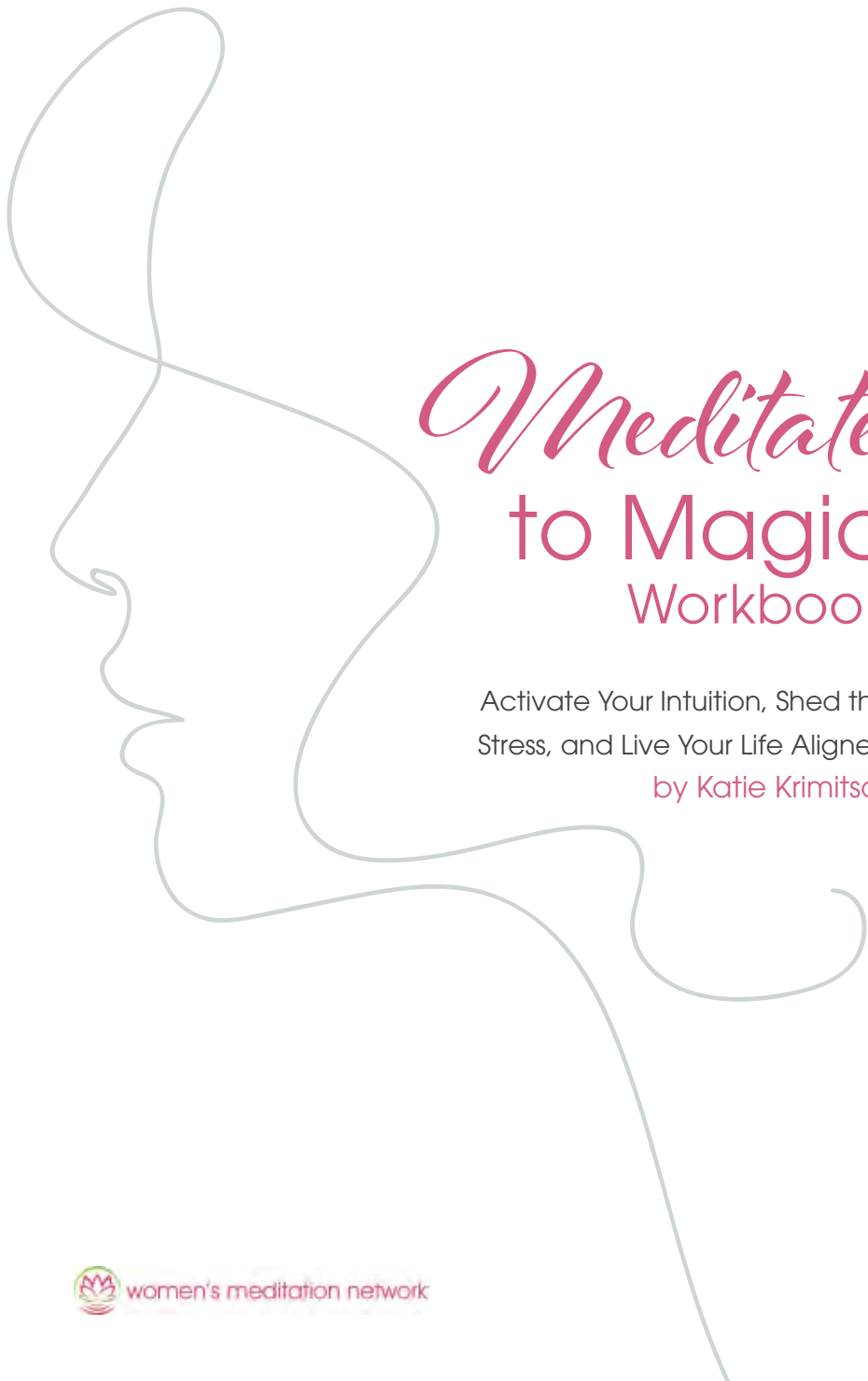




Meditate to Magic Workbook

Activate Your Intuition, Shed the
Stress, and Live Your Life Aligned

by Katie Krimitsos



women's meditation network

Welcome Beautiful!

I'm so grateful you're here with me! The Meditate to Magic course and this accompanying workbook are meant to guide you back home to yourself so you can design and live a life you love. I'm giving you a big hug as you start your journey here.

Namaste, Beautiful!

About Katie

In 2018, Katie was pregnant with her second daughter and managing a toddler, husband and a successful coaching business when she heard her intuition whisper a message that changed her life forever.

A few months later, she launched the Meditation for Women podcast and the [Women's Meditation Network](#) was born. The network has now blossomed into 24 podcasts, 4 YouTube Channels and has reached millions of women around the world, garnering more than 250 million downloads and views.

Katie's mission is more than meditation...she's here to share the tool of meditation so women can know themselves, love themselves and be themselves. She does this through her courses, books and products. Katie's days are spent dancing with her girls, meditating, working out, walking with her Greek husband, playing with her farm animals and being an ever-growing student of business...and herself.



