

# ***Totally Relaxed***

Reacting? Stressed? Hating on someone?  
Your day not working out the way you want?

## *39 Day Challenge*

01

### STEP ONE

Write down 10 things you are grateful for  
(Feeling of gratitude is an immeasurable  
supply of good energy/vibration)

02

### STEP TWO

Send love to 3 people that are bothering you.  
(You may have a good reason for not liking  
them but it's not doing YOU any good to be in a  
bad vibration. It may be difficult to do in the  
beginning but if you do it you'll get better at  
it.)

03

### STEP THREE

Be quiet for 5 minutes and ask Spirit/God etc  
for guidance for the rest of the day.

### ***Expect change***

This will flip your frequency for the rest of the day, putting you in a state of calm. You can only attract what resonates with you. You become a leader for others and to yourself "if you do this daily".

