

10 DAY HEALING CHALLENGE

@Mrs.Bluefrost
www.MisterandMrsBlue.com

THE BLUEPRINT 10 DAY HEALING CHALLENGE

USE THIS WORKBOOK AS A TOOL TO MAKE HEALING A DAILY PRACTICE OF MIND, BODY, SPIRIT RESTORATION, AND RECALIBRATION.

REMEMBER TO BREATHE INTO YOUR PRACTICE AS A WAY OF SEALING IN YOUR INTENTION.

IN ALL THAT YOU DO, PLACE HEALING AT THE CENTER. WHEN YOU CENTER IT, PEACE WILL FLOW OUT OF YOU AND INTO THE REST OF THE WORLD AROUND YOU. THIS IS HOW WE BREAK INTERGENERATIONAL WOUNDS.

SHARE THIS GUIDE WITH PEOPLE YOU LOVE SO THAT THEY TOO MAY EMBODY COLLECTIVE, HOLISTIC, AND LASTING WELLNESS.

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Day 1 Healing Challenge

What will be your go-to self-care practice moving forward?



Day 2 Healing Challenge

How will you know when you are pouring from an empty cup?



Day 3 Healing Challenge

What is the one thing you can always say to your inner child?



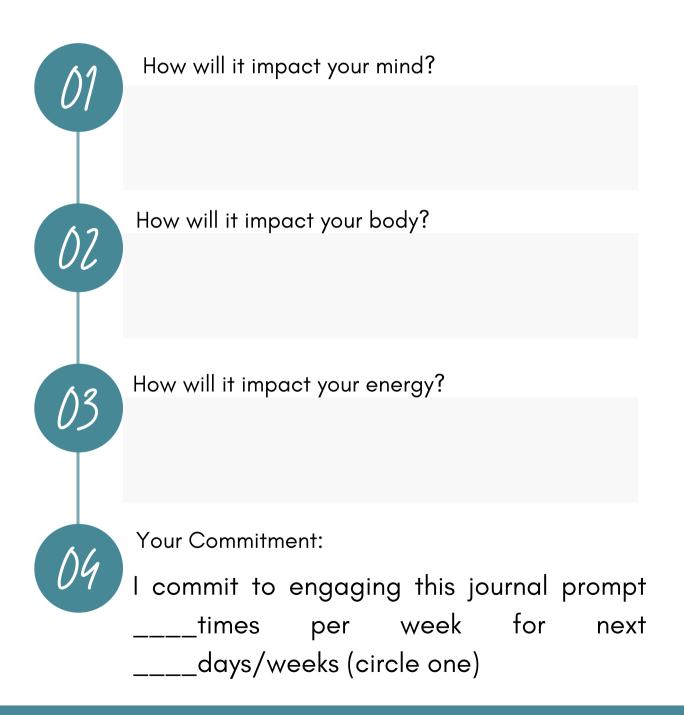
Day 4 Healing Challenge

What is a positive affirmation you are holding dear to your heart?



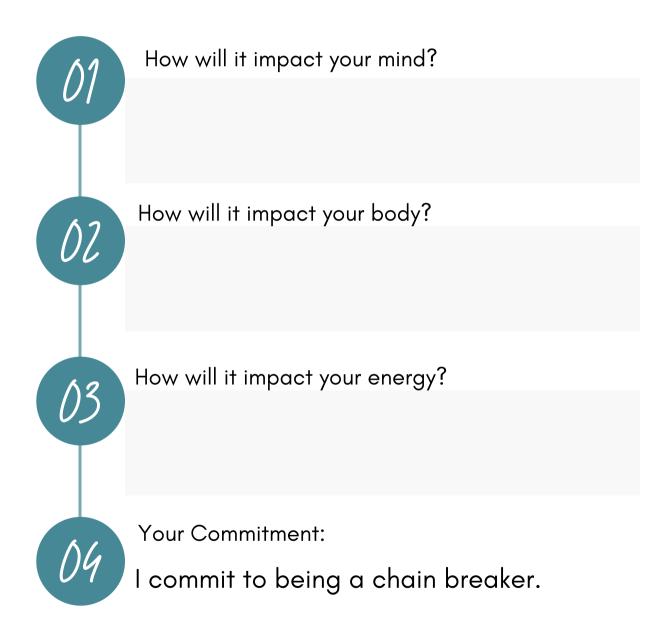
Day 5 Healing Challenge

What will be your go-to journal prompt?



