



BOOKENDING YOUR DAY

THE LIGHTHOUSE EFFECT
Self-Care 30-day Challenge

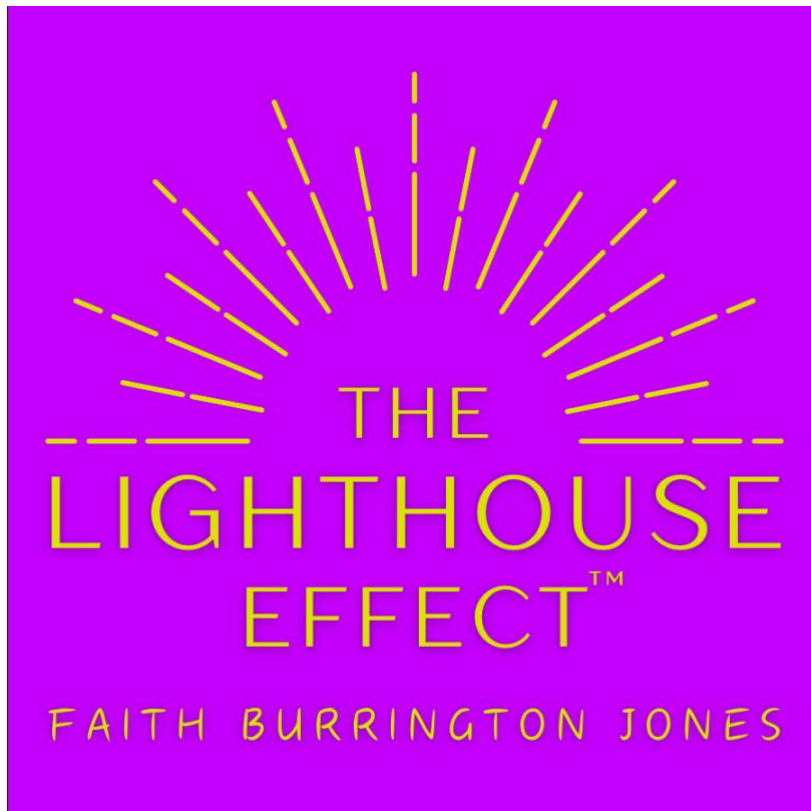
by
FAITH BURRINGTON JONES

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THE LIGHTHOUSE EFFECT TM

The Lighthouse Effect is the Skillful Recovery Program I developed over many years, originally as a group-therapy process to guide people through recovery from addiction, co-occurring mental health challenges, codependency, and early trauma. It evolved into a training program to support second stage recovery, recovery coaches, and addiction counselors, as presented in *The Lighthouse Effect Training Guide*.

The training program focuses on second stage recovery, which is where you deepen your healing by exploring the underlying mental and emotional barriers to health and wellbeing. The training guide walks you through the program's five modules: Mindful Recovery, Tolerance Building, Emotional Balancing, Effective Interpersonal Communication, and the Integration module, where you incorporate all that you've learned and formulate your custom daily practice ~ Bookending Your Day.

The Lighthouse Effect companion book is a collection of authentic and inspirational recovery stories from some of the people who participated in and graduated from the program. It also includes a deeper exploration of recovery, healing concepts, and inspirational quotes, and I share my own process of how I came to this work.

Video recordings of all five modules of The Lighthouse Effect Skillful Recovery Program are available on my website (www.innerfaiththerapy.com) along with guided meditations, events calendar, my "Innerfaith Therapy" services, and more.

Faith Burrington Jones



Do you care for yourself as well as you care for others? Through decades of practicing and reflecting on the benefits of doing inner work and working with others in trauma and addiction, I have noticed that the common denominator seems to be an almost instinctual inability to self-love and to fully get to know our selves. (Underscores the ancient

philosophical maxim, *know thyself!*) What does it look like to come to know yourself and your true worth? What does it mean to *love* yourself?

Bookending Your Day (B.E.D.) is an exercise implemented in my Skillful Recovery Program that addresses those questions. It can be used by anyone as a daily practice because we are all recovering from something (childhood programming, trauma, loss of a loved one, mental or physical health challenges, life transitions, life situations) or are simply wanting to improve the quality of care we give to ourselves. This thirty- day challenge is an invitation to live your life with purpose and intention. Putting energy into *you* might be challenging, but it is also quite simple. It is simply about you giving yourself what you want or need, instead of waiting for someone or something outside of you to do it for you.

Mind/Body/Spirit ~ Thoughts/Words/Deeds

You are the one you have been waiting for. This B.E.D. practice is about beginning and ending your day in ways that work for you, so you can radiate your unique expression of Self. Rather than focusing on and reacting to what's coming at you from the horizontal plane, choose to center yourself vertically-between earth and sky-to come into your essential self, or soul self. Turn inward to deeply listen and connect with your Higher Power. Mind/body/ spirit integration is essential to self-care. Think of the mind, body, and spirit as your "books" (essentially, a trilogy) and this bookending practice as how you might "hold" or align them. Mind, as in how you judge and think about yourself (self-talk). Body, how you take care of your body (food, exercise, boundaries, environment). Spirit, how you connect with non-physical reality, with your soul (what nourishes you on a deep emotional level, where you are aligned with the frequency of Love). The idea is to "make it simple" so you can "make it happen." You might ask, make what happen?

