

- 1
- 2
- 3
- 4
- 5
- 6
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- 29
- 30



QUESTION # 2

WHICH PERSON IN MY LIFE AM I THANKFUL FOR TODAY, AND WHY?



QUESTION # 3

WHAT PERSONAL QUALITY OR STRENGTH DID I DEMONSTRATE TODAY THAT I AM PROUD OF?



You've made it!

I really hope this simple challenge has helped you see what's possible and I really hope you've got lots out of it. Taking time to create change in our lives can set us on a new trajectory, it's so exciting to think about.

This challenge is just the beginning of your journey into the transformative world of crystals.

Ready to dive deeper? Discover how our crystal jewelry can amplify your intentions daily.

Whether you seek clarity, confidence, or manifesting power, each piece is crafted to amplify your intentions. Ready for the next step? Let's adorn you with crystals that resonate with your goals and aspirations. Explore our collection and embark on a journey of continued growth and manifestation together.

FIND US AT:

- [Website: sforsparkle.com](https://sforsparkle.com)
- Instagram: @sforsparkle
- Tiktok: @sforsparkle

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