

30-Day Humanity Power™ Challenge

Take this challenge solo, grab a group, or do it as a company. In 30-days you will experience the benefits of what it feels like to be in a high-vibration that will help end the 'isms.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Write one compliment to yourself.	Text three (or more) people and let them know you are sending them light and love.	Let someone go in front of you in line at the store.	Replace news and media with your favorite music.	Find something beautiful and appreciate it.	Write a gratitude list in the morning and again in the evening.	Use Kindness throughout your day.
Write down one thing that makes you smile.	Use Compassion throughout your day.	Hydrate: Drink 1/2 your body weight in ounces today.	Write down 5 things you are grateful for.	In the mirror give one compliment to yourself.	Stand barefoot in nature and breathe.	Say this out-loud: "I am worthy. I am enough."
Put your phone away while in the company of others.	Eat something that gives your body energy.	Use Respect throughout your day.	Replace the word busy with active, full or fruitful. (ex: I am active today.	Pick your high-vibration activity for the day.	Make a list of people you love.	Practice various methods of self-care.
Write down 10 things you are grateful for.	Listen more than you speak.	Find three things of beauty and appreciate it.	Give something unexpectedly to someone.	Seek out a positive person and thank them for their positivity.	Forgive someone for something they did.	Use Patience throughout the day.
Write yourself a short love letter.	Read something positive.	<p>"Everything is energy. Match the frequency of the reality you want and you cannot help but get that reality. It can be no other way. This is not philosophy. This is physics."</p> <p>-Albert Einstein</p>				

Print this sheet out, hang it up, to help you track and be mindful of your journey.

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