Whatever you want or need *today* to support your health and wellbeing. Because today is the only day you can *actually* experience. What turns you (your mind/body/spirit) on or inspires you? How do you decompress or reduce stress? Spending time with family, friends, or an animal, or being in nature? This is about you creating your own instruction manual to work and function your best, to be your best self, to integrate mind/body/spirit. Let's begin!

MORNING BOOKEND

Mind will follow Body: You may notice that in the morning ritual there is a different order for setting yourself up for alignment of mind/body/spirit. With the thinking that it can take the mind a little time to wake up and that "mind will follow body," the morning ritual looks to the body first, so body/mind/spirit. You can determine what works best for you as you customize your self-care practice. The prompts in the daily worksheets are like buoys in a harbor that can help you navigate and inspire you to create your own

personalized prompts.

I am Light ~ I am Love ~ I am Truth ~ I am

What seems to work for most is to begin each day with a “best way to be” mindset. Ask yourself: *What will work best for me today?* Set an intention for the day that considers how you will think and act toward yourself and others, how you will move and nourish your body, and how you will connect with Spirit or Higher Self.

This is my opportunity to take myself through the day with purpose and with intention. This is truly the one and only day I have. Yesterday is gone and tomorrow isn't here yet – and once it arrives, “tomorrow” changes to “today.” Essentially all I ever have is today!

Bookend your day with your custom morning ritual. Make it simple yet powerful!



~~~~~ BODY *~~~~~*

Nourish your Body: You might start with some slow, deep breaths and gentle stretching in bed. Move slowly, like a cat getting up from a nap. Then think about how you will move, nurture, and fuel your body throughout the day. What exercises or activities work best for you? Taking a walk, doing yoga, qigong? What will you eat that

is nutritious and healing? (Or would it be healing for you to do intermittent fasting to rest your digestive system?)

MIND

Be mindful with your "Self-Talk:" Mindful self-talking is about talking to yourself in a kind, supportive way. If you catch yourself not being kind, reframe your thoughts, comments, or judgments to make them more forgiving and supportive.

I will start off my day being kind and accepting toward myself. I will speak to myself with utmost respect and kindness. Even if I didn't sleep well last night, I will take extra good care of myself and make it a good day, as best I can.

SPIRIT

Create a mantra: Say it to yourself upon rising, and throughout the day. It might be a "mind stretch" and something to aspire to, like the "I am Light" mantra on the previous page. Or it could be something that will remind you to be patient, kind, and caring toward yourself. If you choose to use the words of inspiration provided on each day's morning ritual, I encourage you to still write them down to help ground the idea and manifest it in your being.

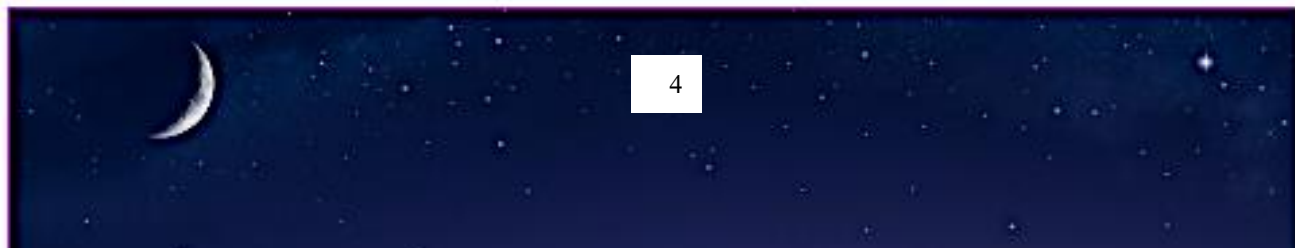
I am worthy of love and I am willing to seek relationships that encourage mutual growth and wellbeing. Only I can choose to gift myself with people, places, and practices that support me and mirror back my unique spirit.

Remind yourself you are a spiritual being having a human experience. Whenever you get a break during the day, take a moment to let go of negative narratives playing in your mind. Take a deep breath, look in the mirror, and assure yourself, "I've got this!"

EVENING BOOKEND

Before we ease into the Evening Bookend, let's look at one of the ways you can support yourself in your B.E.D. journey. I highly recommend that you share your process with an accountability partner or guide, someone of your careful choosing who you trust would be respectful and provide gentle encouragement, just as you are attempting to do in "practicing" to be with yourself in this new way.

If they experience you reverting to old, judgmental, or self-deprecating patterns, have them remind you to be kind and forgiving to your Self. For example, *I wonder if there is another way you could share this with me? Or, could you please say that again with a softer tone or in a different way, without negative language?*



The evening or bedtime ritual is essential to improving the quality of your sleep (and your energy level when you awaken). Remember, you only get one day at a time, so why not put every effort into readying yourself for restful sleep?

What will you do tonight to best prepare your Self for your new "today?" You could start by moving your devices to another room, as their Electromagnetic Field emissions can cause restlessness and insomnia. Think of other ways to slowly bring your day to a close. What works for you? Listening to comforting meditations, or reading? (If you are going to read before bed, choose something that will help you feel safe and comforted, perhaps a book or poetry or spiritual stories.)

EVENING RITUAL



Slow your mind down: Read, meditate, or listen to meditations or soft music. Any of these can work to "quiet the mind." Evenings are also a good time to journal and reflect on your day. Let go of any conflicts and set aside unfinished projects; you can revisit them on the next "today."



Reassure yourself that we all are just doing our best as spiritual beings in this human

experience. That includes you! You have earned a restful sleep. Choose to be kind and gentle with your Self, and give yourself what you need to make it happen.



Slow your body down: Try to not watch TV or scroll social media just prior to sleep. It can be overstimulating because the blue light (photo-toxicity) from your device penetrates your retinas, and the downloads of information tax the mind and body.

Take an evening walk or do some gentle stretches. Use aromatherapy: Light a candle infused with essence of lavender or take a hot bath with lavender and Epson salts. Have a cup of chamomile tea or another calming herbal tea to help sedate the body, calm the senses, and prepare you for restful sleep.

