



15 DAY CHALLENGE



Mindful Moments



CULTIVATE HIGHER AWARENESS

<p>Day 1</p> <p>Intro to Mindfulness</p>	<p>Day 2</p> <p>Deep Breathing</p>	<p>Day 3</p> <p>Body Awareness</p>
<p>Day 4</p> <p>Affirmations</p>	<p>Day 5</p> <p>Gratitude and Abundance</p>	<p>Day 6</p> <p>Shadow Work</p>
<p>Day 7</p> <p>Nature Connection</p>	<p>Day 8</p> <p>Empathy and Non Judgment</p>	<p>Day 9</p> <p>Communication</p>
<p>Day 10</p> <p>Stress Management</p>	<p>Day 11</p> <p>Acceptance and Letting Go</p>	<p>Day 12</p> <p>Rest and Relaxation</p>
<p>Day 13</p> <p>Joy and Desire</p>	<p>Day 14</p> <p>Expansion Opportunities</p>	<p>Day 15</p> <p>Commitment</p>

