

Sacred Daily Essentials 9-Month Immersion Growth Work, Month 1 Goals

How do you want to feel in your body this year?

What would you have to do daily, weekly, monthly to feel that way?

How do you want to feel energetically/emotionally?

What would you have to do daily, weekly, monthly to feel that way?

How do you want to feel mentally?

What would you have to do...to feel that way?

How do you want to feel in your intuitive body/soul body/deep Self?

What would you have to do...to feel that way?

- Go over the actions you are planning to take daily, weekly, monthly to reach your goals. Tune into your body. Do the daily steps feel like, “YES” I can do this, or do they feel like too much? Don’t listen to your mind’s ideas, listen to your felt-sense, body-wisdom. Then, re-work your daily, weekly, monthly practices until they feel like “YES!”
- Write out your commitments to yourself for the next 30 days.
- Share your commitments with a close friend, family member, course member and/or on the Facebook page. You will also have an option to share these with us live on the call.