



MAGICIAN

Breathwork Archetype

Breathing exercises for a confident, intuitive, creative, and innovative powerhouse



Breathwork Quiz Workbook

Created for you by: BREATHE CONNECT THRIVE

MAGICIAN SELF-HEALER BREATHWORK ARCHETYPE

Self-care exercises for a one-of-a-kind, confident, intuitive, creative, and innovative powerhouse!

Here's how you can use your Magician self-healing archetype power to create a self-care plan that's best for you.

Create a spellbinding self-care routine.

- Your ability to dip between feelings and logic can sometimes send you into a tailspin of emotions reasonably quickly. So it helps to get a leg-up on self-care and make it a priority in your daily routine.
- Because you're creative, intuitive, and resourceful, it's best to have several different daily practices to pull out of your magic hat. This way, you can regularly implement these practices without feeling constricted.

Have an emergency plan.

- Although you do a great job of taking care of yourself regularly, sometimes it might not feel like it's enough. So keeping some go-to emergency exercises when you're in an emotional tailspin is crucial.

Accept support

- Although you might feel like no one will understand, reaching out might not be your first go-to, but staying connected is one thing that might help you feel understood.
- And don't forget to ask for help from the Universe, your higher self, or your own inner guidance through meditation, prayer, breathwork, or yoga.

On the following pages, you can create your spell-binding self-care plan.

MY SPELL-BINDING SELF-CARE PLAN

Top 3 things I can do to make my self-care a priority:

My top 3 daily practices I can implement without feeling constricted.

My top 3 go-to emergency exercises when I'm in an emotional tailspin.

Top 3 people that I can connect with & help me feel understood.

Top 3 ways I can connect with the Universe, my higher/wiser self

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Breathing exercises for a one-of-a-kind, confident, intuitive, creative, and innovative powerhouse!

You recover best through various techniques that help you reconnect with your magical abilities to manifest the life you desire.

Your Personalized Self-healing Breathwork Strategy includes breathwork exercises like:

- Roller Coaster Breath: to calm you when you wake in the middle of the night.
- Conscious Connected Breathwork with a tarot or oracle reading before and after so you can release emotions on a deeper level.
- Breath of Joy: to energize you when you're feeling depressed.

But feel free to change it up. What works one day might not work the next. [So click here for a few more breathing tools.](#) Then use the following Workbook to note which exercises shift your energy back to your natural magical powerhouse self.

A few journal prompt questions for you are:

- How am I feeling?
- How do I want to feel?
- Which breathing technique can I use at this moment?
- How is the quality of my breath now?
- What's shifted for me?

MY BREATHWORK NOTES

Date: _____ Time: _____

Duration: _____ Style: _____

Music: _____

Other items: _____

How I felt before breathwork:

What came up for me during breathwork:

Insights, downloads, or realizations I'd like to further explore:

Other notes:

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BREATH + OBSERVATION CHART

What works one day might not work the next. So use this Workbook to keep track of how different breathing exercises shift your energy.

Date: _____ Quality: _____

Regulation: _____ Check-in: _____

Other Notes:

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Regulation: _____ Check-in: _____

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MY BREATHWORK NOTES

Notes

Lined area for notes, consisting of multiple horizontal lines.

HITHERE

After leading hundreds of Breathwork, Tarot, Reiki, Chakra balancing, meditation, and restorative yoga sessions, I've realized that different personalities have specific ways of healing. **YOU HAVE A UNIQUE WAY OF HEALING!**



I'm Francisca Hernandez, a Conscious Connected Breathwork facilitator, yoga instructor, meditation guide, aromatherapist, Reiki Master, and Tarot reader. And I'm here to support you on your self-healing breathwork journey!!

The truth is, no matter how much yoga, meditation, therapy, or coaching you do, you're still gonna have shitty days. And sometimes, you need to release all the anger, sadness, shame, guilt, and frustration to gain clarity, reconnect with your intuition, trust yourself, and feel stronger about moving forward in your life.

That's why I created the **SOUL SHIFT BREATHWORK MEMBERSHIP**, a magical breathwork & tarot membership to help you clear your energy, tap into an increased sense of peace, and reconnect with the wisdom of your soul. It's a safe container to fully surrender and release all those pent-up emotions draining your energy.

I CAN'T WAIT TO WALK ALONGSIDE YOU AS YOU JOURNEY THROUGH THE MEDICINE OF YOUR BREATH AND WATCH YOU COME OUT THE OTHER SIDE FEELING LIGHTER, LESS ANXIOUS, MORE POSITIVE, AND MOST IMPORTANTLY, FEELING LIKE YOURSELF AGAIN!



[CLICK HERE TO JOIN](#)
[FOR AS LITTLE AS](#)
[\\$33 A MONTH](#)