



# FIRE HORSE

## **Day 1 Light**

Increase light in your home.

Today's activity: change any broken lightbulbs.

## **Day 2 Pathways**

Clear your pathways.

Today's activity: remove any clutter in your entryway.

## **Day 3 Momentum**

Remove stagnation.

Today's activity: discard any broken items.

## **Day 4 Opportunities**

Invite opportunities in.

Today's activity: Clean your front door.

## **Day 5 Oasis**

Create a calm oasis.

Today's activity: Create one space in your home that feels calm and restorative so you can balance movement with rest.

## **Day 6 Release**

Let go of what feels heavy.

Today's activity: Journal about anything that's on your mind.

## **Day 7 Clarity**

Reduce overwhelm.

Today's activity: Simplify something in your home.

## **Games and prizes**

Want to do some more? Complete tasks on the Bingo Card and email me which ones you've done to enter the draw to win a Coaching session and a Clarity pack.

## **Outcome**

By the end of the seven days you will have had the opportunity to embrace Fire Horse energy:

- New beginnings
- Forward movement
- Momentum and action

