



# The f\*ck yes ritual



A pre-session guide to grounding, glowing,  
and showing up like the masterpiece you  
already are.





## *WELCOME / INTENTION*

You didn't stumble into this. You arrived.  
And not just to a photoshoot. To yourself.  
This is your permission slip to take up space  
before you even step into my studio.

Because when you walk in already  
connected to your body, your energy, your  
power—  
your images don't just look good. They feel  
like truth.

This ritual is here to help you shake off the  
noise, the pressure, the perfectionism,  
and drop into your own divine rhythm.  
A rhythm that says: I'm allowed to want  
this. I'm allowed to enjoy this. I'm allowed to  
be seen.





## *BEFORE YOU BEGIN*

You don't need to do all of this. You just need to be honest.

Skim it. Savor it. Let it unfold. This ritual works whether you whisper your way through it... or dance in the mirror like the goddess you are.

Here's what you'll find:

- 🔥 5-minute energy prep
- ✍️ A few soul-tapping journal prompts
- 🛀 A sensual embodiment practice
- 💋 The mental reset that brings out your fire



## *RITUAL STEP ONE – ENERGY PREP*

Light the candle.  
Or the incense. Or just take a deep breath  
by the window.  
Close your eyes and say:

"I release everything that isn't mine to carry."  
"I soften into this moment."  
"I choose to see myself as art."

Then play a song that makes you feel like  
you're too hot to ignore.

(If you don't have one?  
May I suggest: "Feeling Myself" – Nicki x Bey,  
or "Woman" – Doja Cat.)





## *RITUAL STEP TWO — EMBODIMENT*

Move. Don't overthink it.  
Stand up. Put on something soft. Or sexy.  
Or nothing at all.  
Run your hands over your skin and let your  
body know she's safe with you.

"This is mine.  
This body. This choice.  
This moment."

Look in the mirror and hold your own gaze.

Even if it's just for 10 seconds.  
Even if it's messy. Especially then.



## *RITUAL STEP THREE – JOURNAL PROMPTS*

These are your fire-starters. Let them burn  
away the doubt.

What part of me am I ready to fully  
celebrate right now?

What kind of energy do I want to walk into  
my session with?

What would it look like to let myself enjoy  
being seen?

Optional bonus question:

What am I ready to leave behind?





## *RITUAL CLOSING*

You're not "getting ready" for a session.  
You're arriving to yourself.

And when you show up like that?  
The camera worships you.

So take a deep breath. Trust the pull.

You already said yes the moment you  
landed here.

Let's create something incredible.

—Magan