

**EXPLORE THE  
EMOTIONAL  
GUIDANCE  
SCALE TODAY.  
PRACTICE  
MOVING UP THE  
LADDER.**

**MAKE DINNER  
USING  
INGREDIENTS  
THAT NOURISH  
YOUR HEART.**

**11 MINUTE  
BREATHWORK**

**EGO  
ERADICATOR**

**HEART  
MEDITATION**

**LISTEN TO THE  
HEART  
TIBETAN  
BOWLS WHILE  
DOING  
NOTHING ELSE**

**PRACTICE  
BREAST  
MASSAGE**

**AFFIRM ALL  
DAY:**

**I CHOOSE  
LOVE INSTEAD**

**CHOOSE YOUR  
PRACTICE**

**PRACTICE SOME  
OF THE HEART  
OPENING  
POSTURES.**

**OFFER  
GRATITUDE  
BEFORE ALL  
FO YOUR  
MEALS TODAY.**

**MAKE  
YOURSELF  
FOOD TO  
NOURISH THE  
HEART  
CENTER ALL  
DAY.**

**READ SOME  
POETRY**

**JOURNAL  
AROUND ONE  
OF THE  
PROMPTS.**

**HEART  
MEDITATION**

**NOTICE SELF  
JUDGEMENT +  
CRITICISM  
TODAY.**

**LOVING  
KINDNESS  
MEDITATION**

**OFFER  
YOURSELF  
SOME LOVING  
SELF CARE END  
OF DAY.**

**REALLY PAY  
ATTENTION TO  
HONORING  
YOUR  
BOUNDARIES  
TODAY**

**WEAR HEART  
COLORS, OILS  
+ / OR STONES  
TODAY**

**EMPTY OUT  
FOR 20  
MINUTES IN  
SOLITUDE +  
SILENCE.**

JUST BE.

**AFFIRM ALL DAY:**

**I AM OPEN, I  
ACCEPT, I LOVE.**

**GIVE  
SOMETHING(S)  
AWAY.**

**FIND A WAY TO  
BE OF SERVICE.**

**WEAR HEART  
COLORS, OILS  
+ / OR STONES  
TODAY**

**FORGIVE  
SOMEONE,  
MAYBE  
YOURSELF**

**LOVING  
KINDNESS  
MEDITATION**

**EGO ERADICATOR**

**CHANT YAM 3  
X'S ANYTIME  
YOU THINK  
ABOUT IT  
THROUGHOUT  
THE DAY  
WHILE  
CONNECTING  
TO YOUR  
HEART SPACE**

MAYBE SET A TIMER TO  
PERIODICALLY GO OFF TO  
REMIND YOU

**SET A TIMER FOR  
5 MINUTES AND  
BREATHE DEEPLY  
INTO THE  
SWEETNESS OF  
YOUR HEART  
SPACE.**

**DO THE 11  
MINUTE  
BREATHWORK.**