~~~~~ SPIRIT ~~~~~

Connect with your Soul Self: Recite your mantra from the morning ritual or make a new one to end your day.

Feel *held* in your bed by making it cozy and warm, or cool and refreshing, whatever your preference. What can you do to achieve that? Tuck a hot-water bottle by your feet? Put fresh sheets on your bed?

Feeling safe and held in your bed will help you fall into the arms of sleep. Call upon your Soul Self (Higher Power/God/Source Energy) to support you in letting go of the day and lead you into a rejuvenating rest.



DAY ONE

MORNING RITUAL

How, deep breaths and do gentle stretches in bed. What other exercise or activity will I do? What nourishing foods will I provide myself with today?

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*Self-care is not selfishness ~ it is soulfulness*

MIND: How will I choose to talk to myself and about myself today, even if something is off or not working? (I will practice self-acceptance and self-forgiveness, and be kind.)

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SPIRIT: I will be open to receiving signs from Spirit today. What inspirational affirmation, prayer, or mantra will guide me through my day?

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DAY ONE

EVEN  RITUAL



MIND: How did I do today, with treating myself with kindness? What felt good? How did I take care of myself? at

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BODY: How did I or how will I prepare my body for a restful sleep tonight?

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SPIRIT: What signs did I receive from Spirit today? What words of affirmation, mantra, or prayer will I say to myself, to quiet my mind and help me ease into a restful sleep?

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## DAY TWO

### MORN ITUAL

slow, deep breaths and do gentle stretches in bed. What other exercise or activity will I do? What nourishing foods will I provide myself with today?

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*I will flow with whatever life brings today*

MIND: How will I choose to talk to myself and about myself today, even if something is off

or not working? (I will practice self-acceptance and self-forgiveness, and be kind.)

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SPIRIT: I will be open to receiving signs from Spirit today. What inspirational affirmation, prayer, or mantra will guide me through my day?

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## DAY TWO

### EVENING RITUAL



MIND: How did I do today, with treating myself with kindness? How did I take care of myself?

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BODY: How did I or how will I prepare my body for a restful sleep tonight?

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SPIRIT: What signs did I receive from Spirit today? What words of affirmation, mantra, or prayer will I say to myself, to quiet my mind and help me ease into a restful sleep?

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### DAY THREE

#### MORNING RITUAL

Now, deep breaths and do gentle stretches in bed. What other exercise or activity will I do? What nourishing foods will I provide myself with today?

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*I am a spiritual being having a human experience*

MIND: How will I choose to talk to myself and about myself today, even if something is off or not working? (I will practice self-acceptance and self-forgiveness, and be kind.)

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SPIRIT: I will be open to receiving signs from Spirit today. What inspirational affirmation, prayer, or mantra will guide me through my day?

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DAY THREE

EVENI  TUAL



MIND: How did I do today, with treating myself with kindness? How did I feel? How did I take care of myself?

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BODY: How did I or how will I prepare my body for a restful sleep tonight?

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SPIRIT: What signs did I receive from Spirit today? What words of affirmation, mantra, or prayer will I say to myself, to quiet my mind and help me ease into a restful sleep?

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DAY FOUR

MORNI  TUAL

Slow, deep breaths and do gentle stretches in bed. What other EXERCISE OR ACTIVITY will I do? What nourishing foods will I provide myself with today?

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*I choose peace over conflict*

MIND: How will I choose to talk to myself and about myself today, even if something is off or not working? (I will practice self-acceptance and self-forgiveness, and be kind.)

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SPIRIT: I will be open to receiving signs from Spirit today. What inspirational affirmation, prayer, or mantra will guide me through my day?

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DAY FOUR

EVENING RITUAL



MIND: How did I do today, with treating myself with kindness? How did I take care of myself?

