



Day

HEALING CHALLENGE

DAY 1

Write down 3 things you're grateful for.

DAY 2

Create your vision board

DAY 3

Explore a relaxation technique.

DAY 4

Unplug from all devices for 2 hours.

DAY 5

Listen to a guided meditation

DAY 6

Perform a random act of kindness.

DAY 7

Declutter a chosen area in your house

DAY 8

Reflect on your growth goals

DAY 9

Enjoy spending 30 min in nature.

DAY 10

Bedtime Reiki or breathing session

DAY 11

Curl up with a book and a herbal tea

DAY 12

Write a letter to your future self

DAY 13

Go to sleep one hour earlier.

DAY 14

Journal about things that make you happy

DAY 15

Avoid negative self-talk for the entire day

DAY 16

Take a long, relaxing bath or shower.

DAY 17

Spend time reflecting on your life's purpose.

DAY 18

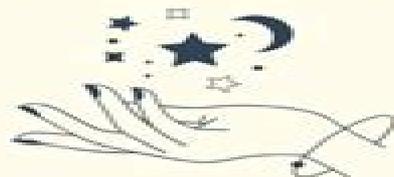
Do some gentle stretching before bed.

DAY 19

Explore a creative hobby for an hour.

DAY 20

List your achievements in the past year.



DAY 21

Treat yourself to something special.



The Challenge Of Healing

JR Anderson



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