Claim Your Miracle

Day 31

WOW You made it to Day 31!!!!!!

Congrats pretty lady!!!!! Today is all about reflecting on the past 31 days and setting a plan for moving forward. How have things changed in your life during this challenge? What realizations and ah-ha moments have come your way?

Express gratitude for all of the beautiful things that have been happening for you and ask yourself "can I stay committed to the 5 daily practices? what about one or two of them? are there any specific practices taught these past 31 days that I want to continue to implement?" Turn inward and listen to your heart so that you can create a daily practice that will continue to keep your vibe high!

I'm so grateful to you for allowing me to be with you for these past 31 days. I'm so honored that you allowed me the space to teach and share my heart-centered energy with you! I wish you nothing but the best and I encourage you to return to the challenge in the future if you ever find yourself in a funk, feeling stuck/lost/frustrated/etc.

Affirmation: Through gratitude, vision and planning, my life will only continue to get better.

Namaste,
Megan