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BODY: How did I or how will I prepare my body for a restful sleep tonight?

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SPIRIT: What signs did I receive from Spirit today? What words of affirmation, mantra, or prayer will I say to myself, to quiet my mind and help me ease into a restful sleep?

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DAY FIVE

MORNING  EVENING

EVENING: Take deep breaths and do gentle stretches in bed. What other exercise or activity will I do? What nourishing foods will I provide myself with today?

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*If I am not good to myself,  
how can I expect anyone else to be good to me?*

– Maya Angelou

MIND: How will I choose to talk to myself and about myself today, even if something is off or not working? (I will practice self-acceptance and self-forgiveness, and be kind.)

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SPIRIT: I will be open to receiving signs from Spirit today. What inspirational affirmation, prayer, or mantra will guide me through my day?



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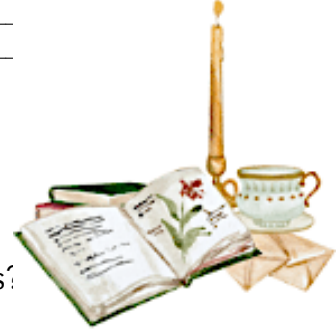
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DAY FIVE

EVENING RITUAL



MIND: How did I do today, with treating myself with kindness? How did I take care of myself?

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BODY: How did I or how will I prepare my body for a restful sleep tonight?

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SPIRIT: What signs did I receive from Spirit today? What words of affirmation, mantra, or prayer will I say to myself, to quiet my mind and help me ease into a restful sleep?

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DAY SIX

MORN  ITUAL

slow, deep breaths and do gentle stretches in bed. What other exercise or activity will I do? What nourishing foods will I provide myself with today?

*I align with my Soul rather than my Ego*

MIND: How will I choose to talk to myself and about myself today, even if something is off or not working? (I will practice self-acceptance and self-forgiveness, and be kind.)

SPIRIT: I will be open to receiving signs from Spirit today. What inspirational affirmation, prayer, or mantra will guide me through my day?

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DAY SIX

EVENING RITUAL



MIND: How did I do today, with treating myself with kindness? What felt good? How did I take care of myself?

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BODY: How did I or how will I prepare my body for a restful sleep tonight?

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SPIRIT: What signs did I receive from Spirit today? What words of affirmation, mantra, or prayer will I say to myself, to quiet my mind and help me ease into a restful sleep?

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DAY SEVEN

MORN  ITUAL

Take slow, deep breaths and do gentle stretches in bed. What other  
y will I do? What nourishing foods will I provide myself with today?

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*I will meet myself with understanding and forgiveness*

MIND: How will I choose to talk to myself and about myself today, even if something is off  
or not working? (I will practice self-acceptance and self-forgiveness, and be kind.)

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SPIRIT: I will be open to receiving signs from Spirit today. What inspirational  
affirmation, prayer, or mantra will guide me through my day?

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## DAY SEVEN

### EVENING RITUAL



MIND: How did I do today, with treating myself with kindness? How did I take care of myself?

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BODY: How did I or how will I prepare my body for a restful sleep tonight?

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SPIRIT: What signs did I receive from Spirit today? What words of affirmation, mantra, or prayer will I say to myself, to quiet my mind and help me ease into a restful sleep?

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## DAY EIGHT



## MORNING RITUAL

BODY: I will first take slow, deep breaths and do gentle stretches in bed. What other exercise or activity will I do? What nourishing foods will I provide myself with today?

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*Love is not a feeling ~ it's a willingness*

– David Whyte

MIND: How will I choose to talk to myself and about myself today, even if something is off or not working? (I will practice self-acceptance and self-forgiveness, and be kind.)

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SPIRIT: I will be open to receiving signs from Spirit today. What inspirational affirmation, prayer, or mantra will guide me through my day?

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DAY EIGHT

EVENING RITUAL



MIND: How did I do today, with treating myself with kindness? What worked? What felt good? How did I take care of myself?

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BODY: How did I or how will I prepare my body for a restful sleep tonight?

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SPIRIT: What signs did I receive from Spirit today? What words of affirmation, mantra, or prayer will I say to myself, to quiet my mind and help me ease into a restful sleep?

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DAY NINE

MORN  TUAL

I \_\_\_\_\_, deep breaths and do gentle stretches in bed. What other exercise or activity will I do? What nourishing foods will I provide myself with today?

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*I am worthy of choosing relationships that are healthy*

MIND: How will I choose to talk to myself and about myself today, even if something is off or not working? (I will practice self-acceptance and self-forgiveness, and be kind.)

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SPIRIT: I will be open to receiving signs from Spirit today. What inspirational affirmation, prayer, or mantra will guide me through my day?

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DAY NINE

EVENING RITUAL



MIND: How did I do today, with treating myself with kindness? How did I take care of myself?

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BODY: How did I or how will I prepare my body for a restful sleep tonight?

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SPIRIT: What signs did I receive from Spirit today? What words of affirmation, mantra, or prayer will I say to myself, to quiet my mind and help me ease into a restful sleep?

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DAY TEN

MORN  ITUAL

Take slow, deep breaths and do gentle stretches in bed. What other exercise or activity will I do? What nourishing foods will I provide myself with today?

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*I will be gently supportive and encouraging with my Self*

MIND: How will I choose to talk to myself and about myself today, even if something is off or not working? (I will practice self-acceptance and self-forgiveness, and be kind.)

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SPIRIT: I will be open to receiving signs from Spirit today. What inspirational affirmation, prayer, or mantra will guide me through my day?

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DAY TEN  
EVENING RITUAL



MIND: How did I do today, with treating myself with kindness? How did I take care of myself?

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BODY: How did I or how will I prepare my body for a restful sleep tonight?

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SPIRIT: What signs did I receive from Spirit today? What words of affirmation, mantra, or prayer will I say to myself, to quiet my mind and help me ease into a restful sleep?

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DAY ELEVEN

MORN  ITUAL

I will wake up, deep breaths and do gentle stretches in bed. What other exercise or activity will I do? What nourishing foods will I provide myself with today?

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*I am the best person to decide what lifts my spirits*

MIND: How will I choose to talk to myself and about myself today, even if something is off or not working? (I will practice self-acceptance and self-forgiveness, and be kind.)

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SPIRIT: I will be open to receiving signs from Spirit today. What inspirational affirmation, prayer, or mantra will guide me through my day?

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DAY ELEVEN

EVENING RITUAL

MIND: How did I do today, with treating myself with kindness? What worked? What felt good? How did I take care of myself?

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BODY: How did I or how will I prepare my body for a restful sleep tonight?

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SPIRIT: What signs did I receive from Spirit today? What words of affirmation, mantra, or prayer will I say to myself, to quiet my mind and help me ease into a restful sleep?

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DAY TWELVE

MORN  ITUAL

I will take slow, deep breaths and do gentle stretches in bed. What other things will I do? What nourishing foods will I provide myself with today?

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*Your task is not to seek love, but merely to seek all the barriers within yourself that you have built against it*

MIND: How will I choose to talk to myself and about myself today, even if something is off or not working? (I will practice self-acceptance and self-forgiveness, and be kind.)

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SPIRIT: I will be open to receiving signs from Spirit today. What inspirational affirmation, prayer, or mantra will guide me through my day?

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DAY TWELVE

EVENING RITUAL



MIND: How did I do today, with treating myself with kindness? How did I take care of myself?

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BODY: How did I or how will I prepare my body for a restful sleep tonight?

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SPirit: What signs did I receive from Spirit today? What words of affirmation, mantra, or prayer will I say to myself, to quiet my mind and help me ease into a restful sleep?



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## DAY THIRTEEN

### MORNING RITUAL

BODY: I will first take slow, deep breaths and do gentle stretches in bed. What other exercise or activity will I do? What nourishing foods will I provide myself with today?

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*I choose to listen to my Higher Mind*

MIND: How will I choose to talk to myself and about myself today, even if something is off or not working? (I will practice self-acceptance and self-forgiveness, and be kind.)

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SPIRIT: I will be open to receiving signs from Spirit today. What inspirational affirmation, prayer, or mantra will guide me through my day?

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DAY THIRTEEN

EVENI  ITUAL



MIND: How did I do today, with treating myself with kindness? How did I feel? How did I take care of myself?

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BODY: How did I or how will I prepare my body for a restful sleep tonight?

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SPIRIT: What signs did I receive from Spirit today? What words of affirmation, mantra, or prayer will I say to myself, to quiet my mind and help me ease into a restful sleep?

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DAY FOURTEEN

MORN  ITUAL

I  slow, deep breaths and do gentle stretches in bed. What other exercise or activity will I do? What nourishing foods will I provide myself with today?

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*What is it you plan to do with your one wild and precious life?*

– Mary Oliver

MIND: How will I choose to talk to myself and about myself today, even if something is off or not working? (I will practice self-acceptance and self-forgiveness, and be kind.)

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SPIRIT: I will be open to receiving signs from Spirit today. What inspirational affirmation, prayer, or mantra will guide me through my day?

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DAY FOURTEEN

EVENING RITUAL



MIND: How did I do today, with treating myself with kindness? How did I take care of myself?

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BODY: How did I or how will I prepare my body for a restful sleep tonight?

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SPIRIT: What signs did I receive from Spirit today? What words of affirmation, mantra, or prayer will I say to myself, to quiet my mind and help me ease into a restful sleep?

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DAY FIFTEEN

MORN  ITUAL

; deep breaths and do gentle stretches in bed. What other exercise or activity will I do? What nourishing foods will I provide myself with today?

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*I breathe in peace ~ I breathe out tension*

MIND: How will I choose to talk to myself and about myself today, even if something is off or not working? (I will practice self-acceptance and self-forgiveness, and be kind.)

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SPIRIT: I will be open to receiving signs from Spirit today. What inspirational

affirmation, prayer, or mantra will guide me through my day?

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DAY FIFTEEN

EVENING RITUAL



MIND: How did I do today, with treating myself with kindness? How did I feel? How did I take care of myself?

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BODY: How did I or how will I prepare my body for a restful sleep tonight?

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SPIRIT: What signs did I receive from Spirit today? What words of affirmation, mantra, or prayer will I say to myself, to quiet my mind and help me ease into a restful sleep?

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DAY SIXTEEN

MORNING RITUAL

Take slow, deep breaths and do gentle stretches in bed. What other exercise or activity will I do? What nourishing foods will I provide myself with today?

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*I breathe in self-compassion ~ I breathe out self-harm*

MIND: How will I choose to talk to myself and about myself today, even if something is off or not working? (I will practice self-acceptance and self-forgiveness, and be kind.)

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SPIRIT: I will be open to receiving signs from Spirit today. What inspirational affirmation, prayer, or mantra will guide me through my day?

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DAY SIXTEEN

EVENING RITUAL



MIND: How did I do today, with treating myself with kindness? How did I feel? How did I take care of myself?

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BODY: How did I or how will I prepare my body for a restful sleep tonight?

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SPIRIT: What signs did I receive from Spirit today? What words of affirmation, mantra, or prayer will I say to myself, to quiet my mind and help me ease into a restful sleep?

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DAY SEVENTEEN

MORNING RITUAL

BODY: I will first take slow, deep breaths and do gentle stretches in bed. What other exercise or activity will I do? What nourishing foods will I provide myself with today?

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*I breathe in love ~ I breathe out fear*

MIND: How will I choose to talk to myself and about myself today, even if something is off or not working? (I will practice self-acceptance and self-forgiveness, and be kind.)

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SPIRIT: I will be open to receiving signs from Spirit today. What inspirational affirmation, prayer, or mantra will guide me through my day?

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DAY SEVENTEEN

EVENING RITUAL



MIND: How did I do today, with treating myself with kindness? How did I feel? How did I take care of myself?

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BODY: How did I or how will I prepare my body for a restful sleep tonight?

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SPIRIT: What signs did I receive from Spirit today? What words of affirmation, mantra, or prayer will I say to myself, to quiet my mind and help me ease into a restful sleep?

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## DAY EIGHTEEN

### MORN ITUAL

BODY: I will first take slow, deep breaths and do gentle stretches in bed. What other exercise or activity will I do? What nourishing foods will I provide myself with today?

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*You will love again, the stranger who was yourself*

– David Walcott

MIND: How will I choose to talk to myself and about myself today, even if something is off or not working? (I will practice self-acceptance and self-forgiveness, and be kind.)

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SPIRIT: I will be open to receiving signs from Spirit today. What inspirational affirmation, prayer, or mantra will guide me through my day?

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## DAY EIGHTEEN



## EVENING RITUAL

MIND: How did I do today, with treating myself with kindness? What worked? What felt good? How did I take care of myself?

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BODY: How did I or how will I prepare my body for a restful sleep tonight?

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SPIRIT: What signs did I receive from Spirit today? What words of affirmation, mantra, or prayer will I say to myself, to quiet my mind and help me ease into a restful sleep?

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DAY NINETEEN

MORNING RITUAL

BODY: I will first take slow, deep breaths and do gentle stretches in bed. What other exercise or activity will I do? What nourishing foods will I provide myself with today?

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*I will be present and observe ~ without comment or judgment*

MIND: How will I choose to talk to myself and about myself today, even if something is off or not working? (I will practice self-acceptance and self-forgiveness, and be kind.)

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SPIRIT: I will be open to receiving signs from Spirit today. What inspirational affirmation, prayer, or mantra will guide me through my day?

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DAY NINETEEN

EVENING  TUAL



MIND: How did I do today, with treating myself with kindness? What worked? What felt good? How did I take care of myself?

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BODY: How did I or how will I prepare my body for a restful sleep tonight?

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SPIRIT: What signs did I receive from Spirit today? What words of affirmation, mantra, or prayer will I say to myself, to quiet my mind and help me ease into a restful sleep?

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DAY TWENTY

MORN  ITUAL

...e slow, deep breaths and do gentle stretches in bed. What other

exercise or activity will I do? What nourishing foods will I provide myself with today?

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*Under any circumstance, simply do your best  
and you will avoid self-judgment, self-abuse, and regret*

– Don Miguel Ruiz

MIND: How will I choose to talk to myself and about myself today, even if something is off or not working? (I will practice self-acceptance and self-forgiveness, and be kind.)

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SPIRIT: I will be open to receiving signs from Spirit today. What inspirational affirmation, prayer, or mantra will guide me through my day?

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DAY TWENTY

EVEN  ITUAL



MIND: How did I do today, with treating myself with kindness? V  
felt good? How did I take care of myself?

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BODY: How did I or how will I prepare my body for a restful sleep tonight?

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SPIRIT: What signs did I receive from Spirit today? What words of affirmation, mantra, or prayer will I say to myself, to quiet my mind and help me ease into a restful sleep?

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DAY TWENTY-ONE

MORN  ITUAL

Take slow, deep breaths and do gentle stretches in bed. What other exercise or activity will I do? What nourishing foods will I provide myself with today?

