



30 Days of Meditation

30 DAY ACCELERATOR

Manifestation *and* Mimosas

LEVEL UP - 30 DAYS OF MEDITATION

Benefits:

- ✓ Clear resistance and negative thoughts. Shift to a better feeling state.
- ✓ Bring calm, peace and harmony into your day.
- ✓ Get centered, present and open to receive your manifestations.
- ✓ Chill the f*ck out!

Steps to complete

- ♥ **Step #1:** Listen to the 30 days of meditation kick off episode
- ♥ **Step #2:** Create your personal meditation ritual/routine in the workbook.
- ♥ **Step#3:** Make time each day for meditation. Make sure it feels good to you!
- ♥ **Step#4:** Stay open and aware of the things happening around you. Positive shifts, experiences, opportunities and manifestations (big and small).
- ♥ **Step#5:** Reflect on the experience and insights you received

LEVEL UP - 30 DAYS OF "MEDITATION"

Create your rituals & routines

Beautiful soul, take a moment to reflect on what brings you peace, tranquility, and presence. Remember, there is no right or wrong way to achieve this state of being - it is unique to each of us. Experiment with different practices each day or week until you find the perfect blend that speaks to your soul and sets the tone for your sacred ritual.

If you are new to meditation, fear not! The accompanying workbook is designed to help you explore different techniques that promote relaxation, mindfulness, and inner calm. You can use it to track your progress over the next 30 days and identify what works best for you. And if you're a seasoned meditator, you can skip ahead to the traditional meditation section and join us on this journey.

Remember, the length of time is not the essence here. Even a few minutes a day can make a world of difference to your mood, energy, and vibrations. As with all our Level Up Accelerators, stay present and attuned to the shifts that are happening within you as you elevate your vibes and move towards a more vibrant, fulfilling life.

Some examples from our chill list:

- | | | |
|-----------------|-----------------------|----------------------|
| <i>Examples</i> | ♡ Listening to reggae | ♡ Infrared sauna |
| | ♡ Going on a walk | ♡ Yoga |
| | ♡ Taking a hot bath | ♡ sitting in the sun |
| | ♡ EFT tapping | ♡ |
| | ♡ Breathwork | ♡ |

LEVEL UP - 30 DAYS OF MEDITATION

My chill vibes

Things that make me feel calm, peaceful & chill AF.



.....



.....



.....



.....



.....



.....



.....



.....



.....



.....



.....



.....



.....



.....



.....



.....



.....



.....



.....



.....



.....



.....



.....



.....



.....



.....



.....



.....



.....



.....



.....




.....

LEVEL UP - 30 DAYS OF MEDITATION

30 Day Tracker

Capture your mediation each day

DAY 1 


DAY 2 

DAY 3 

DAY 4 

DAY 5 

DAY 6 

DAY 7 

DAY 8 


DAY 9 

DAY 10 

DAY 11 

DAY 12 

DAY 13 

DAY 14 

LEVEL UP - 30 DAYS OF MEDITATION

DAY 15



DAY 16



DAY 17



DAY 18



DAY 19



DAY 20



DAY 21



DAY 22



DAY 23



DAY 24



DAY 25



DAY 26



DAY 27



DAY 28



DAY 29



DAY 30



LEVEL UP - 30 DAYS OF MEDITATION

Reflection

What were the most transformative experiences or moments during the meditation challenge? How did they impact your overall well-being, energy, and perspective?

How has your relationship with mindfulness, relaxation, and self-care evolved as a result of this challenge? Are there any new insights or revelations you have gained about yourself or your inner world?

Moving forward, how can you continue to integrate these practices into your daily life and make them a sustainable part of your routine? What steps can you take to ensure that you maintain a consistent, nourishing self-care practice that aligns with your needs and values?