

# UNSTRESS

21 DAYS OF MEDITATION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
SUPERPOWER: CALM	BEING PRESENT	YOUR BEST SELF	STILLNESS & SILENCE WITHIN	RELAX & REFUEL	MORNING POSITIVE MINDSET	BLESSED NOT STRESSED
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
BODY SCAN	A CLEAN SLATE	LET'S GET PRESENT	BALANCE & FLOW	GOOD MORNING ENERGY	TRANSFORM	IN YOUR ZONE
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
CULTIVATING GRATITUDE	AMPLIFY CALM	BODY COMMUNICATION	RELEASE & LET GO	GROUNDING TO BE PRESENT	CENTERING BREATH	SETTING INTENTIONS BEFORE YOUR DAY