1 *Meditation* MINDSET

We're setting you up for success in your meditation journey by looking honestly at your meditation mindset. We go over common myths and stories that keep you from establishing and sustaining a solid meditation practice and open your mind to the possibilities of abundance, joy and alignment that meditation can provide.



Meditation



Magical Morning, A Meditation to Start Your Day

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Journal Prompts.

What's been holding me back from meditating regularly?

[illegible]

List the stories I've been telling myself about meditation.

Rewrite these stories to reflect my desired relationship with meditation.

How do I feel after today's meditation?

How can I envision fitting some form of meditation into my day everyday?



Write down the mindset I'm choosing to have around meditation.



Affirmations

It is easy for me to fit meditation into my day.

My meditation practice doesn't have
to be perfect to be powerful.

I release pressure and welcome presence.
I am worthy of stillness, rest, and inner calm.

Every moment I choose to breathe
deeply supports my well-being.

My mind and heart open gently with each meditation.

Peace flows through me, guiding my
thoughts, my energy, and my day.

Identify your meditation story.

When I think about *meditation*,

the story I've been telling myself is...

Reframe this story with compassion.

What might be possible if meditation were allowed to feel natural, flexible, or even enjoyable?

Create a new meditation mindset statement.





From this point forward,

I choose to approach *meditation* as...

2 *Meditation* MECHANICS

We're going through the various building blocks of meditation so you can feel strong and confident in the foundation and evolution of your practice.



Meditations



1. **Deep Breathing Meditation**
2. **Body Calm Meditation**
3. **Your Quiet Space Meditation**
4. **Affirmations for Inner Peace Meditation**

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Journal Prompts:

What kind of meditations do I prefer in this season of my life? Why?



What is my Meditation Mission Statement?

What thoughts tend to show up the most when I meditate?

What does a full, nourishing breath symbolize for me right now?

Which parts of my body feel most open during meditation?
Which feels guarded?



Affirmations

My spirit is energized by my meditation practice.

I take my meditation practice one day at a time.

I release any pressure to have my meditation practice look like anything other than what it is.

My mind is a soft, spacious place where
clarity and peace can grow.

I honor every part of myself—body, mind,
heart, and soul—with gratitude.

My body is my sacred home, and I treat
her with tenderness and respect.

As I breathe, I rise—stronger, clearer, and
more deeply in tune with myself.

Growth

Commit to a *meditation* practice for 7 days. Pick a time and do it. See how you feel at the end of the week. Feel free to write down what comes up for you during this time in your journal or record it on your phone.



3 *Intimate With* YOUR INTUITION

We're diving deep into your intuition and strengthening your relationship with your inner guidance.



Meditations



1. **Activate Your Intuition Meditation**
2. **When She Whispers: Meditation for Accessing Your Intuition**
3. **Listen to Your Intuition Meditation**

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Journal Prompts:

How does my intuition speak to me—through feelings, images, body sensations, sudden knowing, or something else?



[illegible]

[illegible]

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Affirmations

I trust the quiet wisdom within me.

My intuition speaks clearly, and I am
learning to listen with ease.

I feel safe slowing down and turning
inward for guidance.

The more I honor my intuition, the
stronger our connection becomes.

I release the need for external validation
and trust my inner knowing.

My intuition supports me with clarity,
compassion, and love.

I am deeply connected to my intuition,
and I trust myself completely.

Growth

Practice *listening* during your *meditation* or stillness practices, as well as throughout the day. Pay attention to when you see a vision or hear a whisper that is your intuitive guidance. Keep note of these, if it helps, in your phone or in a journal so you can become more familiar with how your intuition speaks to you.



4 ALIGNED

You'll gain an intimate understanding of what alignment means for you, the importance of alignment and how to be aligned.



Meditations



1. Live a Life Aligned Meditation
2. Aligned and In Flow Meditation
3. Know Thyself Meditation



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Journal Prompts

Recall a time when life felt in flow. What choices, boundaries, or mindsets supported that alignment?



[illegible]

[illegible]



Affirmations

I am in rhythm with my life, and things unfold with ease.

I trust the subtle magic guiding me
exactly where I need to be.

The more I relax into who I am, the
more aligned my life becomes.

I am exactly where I need to be, and
what's next reveals itself with grace.

When I honor my truth, alignment happens effortlessly.

My life rearranges itself in beautiful
ways when I listen inward.

Alignment feels like coming home to myself.

Identify one area of your life that feels out of alignment. This is most likely the area where you're feeling stressed, overwhelmed or frustrated. Meditate or participate in a stillness practice that allows you to simply listen to your intuition about what's here. Ask yourself these questions to get to the heart of this mis-alignment.

- What do I really want?
- What feels right for me here?
- If I could wave a magic wand and everything could be "fixed," what would that look like?
- What do I need to do to be aligned with what I want?



5 *Aligned* ACTION

We're diving deeper into the phenomenal power of alignment as we focus on the actions that move you through the world and the magic they create. Say goodbye to empty goal setting and hello to moving mountains in your life!



Meditation



Affirmations to Take Aligned Actions

Guided Meditation

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Journal Prompts

When have I made choices based on what was expected of me rather than what felt true—and how did that impact me over time?

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When have I made choices based on what was expected of me rather than what felt true—and how did that impact me over time?

If I trusted my inner guidance completely, what would I do next?

[illegible]

[illegible]

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Affirmations

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I trust the subtle magic guiding me
exactly where I need to be.

The more I relax into who I am, the
more aligned my life becomes.

I am exactly where I need to be, and
what's next reveals itself with grace.

When I honor my truth, alignment happens effortlessly.

My life rearranges itself in beautiful
ways when I listen inward.

Alignment feels like coming home to myself.

Growth

Practice making decisions and taking action from a place of alignment over the next few days. Write down anything that comes up in the process.



6 *Manifesting* MAGIC

We redefine what it means to manifest and show you how everything we've learned so far lines up and shows up in your life in the most magical ways. And, of course, put the power in your hands to manifest your heart out.



Meditations



1. Manifest Your Desires Meditation
2. Dream It. Believe It. See It. Guided Meditation
3. Abundance Affirmations
for Manifesting Meditation

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Journal Prompts

What do I truly desire right now—and why does it matter to me?



What does alignment with this desire feel like in my body?

[illegible]

What beliefs or patterns could be quietly interfering with my ability to receive this desire?

How can I create more space—emotionally, mentally, or physically—for this desire to meet me?

What small, aligned action could signal my readiness to receive what I desire?

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Affirmations

I am aligned with my desires, and
life responds accordingly.

I trust the timing and intelligence of my life.

My inner clarity creates outer opportunities.

When I honor my truth, I become
magnetic to what I desire.

I am open, available, and ready to
receive what supports me most.

I allow my desires to unfold in ways
even better than I imagined.

I am worthy of receiving what I deeply desire.

Go through our Steps to Manifesting and do the following:

1. Identify what you truly want and why.
2. Ask for it. Write it down, speak it out loud, draw it...express it somehow.
3. Feel what it's like to have it already
4. Believe that it's already yours
5. Take aligned action in the direction of your dreams
6. Listen to your intuition to continue guiding you
7. Keep your eyes and heart open to how your desires might manifest in small and big ways
8. Hold your desires with an open palm



7 *Recalibration,* REALIGNMENT & EVOLUTION

We learn how to realign when we feel stressed, anxious, and overwhelmed...when life is pushing itself on us. We learn how to come back to center even in the heaviest moments and “click back into place” in a powerful (and relatively quick) way.



Meditations



1. **A Meditation to Bring You Back to Center**
2. **Come Back to Center Meditation**
3. **Come Back Home: A Meditation for Restoration**

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Journal Prompts

What feels unsettled or off within me right now?

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Where am I holding onto an old version of myself out of fear or habit?

[illegible]

What small adjustment could help me return to my center?

What do I need most right now?

What is this moment inviting me to realign with more deeply?

[illegible]

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Affirmations

I am allowed to pause and gently return to myself.

I trust myself to find my way back to what feels true.

Even when I feel off, my inner wisdom remains steady.

I can release what no longer fits
and welcome what does.

I meet moments of misalignment with
compassion and patience.

Coming back into alignment feels
grounding, safe, and familiar.

I trust the process of returning home to myself.

Practice recalibrating and re-aligning after a stressful moment.

1. Identify the mis-alignment -
what's really going on?
2. Ask yourself the most important question - What do I need right now?
3. Give yourself what you need,
what your intuition is telling you
4. Come back home to
yourself and re-align.
5. Write about this process so you
can become more familiar
with it and get faster at moving
through these moments.



8 *Sharing,* THE MAGIC

You learn about the special ingredient that helps keep our magic thriving and expanding... community. You learn new ways to connect and why our connection with each other is vital to your magical journey.



Meditations



1. We Are All Connected Meditation
2. The Power of Connection Meditation
3. Connect With Others Meditation

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Journal Prompts

In what ways does community help me feel safer being my authentic self?



Where might I be holding back from connection—and what would feel possible if I opened gently?

What kind of community would support the version of me I am becoming?



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Affirmations

I am open to connecting with others in
meaningful and authentic ways.

My energy is safe, welcoming, and attuned
to those who resonate with me.

I trust my ability to feel and honor
energetic connection.

I allow myself to be seen, felt, and understood.

I am energetically supported by the
people meant to walk beside me.

Connection deepens when I show up as my true self.

I am aligned with relationships that
nourish and uplift me.

Commit to one thing that connects you to others and see what happens and how it makes you feel.

Examples:

1. Speaking more frequently to a friend or family member.
2. Choosing to share more about your true self with a new friend.
3. Participating in one of our Magic Circles
4. Joining a local club (running club, PTA, gardening, business group)
5. Sign up for an online or in person conference