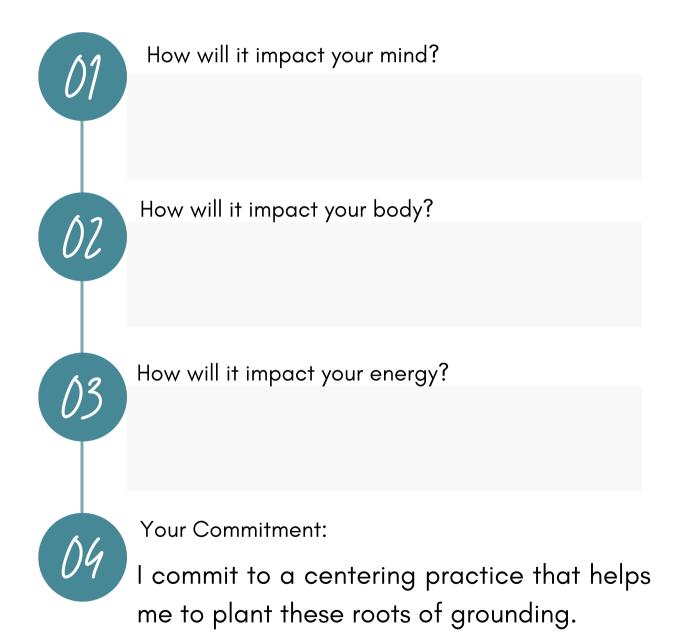
Day 6 Healing Challenge

How will you break generational wounds in your family?



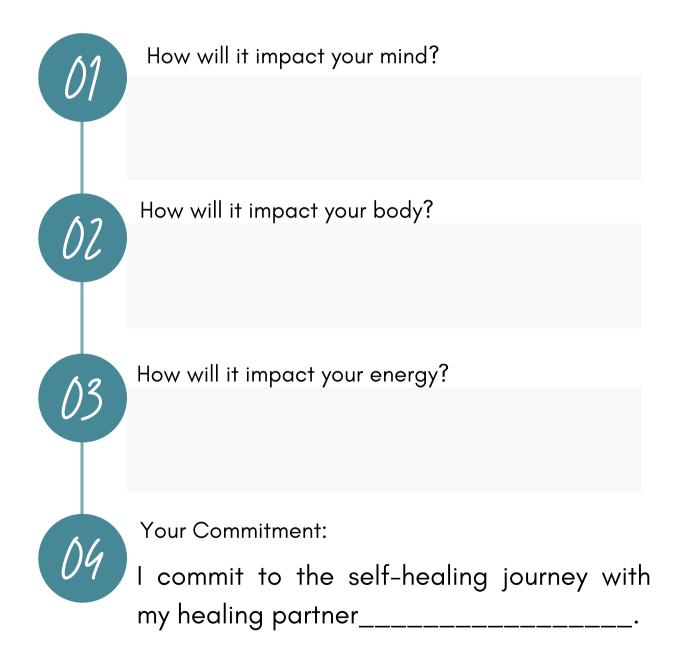
Day 7 Healing Challenge

What will be your go-to centering practice when you feel upset?



Day 8 Healing Challenge

Who will be your healing partner in this season of restoration?



Day 9 Healing Challenge

What will be your go-to mindfulness practice?



Day 10 Healing Challenge

How are you planning to continue to liberate yourself from past wounds?



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CONGRATULATIONS!

WHAT YOU HAVE DONE HERE IS NOT EASY. GIVE YOURSELF A GENTLE LOVING HUG FOR COMMITTING TO THE PRACTICE OF FOCUSING ON YOUR SOUL AND THE WOUNDS THAT LIE WITHIN.

MAY THIS BE ONLY THE BEGINNING
OF A LIFE OF CENTERING YOUR
HOLISTIC HEALING.

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