

# 28 Days of Creating Sacred Connection

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MON	meditate	day dream	journal	create an altar
TUE	light a candle	create	watch a sunset	listen to uplifting music
WED	walk in nature	breathe deeply	Look into the eyes of a stranger	find reasons to laugh
THU	dance	check in with your emotions	spend time alone	listen
FRI	pray	sit in silence	check in with your body	be present
SAT	appreciation journal	slow down	speak less	smell a baby
SUN	read	pet an animal	see everyone as god	ask why not...a lot