

YOUR HIDDEN MAGIC

Why Most People Die Without
Discovering Their True Potential
(And How You Won't Be One of Them)



JUDITH LANTING

Your Hidden Magic

OVERVIEW OF CORE EMOTIONS

PRIMARY EMOTIONS	DERIVED EMOTIONS	DESCRIPTION
JOY	Happiness Contentment Relief Pride Recognition	Feelings and emotions that express pleasure or euphoria.
	Irritation Bitterness Hostility Indignation Resentment Rage	Feelings and emotions that express anger and irritation. There is a need for understanding or respect for your anger and your boundaries.
SADNESS	Sorrow Gloom Joylessness Loneliness Despair Grief	Feelings and emotions that reflect sadness, where there is often a need for comfort and support.
FEAR	Worry Unrest Nervousness Fright Anxiety Distrust Jealousy	Feelings and emotions caused by rational or irrational fear of something or someone. These emotions often trigger a search for answers and reassurance.

*“Your emotions aren’t chaos,
they’re information. Four core
emotions are all you need to stop
being overwhelmed and start
navigating with purpose.”*



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Judith Lanting

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“The question isn’t whether you have hidden magic within you, you do. The question is: will you finally choose to unlock it?”

FOREWORD

What if I told you that the life you're living right now is just a fraction of what's possible for you?

Most people spend their entire lives without ever discovering their true potential, their hidden magic. They settle for routine, trade one unfulfilling job for another, and quietly wonder if this is all there is. I know because I was one of them.

I remember the moment I finally said “enough.” I was tired of the endless cycle, chasing sparks that never stuck, living by everyone else's definition of success, slowly suffocating under the weight of “shoulds” and expectations. So I made a choice that terrified and exhilarated me in equal measure: I decided to find out who I really was beneath it all.

That decision marked the beginning of a year-long journey to discover the power I'd been carrying all along.

Your hidden magic isn't some mystical concept, it's the authentic you that exists beneath all the *layers* you've accumulated over the years. The fears, limiting beliefs, and *blockages* that have convinced you to play small. The dreams you've buried under routine. The voice that whispers “what if” but

gets drowned out by the noise of daily life.

The tragedy isn't that we don't have this magic within us—it's that most people die without ever unlocking it.

But you don't have to be one of them.

This book contains twelve proven methods, one for each month of your transformative year, designed to help you peel back those *layers* and reclaim what's rightfully yours. These aren't just theoretical concepts; they're hands-on exercises that turn insight into lasting change. Each method has been tested not just in my own journey, but in the lives of countless others who refused to settle for less than their full potential.

Your real life is waiting for you. It's time to stop trading time for security and start living the life that makes your heart race with possibility.

The question isn't whether you have hidden magic within you, you do. The question is: will you finally choose to unlock it?

Come, let's start this journey of discovery together.

SCAN THE QR CODE HERE TO GO TO THE

ONLINE ENVIRONMENT OR GO TO

WWW.YOURHIDDENMAGIC.COM



BEFORE YOU BEGIN

Before you take your first step on this journey, there are a few things I want to share with you.

The book provides a topic per month

as a guideline: A topic per month is intended as a support to maintain a certain rhythm with the journey you've started. It may well be that another rhythm suits you better, faster or slower. That's no problem. Follow the rhythm that suits you and feels good. Take the time you think you need.

The book uses various topics, from mind mapping to meditation:

You'll see that not every topic appeals to you right away. It's also fine to go through the book in a different order or not to pick up all the topics (immediately). Just note that the last two months use input from the previous months.

At the back of the book is a glossary:

Certain concepts won't be clear or familiar to everyone. Therefore, a glossary is included at the back of the book. The concepts included in this list are printed in *italics* in the text.

All exercises included, with guided meditation and enhanced templates

available online: Each topic includes an exercise, so you can immediately get started with rediscovering yourself. You can do most exercises at home with a few aids (indicated for each chapter) at the kitchen table. Some exercises include digital resources available through the online environment. To get there, you can scan the QR code or go to the website: www.yourhiddenmagic.com.

? The question mark: This indicates that questions about the topic are asked to you as a reader, so you consciously think about the topic.

! The exclamation mark: This indicates that an exercise on the topic is given to you as a reader, so you consciously work on the topic.

