

THE ORYKL PODCAST

# 33 DAY CHALLENGE

*with Terri-Ann Russell*

## THE CHALLENGE:

For 33 days, place your hands on your heart each morning, take slow breaths, and ask your body, mind, and soul what they need. Listen without judgment and honor the answer. This daily practice strengthens self-trust, emotional balance, and inner alignment.

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:

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