



LIGHT

Day 1

Learn

We are approaching this week with the intention of riding our Fire Horse.

Fire Horse energy is about:

- New beginnings
- Forward movement
- Momentum and action
- Independence
- Courage and confidence
- Creativity and passion
- Freedom and expansion
- Fast manifestation
- Alignment with purpose
- The Horse restores momentum
- Where the Snake clears the path, the Horse runs it
- Fire Horse doesn't reward effort it responds to alignment

Visualise your Fire Horse, it could be a photo, a cartoon, a graphic, a symbol. You may even want to give your Fire Horse some theme music.

As you undertake your actions this week take some time to anchor your Fire Horse.

Do

Fire Horse thrives in brightness.

We are starting with a simple, symbolic actions to increase light in your home:

- opening curtains
- opening blinds
- lighting candles

If you have the bandwidth change any blown lightbulbs. If you have the energy clean your windows.

A playful addition is to add some kind of light charm to one, or all of your windows, such as decals or crystal beads.

Share

Share a photo on your social media of one or more of today's actions.

Daily prizes

Complete today's share task and tag me (kerrysimmonscoaching) on your socials to go into the drawer to win a crystal window charm.

Outcome

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

