

30-DAY MEDITATION CHALLENGE. (*Free)

JAN 2019

ACCESS

- ✓ 30-DAY CHALLENGE PREP KIT [HERE](#).
- ✓ INSIGHT TIMER GUIDED MEDITATIONS [HERE](#).
- ✓ THE FACEBOOK COMMUNITY [HERE](#).



S	M	T	W	R	F	S
CONSISTENCY IS EVERYTHING. ■ DAYS 1-10: 5 MIN PER DAY ■ DAYS 11-20: 10 MIN PER DAY ■ DAYS 21-30: 15 MIN PER DAY		1 NEW YEAR MEDITATION 2019 KICK-OFF #1of30	2 #2of30	3 #3of30	4 GROUP CALL 10AM EST #4of30	5 #5of30
6 WEEK.2 #6of30	7 #7of30	8 #8of30	9 #9of30	10 #10of30	11 GROUP CALL 10AM EST #11of30	12 #12of30
13 WEEK.3 #13of30	14 #14of30	15 #15of30	16 #16of30	17 #17of30	18 GROUP CALL 10AM EST #18of30	19 #19of30
20 WEEK.4 #20of30	21 #21of30	22 #22of30	23 #23of30	24 #24of30	25 GROUP CALL 10AM EST #25of30	26 #26of30
27 WEEK.5 #27of30	28 #28of30	29 #29of30	30 #30of30	31 CELEBRATORY MEDITATION 10AM EST	WHAT DID YOU ACHIEVE? <div style="border: 1px solid black; height: 40px; width: 100%;"></div>	

THIS *Epic* LIFE

CALLS ARE 40-MIN

ONLINE LEARNING PORTAL + REPLAYS [HERE](#) | ACCESS GROUP CALLS [HERE](#) | FACEBOOK COMMUNITY [HERE](#).