

**1 HAND** Sun 10 Jan

What can I do in the next 13 days to take care of my body, mind, heart and soul in holistic and balanced ways?

**2 STAR** Mon 11 Jan

Which simple and creative daily practices can I establish in order to enjoy life in more beautiful ways?

**3 MOON** Tue 12 Jan

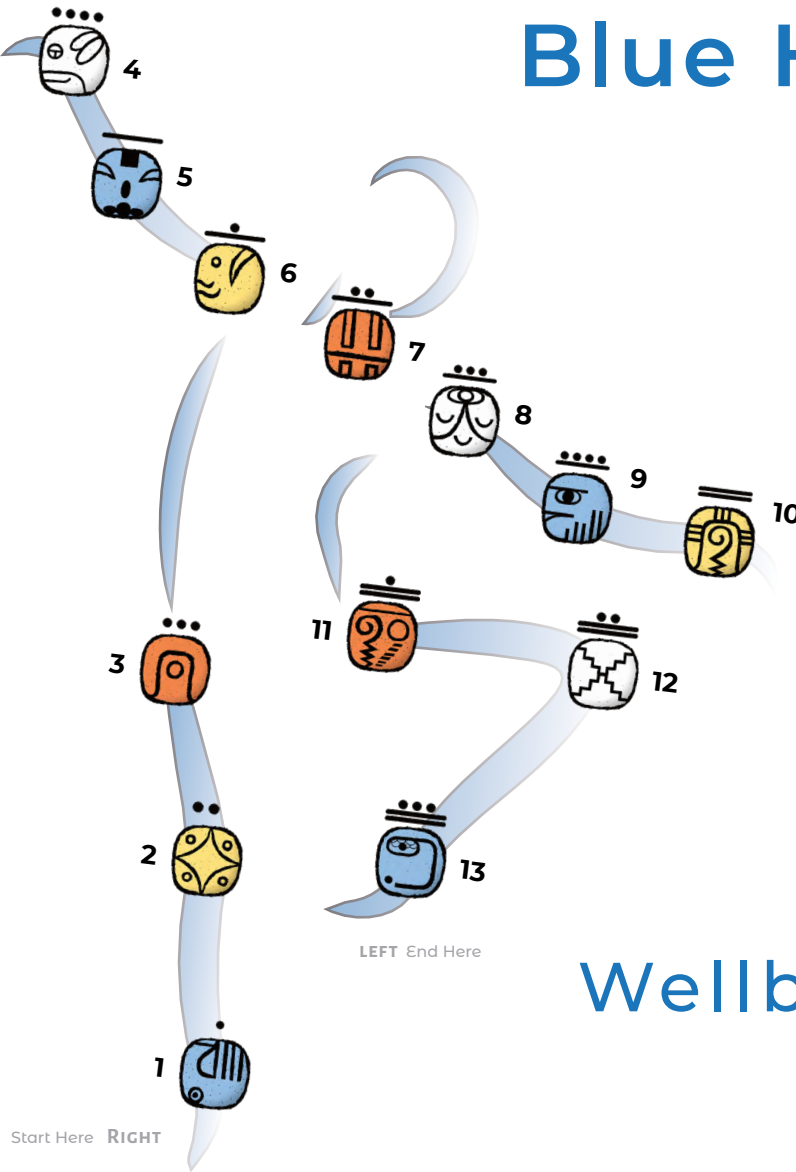
What do I love doing that feels good to me and makes me happy, and I can be of service at the same time?

**4 DOG** Wed 13 Jan

Do I put my heart into the things I create and do they come from an authentic place?

**5 MONKEY** Thu 14 Jan

What can I do for fun that will help me to empower myself and be more at peace with what is?



# Blue Hand

## Wavespell

**13 STORM GAP** Fri 22 Jan

As I give closure to this Wavespell, what do I want to change in this moment so I can feel healthier?

**12 MIRROR** Thu 21 Jan

In which aspects of my life do I experience harmonious reflections in what I do and who I am?

10 - 22 Jan  
2020

**11 EARTH** Wed 20 Jan

What has been blocking me from being present and grounded while feeling disconnected from Nature?

**10 WARRIOR** Tue 19 Jan

What can I get done today from my "to do" list in order to feel better and accomplished?

# Wellbeing

**6 HUMAN** Fri 15 Jan

Do I choose to see "the half of the glass that is full" so that I can feel at peace and restore balance?

**7 SKYWALKER** Sat 16 Jan

What would I like to explore that will help me to enjoy my adventures with resonance and meaning?

**8 WIZARD** Sun 17 Jan

Which little rituals can I do on a daily basis to enhance my life and integrate all of my experiences?

**9 EAGLE** Mon 18 Jan

Which activities help me to detach from struggle and see things differently for my soul to soar?