

BODY LANGUAGE

40 DAY HEALING ACTION PLAN

THE 40 DAY PLEDGE:

I pledge to make myself my first priority in the next 40 days. I will willingly help others, but I know that I need to take the actions necessary to tune into the life of my dreams first. I know that by focusing on my goals BEFORE anything anyone else needs, I will tune in to health and wellness, and will have more to give others from the overflow of joy and energy that I feel from my accomplishments and my alignment with my best self. I pledge that I will do my 4 for 40 each day, noting in my journal all the events and people that come into my life because of my commitment to this practice. I will connect with the most positive feelings - the life-of-my-dreams, I-am-well-in-mind-body-and-spirit feelings - each morning, and when I feel stressed or out of the flow, I will take a moment to reconnect with these feelings. Most of all, I pledge to be aware of my "triggers," and I will choose to react in a way that is in The Flow with the life I desire, instead of reacting from a programmed pattern. By doing this, I know that I will tune in to the life of my dreams.

MY GOALS FOR THIS 40 DAY PERIOD:

MY RETUNING STATEMENTS FOR THE NEXT 40 DAYS:

THE 4 EXERCISES I AM COMMITTING TO DO EACH DAY:

WHAT I AM COMMITTING TO DO JUST FOR ME EACH WEEK:

MY INSPIRATION TEAM:

I ACCEPT MY 40 DAY HEALING PLAN: _____

START DATE: _____ END DATE: _____