14 Day Holistic Health CHALLENGE

The Programme

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	**Self-Assessments** **10 min Meditation** Mobility and Stretch	Bodyweight Prg 1 Perfect cool-down Prg	Mobility and Stretch Prg 1. Back/Core Prg 1 **10 min Meditation**	Bodyweight Prg 1 Perfect cool-down Prg	**10 min Meditation** Mobility and Stretch Back/Core Prg 1	Bodyweight Prg 1 **10 min Meditation** Mobility and Stretch	**10 min Meditation** **60-90min Nature Trail Walk.** Back/Core Prg 1 **Q&A Zoom Call**
2	**10 min Meditation** Bodyweight Prg 1	Mobility and Stretch Back/Core Prg 1	**10 min Meditation** Bodyweight Prg 1 Mobility and Stretch	Mobility and Stretch Back/Core Prg 1	**10 min Meditation** Mobility and Stretch	**Self-Assessments** **10 min Meditation** Bodyweight Prg 1 **Q&A Zoom Call**	**10 min Meditation** **60-90min Nature Trail Walk.** Back/Core Prg 1

DAILY AFFIRMATIONS....

Week 1	**Say from your heart.. I love_____** Write done 3 things you love right now. Print it and post it somewhere you can easily see it daily. (don't over think it)	**The past has no power over me anymore.**	**Every day and in every way , I feel healthier, richer, more successful and loved**	**I love unconditionally and enjoy my life.**	**I will today with purpose and passion.**	**I am grateful for new opportunity this morning brings**	**Today say...I give and receive with an open heart**
Week 2	**I release yesterday's burden and start FRESH.**	**Today could be the BEST day of my life.**	**I will accomplish my goals today.**	**I will make a positive difference today.**	**I will be gentle with myself.**	**I am a beautiful soul in a divine body.**	**I open my heart to truth, change and wisdom and I move in ease, with the vibrations of the universe.**