

THE ORYKL PODCAST

33 DAY CHALLENGE

with Ivory LaNoue

THE CHALLENGE:

For 33 days, choose the same time daily to sit quietly for five minutes. Ask your angels one question, pause in silence, and write down every thought, feeling, or image that arises. Do not filter or judge. Track patterns, guidance, and emotional shifts over time.

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:
