

THE ORYKL PODCAST

33 DAY CHALLENGE

with Kasia Rutkowska-Parkes

THE CHALLENGE:

For 33 days, pause daily and listen for one small intuitive “nudge” (a walk, a call, a book, a boundary). Notice how your body feels, then take that one resonant action. Track what you did and how it shifted your mood, energy, or confidence.

1	2	3	4	5	6	7	8	9
10	11	12	13	14	15	16	17	18
19	20	21	22	23	24	25	26	27
28	29	30	31	32	33			

NOTES:
