

MAGIC MAKER WORKBOOK



A hand holding a lit matchstick is lighting a dark, cylindrical candle. The scene is set against a warm, brownish-gold background with soft, wispy smoke or mist rising from the candle. The lighting is soft and focused on the candle and the hand, creating a magical and intimate atmosphere.

MAGIC MAKER 2026

*The better you feel, the
more magic you attract.*

EMILY FLETCHER

PART ONE

Before the event

Use these pre-event practices and prompts each day leading up to Day 1 of Magic Maker, on July 16. Use this digitally or print a copy.



Daily Practice Page

Your magic starts here, before Day 1.

Date

MORNING

One desire I'm holding today:

I want to feel:

EVENING

Evidence of magic I noticed today:

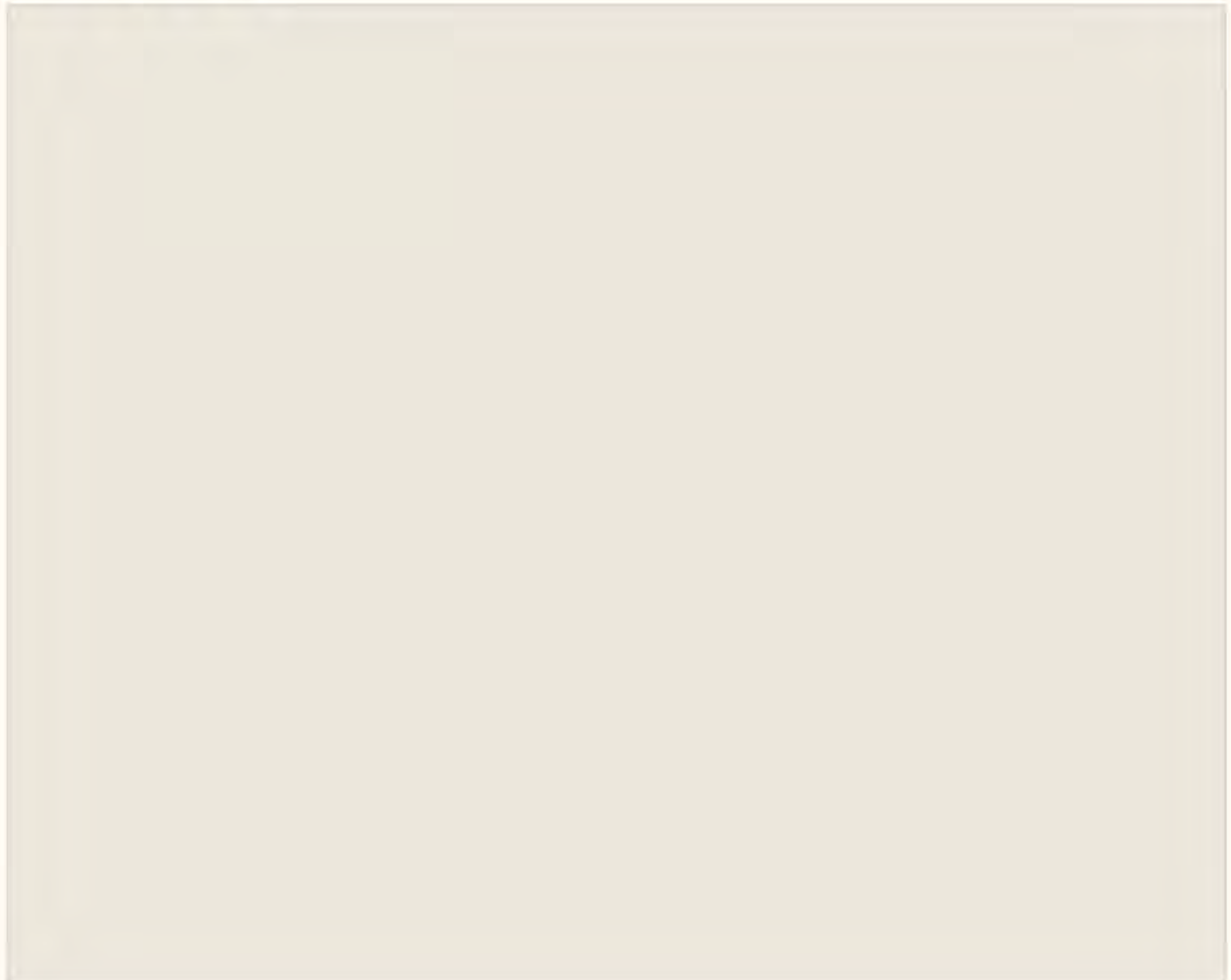
One thing I'm releasing:

Movement Invitation

Do this once, before Day 1.

Before Day 1, put on one song and move your body for three minutes.
No choreography. No right way. Just let your body go.

What did you notice?

A large, empty rectangular box with a light gray background and a thin gray border, intended for the user to write their response to the question "What did you notice?".

DAY ONE

Day 1

THURSDAY, JULY 16 · 1 PM ET

Today's intention: Get clear on what you want and what might be in the way.

Before We Start

Write these down. Emily will bring you back to them on Day 3, and you'll want to see the gap.

My ability to make magic today:

1 2 3 4 5 6 7 8 9 10

My ability to manage stress today:

1 2 3 4 5 6 7 8 9 10

How alive do I feel right now:

1 2 3 4 5 6 7 8 9 10



Opening

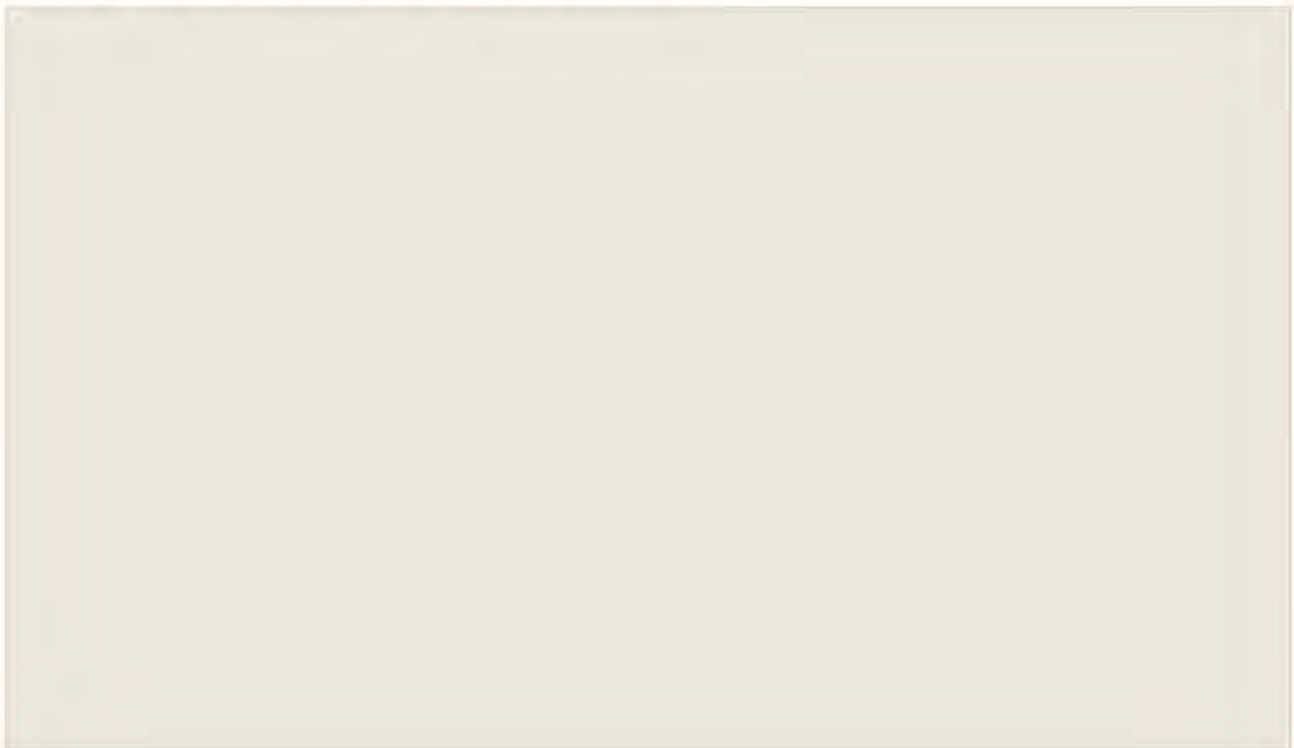
What did you come here for? Write the honest version.



My quiz archetype:

☐ The Visionary ☐ The Alchemist ☐ The Magnet

My prayer for Magic Maker, what am I here to make?



This is not more information. This is not more to-dos. This is removing everything that isn't working, like Michelangelo removing everything that was not the David.

