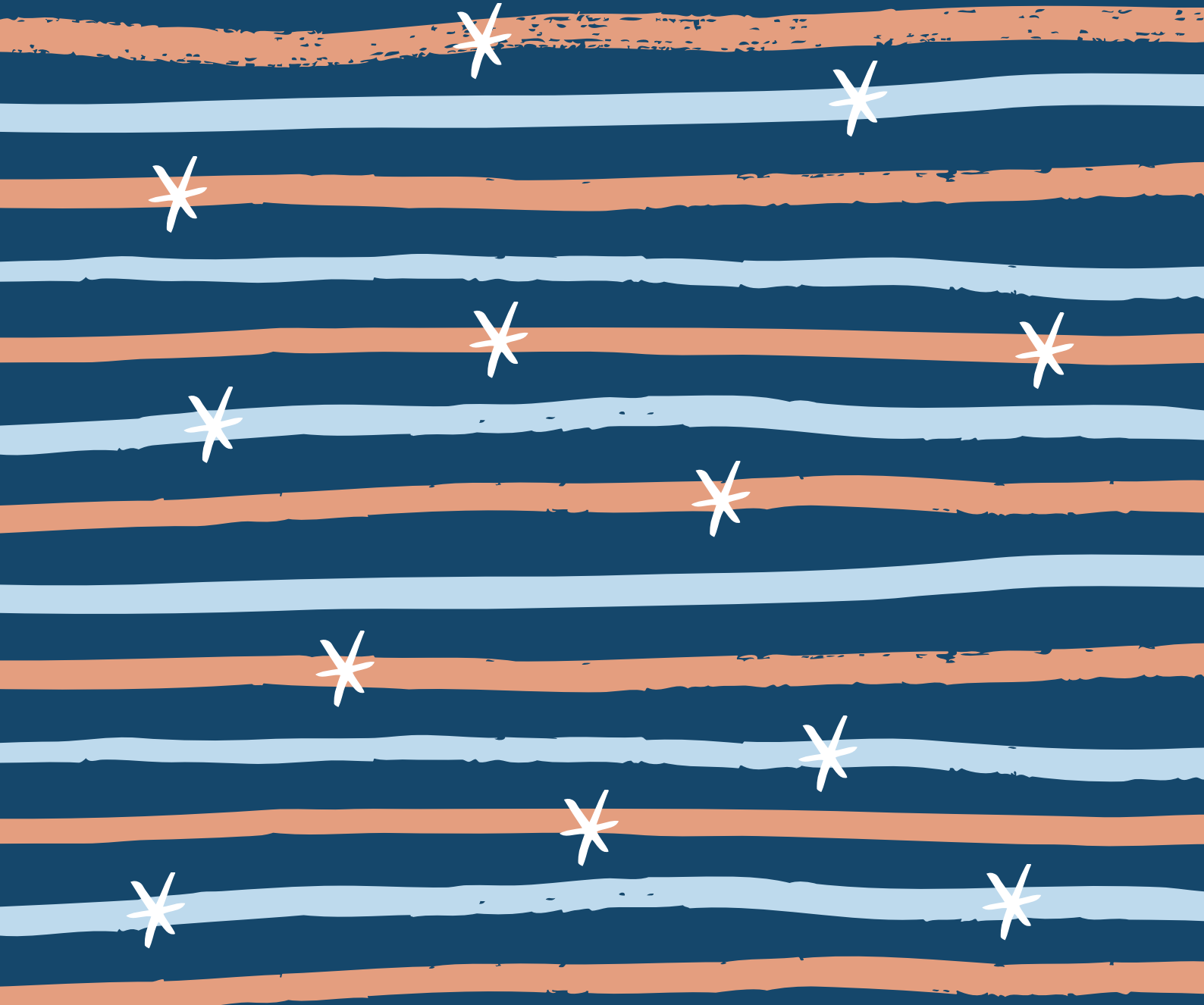


# Magic TRACKER

Fire and Flow Academy





Thank You

## *HI, I'M ASMAA*

Thank you for downloading your own copy of the M.A.G.I.C. tracker. This daily ritual created many awe-inspiring moments in my life. I feel hopeful it will do the same for you and much more.

I'd love to see photos of your tracker. Post your photos or stories on Instagram and tag me at [@\\_iamasmaa\\_](https://www.instagram.com/_iamasmaa_).

Visit [FireandFlowAcademy.com](https://www.fireandflowacademy.com) to learn about our signature programs and to access more free resources.

