

# 30-DAY SPIRITUALITY JOURNEY



Commit to drinking 8 cups of water.



Practice deep breathing or meditation for 10 minutes.



Write a list of 10 things you're grateful for.



Take a mindfulness walk.



Take a bath with music and candles.



Call or text a friend to catch up.



Practice mindful eating.



Dive into a new spiritual practice like tarot, Buddhism or astrology.



Write a positive affirmation and repeat it throughout the day.



Create a relaxing bedtime routine.



Release any pent-up emotions through journaling, crying, or creative expression.



Spend time each day visualizing your goals.



Clear your energy by smudging, using crystals or by other practices.



Unplug from technology for an hour.



Create a meditation playlist.



Practice mindfulness while doing everyday tasks.



Read a spiritual or inspirational book each day.



Choose a vice in your life and try to abstain from it.



Explore a new relaxation method, like progressive muscle relaxation.



Take a power nap or restorative break.



Meditate in the outdoors, on a beach or on grass..



Write a letter to someone who has hurt you. Then burn it. :)



If applicable, forgive someone and apologize to someone..



Reflect on your accomplishments and growth.



Connect with nature by visiting a park, beach, or forest.



Write a letter to your future self.



Chakra Balancing with sound bath, yoga class or meditation.



Follow spiritual teachers or thought leaders online.



Practice self-compassion and forgive yourself for past mistakes.



Buy a crystal that you are drawn to. Then research and use it appropriately.