

This is not a competition but a personal journey of self-discovery. As you notice your words, thoughts, and energy, you see how your inner world shapes your outer reality and guides you toward balance and clarity

The Rule: Wear a wristband or bracelet on your writing hand. If you complain, switch your wrists and start again. Goal: 28 days in a row, from new moon to new moon.

👉 A complaint = any spoken negative remark about yourself, others, or a situation.

(Thoughts don't count.)

Morning Practice – The Centering 16

Mind (1 min) – Cold shower 🟡

Body (4 min) – Stretch, shake, and move 🔵

Spirit (10 min) – 35 conscious breaths, root to crown 🟢

Soul (1 min) – Speak your affirmation 🔴

Morning Affirmation

“Today I am going to be the best possible version of myself, with complete love and compassion. I am positive energy vibrating at my optimum frequency. Thank you Mother Earth, Thank you Father Sun, Thank you Mind, Body, Spirit & Soul for this wonderful day that has just begun.”

Evening Practice

Give gratitude to each family member (living and passed). Visualize their face as you speak or mentally rehearse it.

Evening Affirmation

“Thank you Mother Earth, Thank you Father Sun, Thank you Mind, Body, Spirit & Soul for this wonderful day that is now done.”

Reflection:

Was I my best self?

Did my actions benefit all, and harm none?

What did life reflect back to me?

A new holistic tip from the Medicine Wheel will be shared each day.

