



GROUND YOURSELF- WEEK FOUR HOMEWORK!

Hope you were able to complete your Weeks One, Two & Three 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 WEEKS 1, 2 & 3 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'
 - 7) TAPPING INTO YOUR INTUITIONS
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WEEK FOUR HOMEWORK:

- 8) GRATITUDE EXERCISE:
Daily write down 5 things that you are grateful for in your life
- 9) GROUNDING MEDITATION:
Once a week do the Grounding Meditation- Listen to my meditation audio for week four.

Good Luck!
Manali Haridas