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*I forgive all parts of my Self*

MIND: How will I choose to talk to myself and about myself today, even if something is off or not working? (I will practice self-acceptance and self-forgiveness, and be kind.)

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SPIRIT: I will be open to receiving signs from Spirit today. What inspirational affirmation, prayer, or mantra will guide me through my day?

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DAY TWENTY-ONE

EVEN  ITUAL



MIND: How did I do today, with treating myself with kindness? \n felt good? How did I take care of myself?

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BODY: How did I or how will I prepare my body for a restful sleep tonight?

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SPIRIT: What signs did I receive from Spirit today? What words of affirmation, mantra, or prayer will I say to myself, to quiet my mind and help me ease into a restful sleep?

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## DAY TWENTY-TWO

### MORNING RITUAL

Take slow, deep breaths and do gentle stretches in bed. What other exercise or activity will I do? What nourishing foods will I provide myself with today?

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*I choose to live my life with purpose and intention*

MIND: How will I choose to talk to myself and about myself today, even if something is off or not working? (I will practice self-acceptance and self-forgiveness, and be kind.)

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SPIRIT: I will be open to receiving signs from Spirit today. What inspirational affirmation, prayer, or mantra will guide me through my day?

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DAY TWENTY-TWO

EVENING RITUAL



MIND: How did I do today, with treating myself with kindness? What felt good? How did I take care of myself?

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BODY: How did I or how will I prepare my body for a restful sleep tonight?

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SPIRIT: What signs did I receive from Spirit today? What words of affirmation, mantra, or prayer will I say to myself, to quiet my mind and help me ease into a restful sleep?

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## DAY TWENTY-THREE

MORNING  AFTERNOON

Take slow, deep breaths and do gentle stretches in bed. What other exercise or activity will I do? What nourishing foods will I provide myself with today?

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*Love yourself first and everything else falls into line*

MIND: How will I choose to talk to myself and about myself today, even if something is off or not working? (I will practice self-acceptance and self-forgiveness, and be kind.)

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SPIRIT: I will be open to receiving signs from Spirit today. What inspirational affirmation, prayer, or mantra will guide me through my day?

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DAY TWENTY-THREE

EVENING RITUAL



MIND: How did I do today, with treating myself with kindness? How did I take care of myself?

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BODY: How did I or how will I prepare my body for a restful sleep tonight?

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SPIRIT: What signs did I receive from Spirit today? What words of affirmation, mantra, or prayer will I say to myself, to quiet my mind and help me ease into a restful sleep?

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## DAY TWENTY-FOUR

### MORNING RITUAL

Take slow, deep breaths and do gentle stretches in bed. What other exercises or activities do I do? What nourishing foods will I provide myself with today?

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*I choose to love my Self*

MIND: How will I choose to talk to myself and about myself today, even if something is off or not working? (I will practice self-acceptance and self-forgiveness, and be kind.)

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SPIRIT: I will be open to receiving signs from Spirit today. What inspirational affirmation, prayer, or mantra will guide me through my day?

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DAY TWENTY-FOUR

EVENING ✨ TUESDAY



MIND: How did I do today, with treating myself with kindness? How did I take care of myself?

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BODY: How did I or how will I prepare my body for a restful sleep tonight?

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SPIRIT: What signs did I receive from Spirit today? What words of affirmation, mantra, or prayer will I say to myself, to quiet my mind and help me ease into a restful sleep?

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## DAY TWENTY-FIVE

MORNING RITUAL

Take slow, deep breaths and do gentle stretches in bed. What other exercise or activity will I do? What nourishing foods will I provide myself with today?

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*I am fully present in this precious moment of life*

MIND: How will I choose to talk to myself and about myself today, even if something is off or not working? (I will practice self-acceptance and self-forgiveness, and be kind.)

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SPIRIT: I will be open to receiving signs from Spirit today. What inspirational affirmation, prayer, or mantra will guide me through my day?

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DAY TWENTY-FIVE

EVENI  TUAL



MIND: How did I do today, with treating myself with kindness? What felt good? How did I take care of myself?

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BODY: How did I or how will I prepare my body for a restful sleep tonight?

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SPIRIT: What signs did I receive from Spirit today? What words of affirmation, mantra, or prayer will I say to myself, to quiet my mind and help me ease into a restful sleep?

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## DAY TWENTY-SIX

### MORN ITUAL

slow, deep breaths and do gentle stretches in bed. What other exercise or activity will I do? What nourishing foods will I provide myself with today?

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*I am my own best advocate for living a healthy life*

MIND: How will I choose to talk to myself and about myself today, even if something is off or not working? (I will practice self-acceptance and self-forgiveness, and be kind.)

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SPIRIT: I will be open to receiving signs from Spirit today. What inspirational affirmation, prayer, or mantra will guide me through my day?

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DAY TWENTY-SIX

EVENING RITUAL



MIND: How did I do today, with treating myself with kindness? What felt good? How did I take care of myself?

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BODY: How did I or how will I prepare my body for a restful sleep tonight?

