

For Mystical, Crystal Toting, Plant & Moon Loving Women!

#HLJGRATITUDECHALLENGE

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Gratitude (grat·i·tude)

noun "the quality of being thankful; readiness to show appreciation for and to return kindness"

What's the challenge about?

"31 Day Gratitude Challenge" is all about taking daily actions to be grateful for something. The point of these daily actions is to become more in-tune with our lives and to become better aligned with our purpose. There is an understanding that the universe conspires on our behalf and being grateful aligns us with our purpose. The hope is that at the end of these 31 days, we will find ourselves feeling more uplifted, full of appreciation for our lives, and we'll continue the course of our true purpose.

Share your experience

"If you want, share your gratitude on Facebook & Instagram with the #HLJgratitiudechallenge! Follow along with my 31 days at @healthylivingjourney to see what I am grateful for.

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How the challenge works?

Every morning for the next 31 days (preferably starting January 1st) you will begin the day by answering the first "Morning" question. Each day has a "Daily Action" that you must follow that day. Each evening you will answer the second question ("I am grateful for"). It doesn't have to be anything huge, something as, "I am grateful for the banana I ate this morning" is fine. Lastly circle your mood. I ask that you share your experience online by tagging us on social media with #HLJgratitudechallenge. Good luck!

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2
1/2021

Example...
Morning Question

What crystal are you grateful for?
Emerald, it's my favorite stone for

Emerald, it's my favorite stone for
healing myself

Daily Action
Meditate for 10 minutes with your favorite crystal.

This evening I am grateful for...
My plants that 7 care for in my

home
Nood Meter

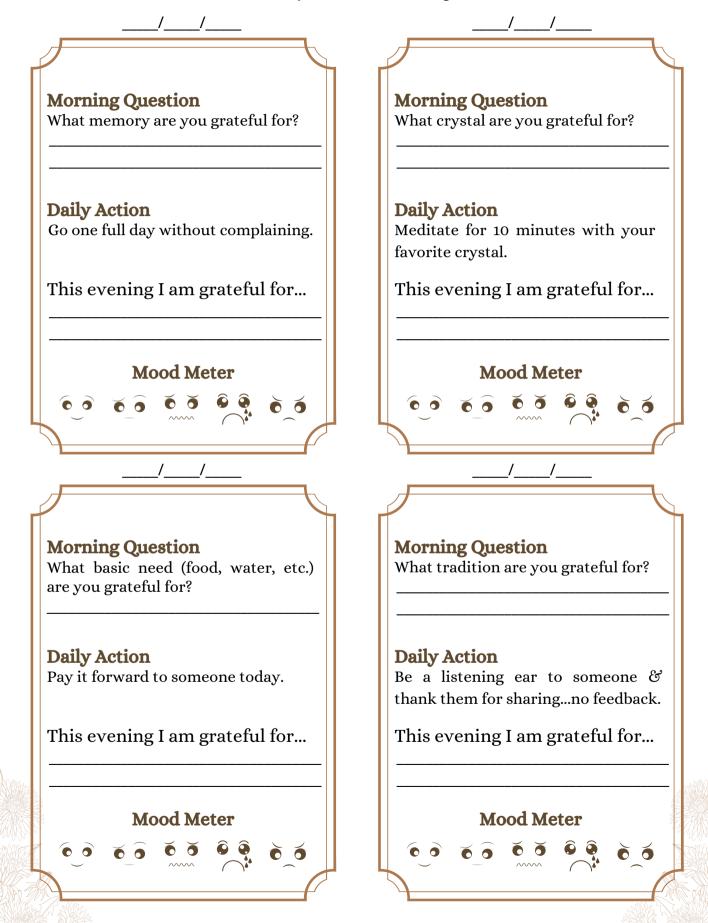
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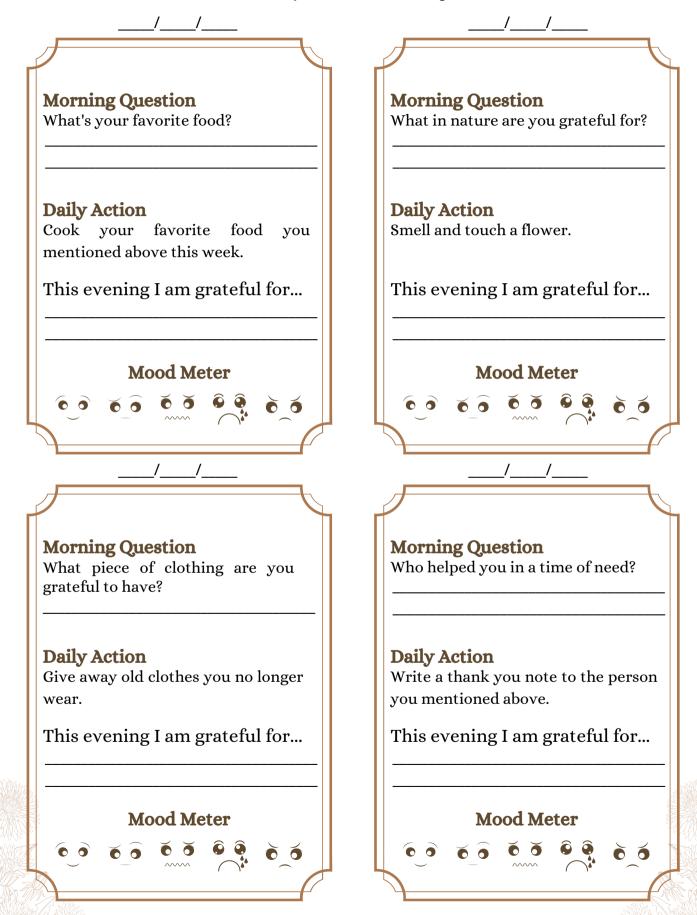
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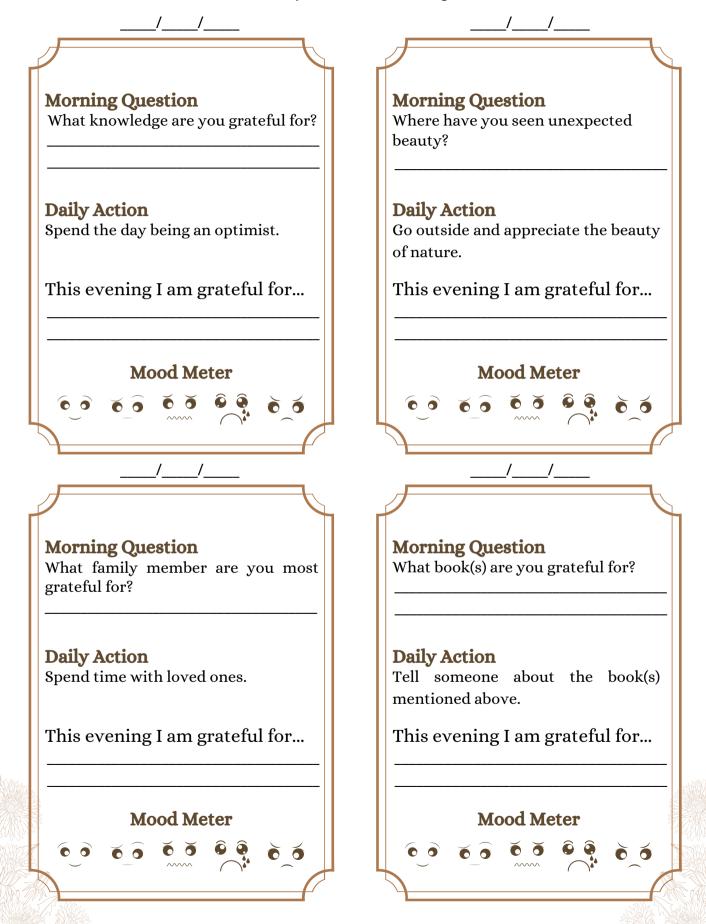