EMILY FLETCHER

What are you ready to stop doing, release, or put down?

What Are You Actually Carrying?

Select everything that feels true right now.

Holding too much

Hard to fully relax

Trouble sleeping

Avoiding my feelings

Pleasure at the bottom of the list

Keeping busy to avoid feeling

Difficulty trusting support

Scarcity around time or money

Unclear on my dream

Pushing through exhaustion

Putting my happiness off until later

Anything else I'm carrying:

My 10/10 Vision

Write the dream you actually want, not the edited, responsible version. Be brave here.

My 10/10 relationship dream:

My 10/10 career or work dream:

My 10/10 financial dream:

My 10/10 relationship with my body:

My 10/10 sense of community:

Where am I now in relation to these dreams?

What's keeping me from my 10/10?

One action I could take:

What would it be worth to you to wave a magic wand and have this show up?
Name it. Quantify it. We are going to come back to this.

What would it be worth to me:

What Would You Love?

Emily guides you into stillness. When you land there, she asks: What would I love? What is my version of heaven on earth?

My version of heaven on earth:

After the Opening Activation

Use this space right after the opening activation. Write whatever comes up, don't overthink it.

What did I feel or notice?

The Invisible Cage

Pick one. The dream that feels biggest and most out of reach.

One dream I have:

Written as if it has already happened, four sentences:

What invisible cage, limiting belief, or fear might be keeping me from this?

Just try it on, if you could wave a magic wand and get out of some cycle, some limiting belief, some blocked manifestation, what would it be? Name it. And what would it be worth to you to have that thing show up?

What would it be worth:

Notes

Use this for anything Emily says that you want to keep.

Before sleep tonight, last thing before you close your eyes, say out loud:

Then notice what happens tomorrow. Tag @zivameditation on Instagram and share what you find. Three people will win prizes announced live on Day 2.

Emily will ask for these on Day 2. Three people who tag on social will be recognized live. Fill this in between sessions, big moments and tiny ones both count.

DAY TWO

Day 2

TUESDAY, JULY 21 · 1 PM ET

Today's intention: Clear every objection and taste what the field actually feels like.

Homework Check-In

☐ Did I say the affirmation before bed?

What evidence of magic did I notice since Day 1?

How did it feel to look for it?

Review: The Domino Belief

This is the thread running through everything Emily teaches. Sit with it for a moment.

When you access the field, you get access to what you want.

What does this mean for my specific dream?

My 10/10 Vision, Continued

Look back at your Day 1 vision. Has anything clarified or shifted since then?

What I'm calling in, today's version:

What's keeping me from it, today's honest answer:

Circle any that have lived rent-free in your head:

☐ I don't have time ☐ My mind is too busy ☐ I can't stop thinking

☒ I've tried meditation and it didn't work ☐ I already meditate, why do I need this

☐ I need to become a monk to meditate properly ☐ I don't know what I want

☐ I've done so much healing work already ☐ I feel like I'm healing but still not a vibrational match

☐ I've tried manifesting and it didn't work ☐ Magic doesn't happen for me

☐ I'm terrified to actually feel my feelings ☐ I'm not a dancer or a body person ☐ Pleasure feels edgy

☐ Who am I to be happy when there's so much suffering ☐ What if I out-evolve my partner

☐ This is too advanced for me ☐ I don't have time or money to invest

Which one hit hardest? Write it here:

What would it mean if this wasn't actually true?

After the Experience

After Emily leads the live activation:

What shifted in my body?

What came up that surprised me?

Notes

Use this for anything Emily says that you want to keep.

Coming Back for Day 3

On Day 3 we're going to experience the full formula live, together.

What are you most ready to receive on Day 3?

A large, empty rectangular box with a light beige background and a thin grey border, intended for a user to write their response to the question above.

DAY THREE

Day 3

THURSDAY, JULY 23 · 1 PM ET

Today's intention: Experience the full formula.

Recap the Evidence

Emily will have you look at your workbook and recap all your magic.

Evidence of magic I've collected across these three days:



The Gap

Look back at what you wrote on Day 1.

My 10/10 relationship dream was:

My 10/10 career dream was:

My 10/10 relationship with my body was:

My 10/10 sense of community was:

What has shifted since Day 1?

What gap remains?

