



GROUND YOURSELF- WEEK TWO HOMEWORK!

Hope you were able to complete your Week One Homework.
If not, do not worry; you will be continuing the same this week as well.

You are in this journey for an entire month; it's all about practice.
Take slow and steady steps!

CONTINUE THE WEEK ONE HOMEWORK:

- 1) DAILY IN MORNING 'RESET YOURSELF'
- 2) MIRROR EXERCISE
- 3) SAY 'CANCEL CANCEL'
- 4) BEDTIME GRATITUDE JOURNALING

WEEK TWO HOMEWORK:

- 5) DE-CLUTTER YOUR HOUSE AND WORK SPACE:
Take time this week to recycle and discard things/items in your home and work place that you do not need or have not used for a while.
De-cluttering
balances your energies, creates grounding and helps get your power back!
- 6) PRACTICE SAYING A 'NO':
Try atleast 2-3 times this week saying a 'NO' to people/situations/temptations. This will help you protect your boundaries and enhance your power and grounding.

Feel free to post your questions in your member's area chat/comment box.
Good luck with this week.

Love and light,

Ground Yourself

ZEN FOR YOU'S WEBINAR SERIES



Manali Haridas
Spiritual Wellness Coach, Zen for You