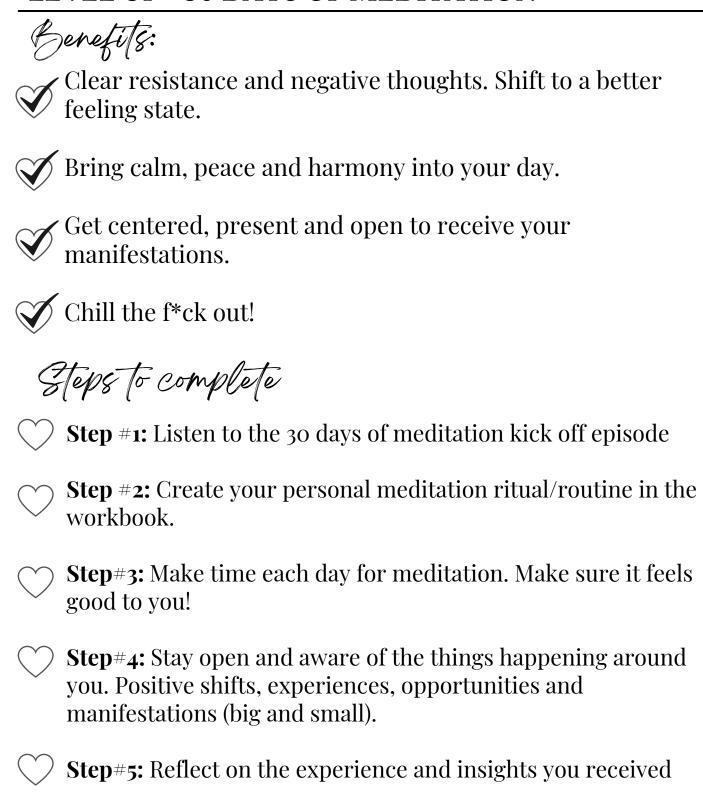
30 Days of Meditation 30 DAY ACCELERATOR

Manifestation and Mimosas



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:

Examples	C Listening to reggae	○ Infrared sauna
	○ Going on a walk	♡ Yoga
	Taking a hot bath	Sitting in the sun
	© EFT tapping	\bigcirc
	♥ Breathwork	\bigcirc

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My chill vibes

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

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30 Day Tracker

Capture your mediation each day

DAY 1	DAY 8
DAY 2	DAY 9
DAY 3	DAY 10
DAY 4	DAY 11
DAY 5	DAY 12
DAY 6	DAY 13
DAY 7	DAY 14

DAY 15	\bigcirc	DAY 23
DAY 16		DAY 24
DAY 17	\bigcirc	DAY 25
DAY 18	\bigcirc	DAY 26
DAY19	\bigcirc	DAY 27
DAY 20	\bigcirc	DAY 28
DAY 21	\bigcirc	DAY 29
DAY 22	\bigcirc	DAY 30

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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?
about your sen or your miler 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?