

# 42 Days to Peace & Prosperity

Wake up each day excited to have another day of life.

Start by shouting Woooohoooo

Make your bed, take a shower, get dressed and please no cell phone use.

Now, when you are ready

Sit somewhere quietly and write a list of “Ten Things I can do today to show myself that I love myself. Keep it simple and achievable., such as I will eat one less cookie today, I’ll take a walk by myself (no pet) for an hour, I’ll watch an hour less of TV. Create actionable items unique to yourself to express love toward yourself.

Later that evening reflect on your list and count how many you did. “This is never about being perfect and doing all ten, it’s about being proud of yourself for doing even one”.

After reflecting on the list, it’s time to be proud of yourself for loving yourself. Here’s where you ground the love for yourself in you. Give your self a much deserved Woooohoooo and cross your arms behind your back and pat yourself on the back, re-cross them and do it a second time. Then give yourself a hug by crossing your arms and hugging yourself, then repeat by re-crossing your arms and giving yourself a second hug. Then kiss each wrist while telling yourself that you love yourself.

Doing this consecutively for forty-two days will connect you to the Universal God and you are on the path to raising your consciousness, ultimately to a 1000, where you will experience peace, prosperity and self enlightenment.