



## GROUND YOURSELF- WEEK THREE HOMEWORK

Hope you were able to complete your Week One & Two 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 & TWO HOMEWORK:

- 1) DAILY IN MORNING 'RESET YOURSELF'
- 2) MIRROR EXERCISE
- 3) SAY 'CANCEL CANCEL'
- 4) BEDTIME GRATITUDE JOURNALING
- 5) DECLUTTER YOUR HOUSE AND WORK SPACE
- 6) PRACTICE SAYING A 'NO'

### WEEK THREE HOMEWORK:

#### 7) LOVE YOURSELF MIRROR EXERCISE:

After your Morning RESET routine, please replace your Week 1 Mirror exercise with this one.

Look at yourself in the mirror into your eyes and say the lines below:

"I Love You.

I am so sorry if I have hurt you.

Please forgive me.

Thank you for everything you are doing."

#### 8) BUILDING YOUR INTUITIONS:

Daily ask yourself a question that you wish to know an answer for. For the starters, ask 'questions that have a "YES" and "NO" answer. Do not expect an answer immediately. The answer will show up in the day in the most unexpected ways. It's all about practice!

Good Luck!

Manali Haridas