



Book of Shadows Template

Date

1. FOCUS: (What do I think I want and why, opening circle, collecting tools)

What do I think I want?

Why do I want this?

What is my time frame? (This may or may not be important)

A good result for me would look like...

What magical supplies do I need? (this is your shopping and gathering list)

What phase of the Moon would be best for this Spell/Ritual?

How do I intend to open the circle or create sacred space?

2. PURPOSE & INTENTION (What is the purpose of this spell/ritual and what do I intend to do. Be specific, concise and clear.)

The purpose of this Spell is:

My intention is to:

3. RAISING POWER (Generating powerful energy to propel your intention out to the Universe/Divine eg: chants, movement, ritual action, recalling past emotions.)

4. RELEASE and GROUNDING

(How are you going to release that powerful energy you have raised and your intention at its climax point? How are you going to get back to 'the normal world' afterwards?)

5. PARTICIPATION (What are my first steps towards achieving my purpose & intention? Try and think of 2 or 3 and be very specific.)

- I will xxxxxxxxxxxxxx by this date xxxx
- I will xxxxxxxxxxxxxx by this date xxxx
- I will xxxxxxxxxxxxxx by this date xxxx
- After completing my Spell/Ritual I felt.....

Tracking my ongoing Participation and Success:

(Recording what is happening in regards to this issue/goal over time.)

Date:

Date:

Date:

Date: (cut and paste to add more Dates)