The Ziva Formula

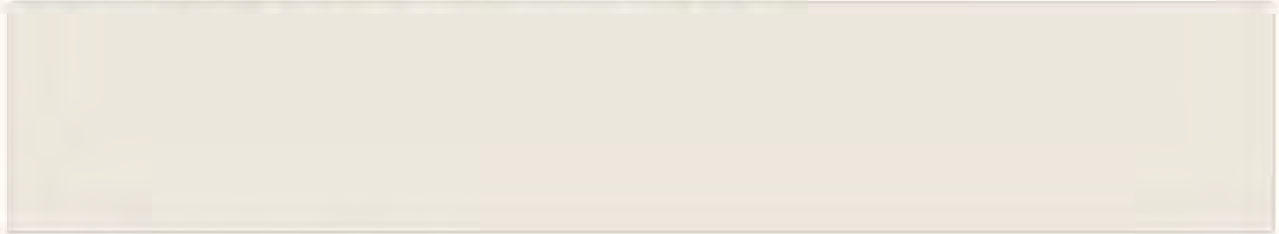
Emily reveals the full Ziva formula today, the architecture of everything this event has been building toward. Use this space to capture it as she teaches.

After Experiencing The Full Ziva Formula

After the live experience of the full formula:

What did I feel?

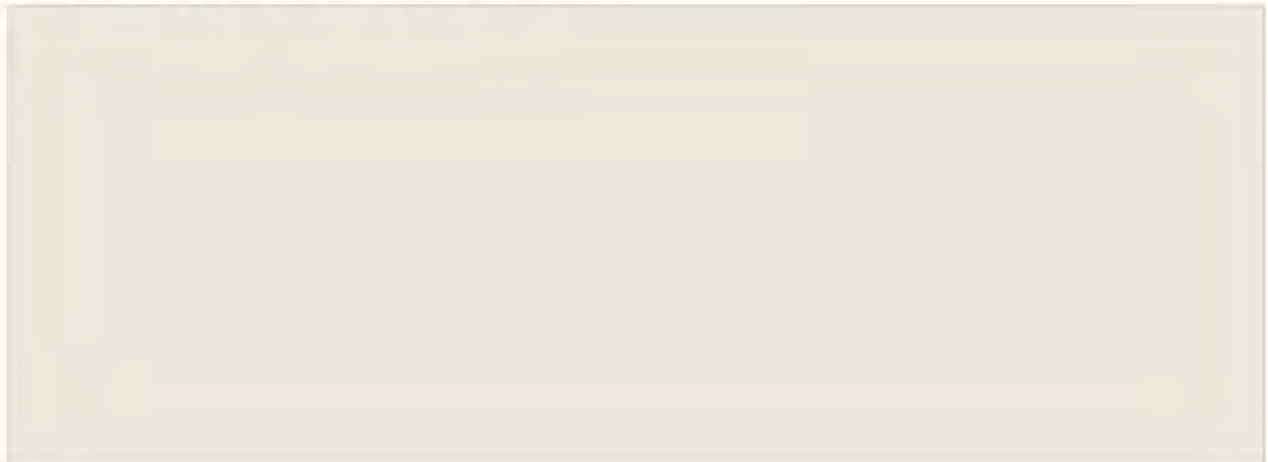
What am I now calling in, with more conviction than Day 1?