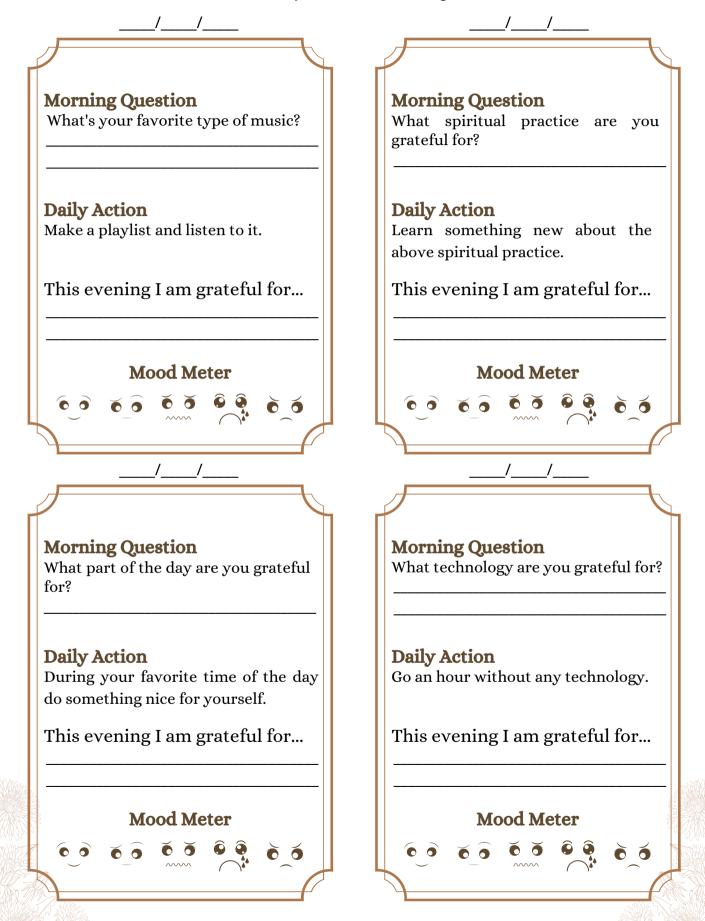














Reflections...

How did the month go? What did you like? What did you struggle with?

New Mindset

Do you notice any changes in your mindset? How you feel at the end of the day? How you feel overall?

Need Guidance?

Demeka provides consulting services among other services. Book a session @ 678.701.7757.

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