

HOW THE CHALLENGE WORKS

1. Print it out!

2. On your computer or phone, click the day and it will bring you to the task for each day.

28 DAYS OF MEDITATION

SUN	MON	TUE	WED	THU	FRI	SAT
Download the Insight Timer app and save the playlist 11:00	Learn How to Meditate in 7 Days: Day 1 11:00	Learn How to Meditate in 7 Days: Day 2 10:41	Learn How to Meditate in 7 Days: Day 3 11:28	Learn How to Meditate in 7 Days: Day 4 11:56	Learn How to Meditate in 7 Days: Day 5 11:28	Learn How to Meditate in 7 Days: Day 6 11:44
Learn How to Meditate in 7 Days: Day 7 12:56	Morning Motivation 2:00	4-Minute Morning Meditation 4:41	Good Morning Gratitude Practice 10:52	Morning Meditation With Music 10:28	Morning Ritual 10:02	Morning Flow 17:37
Finding Calm and Serenity 11:37	Melting, Stress, Fear, and Anxiety 12:53	Learning to Surrender 8:07	Accepting Change 9:26	Our Warring Self vs Our Infinite Self 12:21	Affirmations for Self Love 13:45	Gratitude Affirmations for the Body and Life 8:17
Setting Goals and Achieving Success 22:51	Believe in Yourself 13:17	Manifest Your Unlimited Potential 20:00	Mountain Meditation 15:31	Running with the Wolves 18:45	Law of Attraction and Abundance 20:17	Law of Attraction and Giving Thanks 23:26

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3. Mark off the day with an "X" after you complete each task for the day.

4. Bring on the good vibes!



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