



THE BLUEPRINT

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.

@MRS.BLUEFROST
WWW.MISTERANDMRSBLUE.COM

Day 1 Healing Challenge

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

01

How will it impact your mind?

02

How will it impact your body?

03

How will it impact your energy?

04

Your Commitment:

I commit to this practice _____ times per week for the next _____ days/weeks/years (circle one)

Day 2 Healing Challenge

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

01

How will it impact your mind?

02

How will it impact your body?

03

How will it impact your energy?

04

Your Commitment:

I commit to pouring into my own cup at least _____ times per week.

Day 3 Healing Challenge

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

01

How will it impact your mind?

02

How will it impact your body?

03

How will it impact your energy?

04

Your Commitment:

I commit to speaking to my inner child with love from this day forward.

Day 4 Healing Challenge

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

01

How will it impact your mind?

02

How will it impact your body?

03

How will it impact your energy?

04

Your Commitment:

I am committing to this positive affirmation to my life, with an open heart.

Day 5 Healing Challenge

What will be your go-to journal prompt?

01

How will it impact your mind?

02

How will it impact your body?

03

How will it impact your energy?

04

Your Commitment:

I commit to engaging this journal prompt
____times per week for next
____days/weeks (circle one)

Day 6 Healing Challenge

How will you break generational wounds in your family?

01

How will it impact your mind?

02

How will it impact your body?

03

How will it impact your energy?

04

Your Commitment:

I commit to being a chain breaker.

Day 7 Healing Challenge

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

01

How will it impact your mind?

02

How will it impact your body?

03

How will it impact your energy?

04

Your Commitment:

I commit to a centering practice that helps me to plant these roots of grounding.

Day 8 Healing Challenge

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

01

How will it impact your mind?

02

How will it impact your body?

03

How will it impact your energy?

04

Your Commitment:

I commit to the self-healing journey with my healing partner _____.

Day 9 Healing Challenge

What will be your go-to mindfulness practice?

01

How will it impact your mind?

02

How will it impact your body?

03

How will it impact your energy?

04

Your Commitment:

I commit to this practice ___ times per week for the next ___ days/weeks/years.

(circle one)

Day 10 Healing Challenge

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

01

How will this plan impact your mind?

02

How will this plan impact your body?

03

How will this plan impact your energy?

04

Your Commitment:

I fully commit to my emotional liberation.



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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.

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

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