

THE ORYKL PODCAST

# 33 DAY CHALLENGE

*with Elena Yudakova*

## THE CHALLENGE:

Each night for 33 days, choose one moment of gratitude. Reflect on who was involved, the quality you appreciated, how it lives within you, and which ancestor embodied it. Let the feeling deepen before sleep, anchoring love, connection, and emotional safety into your subconscious.

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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