

RECLAIMING
THE MAGIC
YOU
NEVER REALLY
LOST

A Guided Journey
Back to Your
Quiet Magic

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WELCOME



Deep down, there's a little girl who whispered secrets to the wind and collected pebbles like treasures.

Guess what? She never left. She's just been waiting for you to remember.

This guided workbook will help you reconnect with your "missing" magic, because maybe it was *never make-believe* in the first place.

WHAT YOU'LL DISCOVER

Reconnect With Your Inner Magic: Reflect on your childhood instincts and the effortless way you once connected with the world.

Rediscover Simple Rituals: Learn to infuse your everyday moments with intention and meaning.

Create Your Own Quiet Magic Practices: Transform simple actions like making tea or collecting stones into powerful personal rituals.

Embrace Your Intuition: Trust your gut, light a candle, and invite the magic back into your life.



WHAT'S INSIDE

A Beautiful Reflection Journal: Thought-provoking prompts to help you reclaim your sense of wonder.

Guided Exercises: Step-by-step rituals to reignite your connection to everyday magic.

Printable Poem - She Always Knew: A reminder that magic lives in the simple, the quiet, the real.

Daily Magic Tracker: A space to record your small, magical moments each day.



HOW TO USE THIS WORKBOOK

Print or Keep it Digital: Choose your favorite format and keep it nearby for daily inspiration.

Create Your Ritual Space: Light a candle, grab your favorite drink, and settle in.

Work at Your Own Pace: There's no rush. Magic happens when you're ready.

Revisit When Needed: Whenever you feel disconnected, open the workbook and let your younger self remind you of what's true.





She knew how to make a spell with a shoelace, a button, and a feather.

She knew when someone was lying without needing words.

She knew how to believe.

And what if she's still here?

Waiting for you to come back, not to perform magic, but to live it.

REKINDLING WONDER

This isn't about journaling because you "should."

This is about remembering how it felt to lie on your back, watch the clouds turn into stories, and feel the whole world humming around you.

These prompts aren't homework. They're breadcrumbs.

Back to wonder.

Back to your real self.

Back to the kind of magic that hides in plain sight—like a dandelion in a sidewalk crack or a wish whispered into your cupped hands.

Write in the margins.

Skip pages.

Circle words that give you goosebumps.

There's no wrong way to do this. There's only your way.

Grab your notebook. I'm ready when you are.

JOURNAL PROMPTS



What did magic mean to you when you were little?
(Before anyone told you the “right” way to believe in it.)

What were you doing the last time you lost track of
time?

What's something small that always makes you smile
—no matter what?

What do you wish someone would whisper to you
right now?

Which part of yourself have you been missing lately?

What were your favorite games, dreams, or made-up
worlds as a child? Can you visit them again?

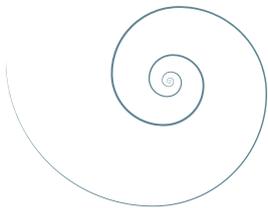
Where in your life have you felt most alive? Can you
name what was present in that moment?

What's something you secretly believe in, even if it
doesn't make sense?

What does quiet magic feel like in your body?

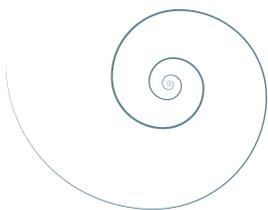
EVERYDAY RITUALS THAT SPARK QUIET MAGIC

*You don't need moon phases, rare crystals, or a perfect setting. (Although if you have those, lucky you.)
Magic lives in the doing.
These tiny rituals are gentle ways to start.*



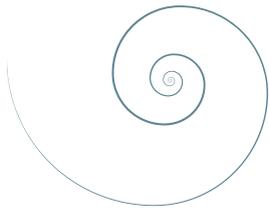
Morning Mug Ritual

While your tea or coffee brews, place your hands around the mug and whisper one word you want to carry through the day—like “ease,” “clarity,” or “wonder.” Imagine that word infusing your drink. Sip with intention.



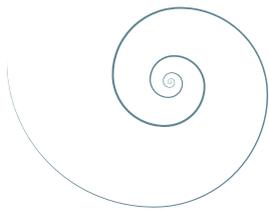
Threshold Blessing

Each time you leave your home, touch the doorframe lightly and say: “I step out in trust.” When you return, say: “I come back in peace.” It’s a simple act—but it creates a sacred rhythm between your inner and outer worlds.



Found Object Altar

Collect a few natural treasures: a feather, a stone, a dried flower, a seashell. Place them in a small dish or bowl. Each time you walk by, pause and breathe. Let them remind you that beauty doesn't ask for permission to exist.



Candle Wish at Dusk

At sunset (or when your day is done), light a candle—not to do anything, but to mark the moment. Think of one thing you're grateful for or one thing you're releasing. Let the flame hold it for you.

There's no gold star for lighting incense on a full moon while chanting in Latin. Sip your tea. Light your candle. You're doing it.

“SHE ALWAYS KNEW”

This is for the girl who mixed colored water in jars and swore it would turn into a love potion by morning. (Sometimes it did.)

For the girl who tucked pebbles in her pocket because they felt lucky. Who whispered secrets into sea shells and believed they kept them safe.

For the girl who made castles out of sand and drizzled enchanted moats with her fingertips. She believed the tide listened. She wasn't wrong.

For the girl who planted wishes with dandelion seeds and used birthday candles as spellwork. No cauldron needed—just breath and belief.

For the girl who listened to trees, talked to the moon, and thought maybe— just maybe—the stars had something to say back.

She didn't grow out of magic. She just forgot where she put it.

But it's still there. In the light on the water, in the sound of her own breath, in the feeling she gets when something just feels right.

She always knew. And she still does.

DAILY MAGIC TRACKER

BECAUSE MAGIC DOESN'T ALWAYS
ANNOUNCE ITSELF

Sometimes it's in the way the light landed on your kitchen counter. Or how a song came on right when you needed it. Or the way your body relaxed when you finally said no.

This tracker isn't about being productive. It's about paying attention.

Each day, jot down one moment that felt just a little enchanted.

It could be:

- something beautiful you noticed
- a choice that felt brave
- a coincidence too perfect to ignore
- or a feeling you want to remember

Write one a day. Or five. Or just when you feel it.

Because the more you notice magic, the more it shows up.

TODAY'S QUIET MAGIC



Date: _____

One moment that felt magical:

How it made me feel:

If this feeling had a word or symbol, it would be:

BEFORE YOU GO

You don't need permission to believe in magic again. Or to create it. Or to be it.

You just needed a quiet nudge.
A remembering.
A return.

If all this workbook did was remind you that you still know how to wonder—how to notice, how to feel, how to choose beauty over noise—then it did its job.

But I have a hunch you're only just getting started.
So go on, wild heart.

Mix your tea like a potion.
Collect your pebbles.
Make wishes at red lights.
Write your own spells in grocery store margins.
Wear the earrings that make no sense but feel just right.

This is your magic now.

It always was.

— Deb