*Asmaa J. Methgal*

Founder & Feminine Leadership Coach  
**Fire & Flow Academy**





MONTH: \_\_\_\_\_

<b>MOVE FOR ____ MINUTES</b>		1	2	3	4	5	6	7	8	9	10	11
		12	13	14	15	16	17	18	19	20	21	22
		23	24	25	26	27	28	29	30	31		
<b>GOAL:</b> /31	<b>DONE:</b> /31	<b>CELEBRATION:</b>										

<b>TAKE ____ ALIGNED ACTIONS</b>		1	2	3	4	5	6	7	8	9	10	11
		12	13	14	15	16	17	18	19	20	21	22
		23	24	25	26	27	28	29	30	31		
<b>GOAL:</b> /31	<b>DONE:</b> /31	<b>CELEBRATION:</b>										

<b>PRACTICE GRATITUDE</b>		1	2	3	4	5	6	7	8	9	10	11
		12	13	14	15	16	17	18	19	20	21	22
		23	24	25	26	27	28	29	30	31		
<b>GOAL:</b> /31	<b>DONE:</b> /31	<b>CELEBRATION:</b>										

<b>CREATE ____ POSITIVE IMPACT</b>		1	2	3	4	5	6	7	8	9	10	11
		12	13	14	15	16	17	18	19	20	21	22
		23	24	25	26	27	28	29	30	31		
<b>GOAL:</b> /31	<b>DONE:</b> /31	<b>CELEBRATION:</b>										

<b>CONNECT WITH ____ PEOPLE</b>		1	2	3	4	5	6	7	8	9	10	11
		12	13	14	15	16	17	18	19	20	21	22
		23	24	25	26	27	28	29	30	31		
<b>GOAL:</b> /31	<b>DONE:</b> /31	<b>CELEBRATION:</b>										

# Magic TRACKER

MONTH: May

MOVE FOR <u>20</u> MINUTES		<del>X</del>	<del>X</del>	<del>X</del>	4	<del>X</del>	<del>X</del>	<del>X</del>	8	<del>X</del>	<del>X</del>	11
		12	<del>X</del>	<del>X</del>	<del>X</del>	16	17	<del>X</del>	<del>X</del>	20	<del>X</del>	22
		<del>X</del>	24	<del>X</del>	26	<del>X</del>	<del>X</del>	<del>X</del>	30	<del>X</del>		
GOAL:	DONE:	CELEBRATION:										
25/31	20/31											

TAKE <u>2</u> ALIGNED ACTIONS		<del>X</del>	<del>X</del>	<del>X</del>	4	<del>X</del>	<del>X</del>	<del>X</del>	8	<del>X</del>	<del>X</del>	11
1. Post on Instagram		<del>X</del>	<del>X</del>	<del>X</del>	<del>X</del>	16	<del>X</del>	<del>X</del>	<del>X</del>	20	<del>X</del>	22
2. Write 3 pages per day		<del>X</del>	<del>X</del>	<del>X</del>	<del>X</del>	<del>X</del>	<del>X</del>	<del>X</del>	30	<del>X</del>		
GOAL:	DONE:	CELEBRATION:										
20/31	24/31	Book a day at the spa!										

PRACTICE GRATITUDE		<del>X</del>	<del>X</del>	<del>X</del>	<del>X</del>	<del>X</del>	<del>X</del>	<del>X</del>	8	<del>X</del>	<del>X</del>	<del>X</del>
Gratitude prayer daily		<del>X</del>	<del>X</del>	<del>X</del>	<del>X</del>	<del>X</del>	<del>X</del>	<del>X</del>	<del>X</del>	<del>X</del>	<del>X</del>	<del>X</del>
		<del>X</del>	<del>X</del>	<del>X</del>	<del>X</del>	<del>X</del>	<del>X</del>	<del>X</del>	<del>X</del>	<del>X</del>		
GOAL:	DONE:	CELEBRATION:										
30/31	30/31	Buy a new plant :)										

CREATE <u>1</u> POSITIVE IMPACT		<del>X</del>	<del>X</del>	<del>X</del>	<del>X</del>	<del>X</del>	6	<del>X</del>	8	<del>X</del>	<del>X</del>	11
Help one person feel good!		<del>X</del>	<del>X</del>	<del>X</del>	<del>X</del>	16	<del>X</del>	18	<del>X</del>	20	<del>X</del>	22
		<del>X</del>	<del>X</del>	<del>X</del>	26	<del>X</del>	<del>X</del>	<del>X</del>	30	<del>X</del>		
GOAL:	DONE:	CELEBRATION:										
15/31	22/31	Book a massage!										

CONNECT WITH <u>3</u> PEOPLE		<del>X</del>	<del>X</del>	<del>X</del>	4	<del>X</del>	6	<del>X</del>	8	<del>X</del>	<del>X</del>	11
Send a text or talk on a phone or in-person		<del>X</del>	<del>X</del>	<del>X</del>	<del>X</del>	16	17	<del>X</del>	<del>X</del>	20	<del>X</del>	<del>X</del>
		<del>X</del>	24	<del>X</del>	26	<del>X</del>	28	<del>X</del>	30	<del>X</del>		
GOAL:	DONE:	CELEBRATION:										
25/31	20/31											

FIRE & FLOW  
*With Asmaa*

[FireandFlowAcademy.com](https://FireandFlowAcademy.com)