*“Your past holds the key to your
future freedom. Your lifeline
reveals exactly what’s been
running your life behind the
scenes.”*



MONTH 1

DRAWING YOUR LIFELINE

For the exercises, you will need:

Large sheet of paper (e.g., brown/kraft or A3 size)

Pens/markers/pencils

Notebook

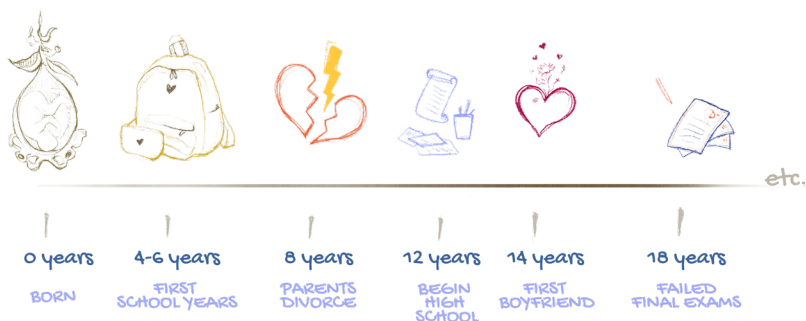
The first month of your journey has begun, so it's time to create a lifeline—a brief look back at your life so far. This is a beautiful starting point for the journey of discovery and provides insights that can also be valuable for the coming months.

A lifeline, or a timeline of your life, offers a look at the effects and the connections between events you've experienced. It's a way to consciously reflect on the high and low points in your life. The life-changing moments become clearly visible in your timeline. You'll also experience what feelings

certain events and phases in your life evoke in you.

? This is valuable information to discover who you are, because why do you experience certain emotions? Why have you made certain choices and how do you feel about them? What connections are there between events? How was your childhood and how did you feel as a child? Questions like these help to determine whether you are close to your core whether you've built up different layers, such as fears, blockages, or limiting thoughts.

A (partial) lifeline provides a brief review of your life



“A lifeline, or a timeline of your life, offers a look at the effects and the connections between events you’ve experienced.”

! To create your timeline, you start with your birth and note important events in your life. The younger you were, the harder it will be to remember things, but you'll notice that certain experiences still come up when you consciously think and feel about how your childhood went. Sometimes it can help to look at old photos to feel what was going on with you then. Trust that what comes up are also the experiences you've stored in your *system*. I speak of your *system*, because actions and thoughts don't always come from your *true self*, but from a certain *system* that has been built up in you and actually prevents you from acting yourself. I will often call this your *system* in this book. It could be that, in reality, these experiences unfolded differently or that you've created a story around them, but this is what your body and mind have experienced as truth and what makes you who you are now. Therefore, note these experiences on your lifeline.

The moments you'll place on your lifeline can be both positive and negative events. They are often important, life-changing events, such as: moving,

getting married, having children, a relationship ending or beginning, a death in your immediate environment, an accident, or health problems.

Additionally, you might feel certain emotions during a period in your life without specific indication that something has changed in your life. This might be, for example, the period of growing up and making friends—where you experience a particular emotion, such as insecurity or happiness. A helpful framework for recognizing and naming emotions can be the four primary emotions: Joy, Anger, Sadness, and Fear. From these core emotions, more specific emotions emerge, such as happiness, irritation, sorrow, loneliness, and worry. You can find these core emotions and derived emotions in the chart at the front of this book.

! Mark these periods on your lifeline.

- Take a good look at which (core) emotion underlies a period or an event and put this emotion next to the event on your timeline. Everything that's important to you, put on your timeline. You might use different colors for each

unique period in your life or to mark negative and positive experiences. This gives you a beautiful insight into your life path so far!

Your lifeline is probably not complete after one attempt. If you set the timeline aside and do other things, more memories will gradually surface that you might want to add to your timeline. So, take the time to make your lifeline complete.

? Now that your lifeline is completed, are there certain things that stand out about your lifeline? What feelings arise looking at your lifeline? You can also discuss your lifeline with family, friends, or your partner. They might find it surprising that you've placed certain moments on your lifeline or not. It also provides more insight into and understanding of each other's lives and connection to each other.

? Ask yourself the following questions about your lifeline and write the insights in your notebook:

» How have you dealt with important choices?

» How have you experienced important life-changing moments? What feelings, for example a particular inner experience or certain emotions, have you retained from this?

» Looking back at your lifeline, what felt like being close to your core and what didn't? Can you explain how this comes about?

» Which decisions have you really made from yourself and are not influenced by others or the environment?

? As you look at the timeline and the answers to the questions, do you see a common thread emerging in the story? Are there certain emotions or behaviors that appear in similar situations? It's interesting to look at where these emotions originated, whether this stems from *layers/patterns* that you've imposed on yourself, or better yet, that your *system* has imposed on you. In Month 10, I'll tell you more about this and you'll do an exercise to peel away these *layers* and break through *patterns*.

? Do you also see the events and life phases in which you were

“A helpful framework for recognizing and naming emotions can be the four primary emotions: Joy, Anger, Sadness, and Fear. From these core emotions, more specific emotions emerge.”

“Do you also see the events in which you were completely happy and in a kind of flow? These are probably the moments when you were in your power and lived true to your heart.”

completely happy and lived in a kind of flow? These are probably the moments when you were in your power and lived true to your heart. What was typical of these events? What did you do and what didn't you do?

With these questions, you can further elaborate on your lifeline and insights. Good luck!