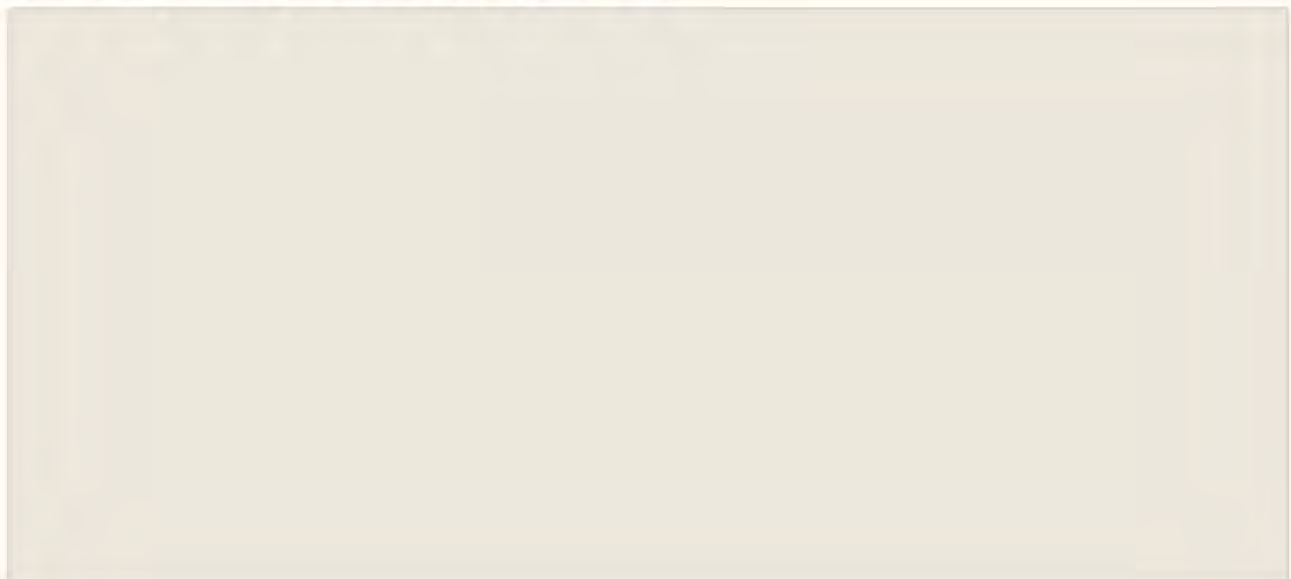
The Fork in the Road

Emily asks: Who are you choosing to be from here?

I am choosing to be the type of person who:



I am no longer willing to be the type of person who:



Closing Ratings

You wrote these numbers on Day 1 before any of this happened. Now return to them honestly.

My ability to make magic now:

1 2 3 4 5 6 7 8 9 10

My ability to manage stress now:

1 2 3 4 5 6 7 8 9 10

How alive do I feel right now:

1 2 3 4 5 6 7 8 9 10

Day 1 numbers were:

/ /

The shift:

What changed?

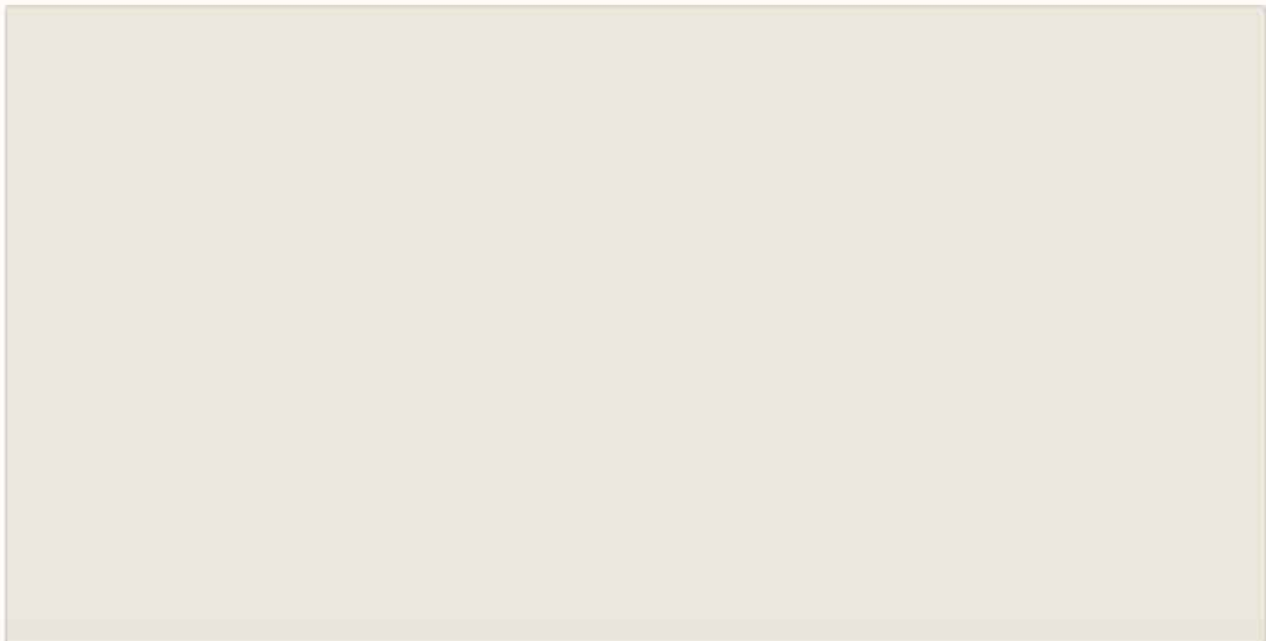
My Prayer

This is how we close. Write whatever wants to come through.

For myself:



For the planet:



zivameditation.com

#IAmAMagicMaker

