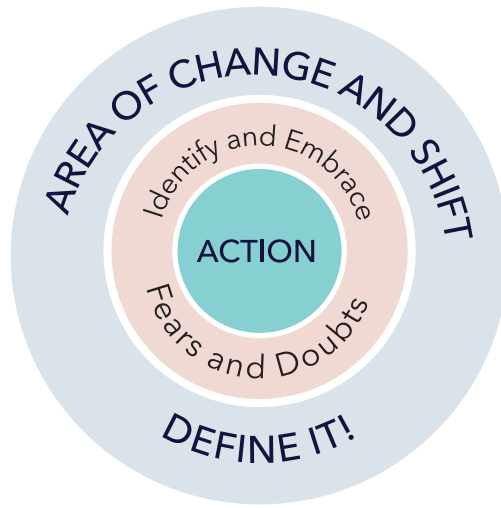
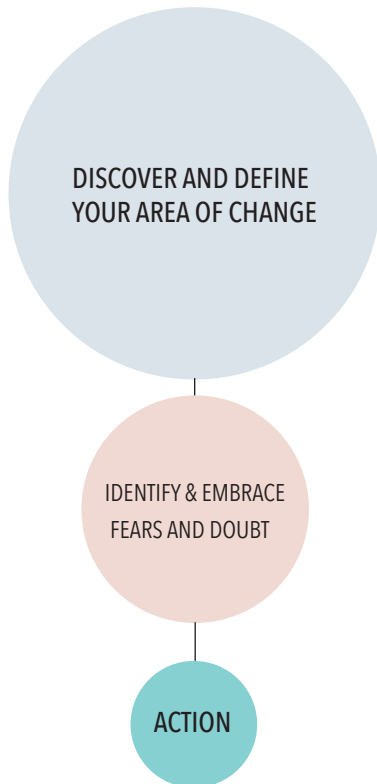


YOUR MALACHITE BULLS-EYE PRACTICE

2023 is a year of Transformation!



Get specific on what you want and how to **create** a pattern of **actionable change**



PROMPTS:

- What area of your life do you want to change?
- Is this change for you or others?
- Is it ego, media or society driving this, or is your heart and spirit truly calling for change?
- Ask yourself if you are truly lacking.

Action: Make a gratitude list. Start simple. Feel it.

PROMPTS:

- What is holding you back?
- What belief or stories need to be re-written?
- Talk to the part of yourself that says *you can't do this*. Embrace that side without judgement. Get curious. Ask why.

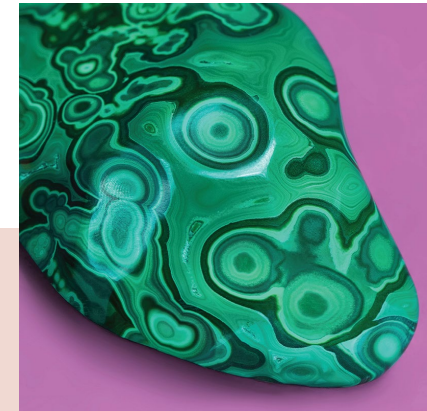
Action: Assure yourself that *you can*, by choosing to do so. We CAN choose our thoughts and mindset.

PLAN:

Now that you have the foundation :
Close your eyes and imagine yourself at this time next year. How do you feel? See yourself rejoicing in the victory of the new you. Hold that image in your mind.

Action: Make a weekly, monthly plan to meet this goal, starting with one small step a week that you can realistically do. Add new actions, and be consistent week over week and month over month.

YOUR MALACHITE RITUAL



Crystal Intention

I TRANSFORM

(fill in the blank with an area of your life you want to transform)

Crystal Practice:

Hold your Malachite in your non-dominant hand and observe the movement, shapes and use it as a visual guide into action. Ask yourself, "*what do I need to shift and transform.*"

Still holding your crystal, choose one area of your life to focus on. Determine the pattern, habit or belief system you can shift in your life to ignite your transformation.

Say out loud:

I transform _____
(fill in the blank with an area of your life you want to transform)

Carry your crystal in your pocket or purse. Daily, make time to review your plan, repeat your affirmations. Consistent small actions and a mindset will create the change you seek.