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SPIRIT: What signs did I receive from Spirit today? What words of affirmation, mantra, or prayer will I say to myself, to quiet my mind and help me ease into a restful sleep?

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DAY TWENTY-SEVEN

MORNING RITUAL

Take slow, deep breaths and do gentle stretches in bed. What other exercise or activity will I do? What nourishing foods will I provide myself with today?

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*I choose to speak about myself and others with loving kindness*

MIND: How will I choose to talk to myself and about myself today, even if something is off or not working? (I will practice self-acceptance and self-forgiveness, and be kind.)

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SPIRIT: I will be open to receiving signs from Spirit today. What inspirational affirmation, prayer, or mantra will guide me through my day?

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DAY TWENTY-SEVEN

EVENING RITUAL



MIND: How did I do today, with treating myself with kindness? How did I feel? How did I take care of myself?

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BODY: How did I or how will I prepare my body for a restful sleep tonight?

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SPIRIT: What signs did I receive from Spirit today? What words of affirmation, mantra, or prayer will I say to myself, to quiet my mind and help me ease into a restful sleep?

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DAY TWENTY-EIGHT

MORN  ITUAL

Take slow, deep breaths and do gentle stretches in bed. What other exercise or activity will I do? What nourishing foods will I provide myself with today?

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*I celebrate my unique expression of Self*

MIND: How will I choose to talk to myself and about myself today, even if something is off or not working? (I will practice self-acceptance and self-forgiveness, and be kind.)

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SPIRIT: I will be open to receiving signs from Spirit today. What inspirational affirmation, prayer, or mantra will guide me through my day?

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DAY TWENTY-EIGHT

EVENING RITUAL



MIND: How did I do today, with treating myself with kindness? \n felt good? How did I take care of myself?

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BODY: How did I or how will I prepare my body for a restful sleep tonight?

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SPIRIT: What signs did I receive from Spirit today? What words of affirmation, mantra, or prayer will I say to myself, to quiet my mind and help me ease into a restful sleep?

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DAY TWENTY-NINE

MORN  ITUAL

slow, deep breaths and do gentle stretches in bed. What other exercise or activity will I do? What nourishing foods will I provide myself with today?

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*This being human is a guest house ~ every morning a new arrival*

– Rumi

MIND: How will I choose to talk to myself and about myself today, even if something is off or not working? (I will practice self-acceptance and self-forgiveness, and be kind.)

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SPIRIT: I will be open to receiving signs from Spirit today. What inspirational affirmation, prayer, or mantra will guide me through my day?

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## DAY TWENTY-NINE

EVENING ✨ TUAL



MIND: How did I do today, with treating myself with kindness  
felt good? How did I take care of myself?

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BODY: How did I or how will I prepare my body for a restful sleep tonight?

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SPIRIT: What signs did I receive from Spirit today? What words of affirmation, mantra,  
or prayer will I say to myself, to quiet my mind and help me ease into a restful sleep?

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## DAY THIRTY

## MORNING RITUAL

BODY: I will first take slow, deep breaths and do gentle stretches in bed. What other exercise or activity will I do? What nourishing foods will I provide myself with today?

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*I am the lighthouse ~ I shine from within*

MIND: How will I choose to talk to myself and about myself today, even if something is off or not working? (I will practice self-acceptance and self-forgiveness, and be kind.)

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SPIRIT: I will be open to receiving signs from Spirit today. What inspirational affirmation, prayer, or mantra will guide me through my day?

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DAY THIRTY  
EVEN  ITUAL





MIND: How did I do today, with treating myself with kindness? What worked? What felt good? How did I take care of myself?

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BODY: How did I or how will I prepare my body for a restful sleep tonight?

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SPIRIT: What signs did I receive from Spirit today? What words of affirmation, mantra, or prayer will I say to myself, to quiet my mind and help me ease into a restful sleep?



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## JOURNAL

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JOURNAL





## CONGRATULATIONS!

You did it! You took the time to fully commit to your Self and invest in becoming your own best advocate for healthy living. Celebrate you!

Now, let's grow the self-care circle. In the spirit of "paying it forward," if doing this Bookending Your Day practice worked for you in any way, think of sharing it with those you think might benefit as well.

Just as the only day we really have is today, the only locus of control we have in life is how we care for ourselves and others. This is what we can do; we can be as loving of ourselves as we would be with our loved ones. How we treat ourselves has a ripple effect. When we practice self-care, everyone benefits -- our family, our friends, our co-workers. We are all in this together, this experience called *Life!* Shine and radiate from within, and outward to encompass your inner circle and beyond, to the whole world!

Be the lighthouse and let your light fully shine!

*Faith Burrington Jones*

*Fear of confrontation used to silence me.  
Self love raised my voice.*

*Fear of failure used to immobilize me.  
Self love emboldened me.*

*Fear of judgment used to consume me.  
Self love made me whole.*

*Fear of abandonment used to anchor me.  
Self love helped me set sail.*

*Self Love Poetry: For Thinkers and Feelers*



[www.innerfaiththerapy.com](http://www.innerfaiththerapy.com)