

# 365 Days of Transformation

A Journey Calendar For  
Your Healing Path



# Month One

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Day One	Day Two	Day Three	Day Four	Day Five	Day Six
	<b>Join A Yoga Class/ Yoga On Youtube :</b> <a href="https://www.youtube.com/watch?v=v7AYKMP6rOE">https://www.youtube.com/watch?v=v7AYKMP6rOE</a>	<b>Write About Your Favorite Memory</b>	<b>Build A Zen Garden :</b> <a href="https://www.pinterest.com/search/pins/?q=zen%20garden%20miniature&amp;rs=guide&amp;term_meta[]=zen%7Ctyped&amp;term_meta[]=garden%7Ctyped&amp;add_refine=miniature%7Cguide%7Cword%7C0">https://www.pinterest.com/search/pins/?q=zen%20garden%20miniature&amp;rs=guide&amp;term_meta[]=zen%7Ctyped&amp;term_meta[]=garden%7Ctyped&amp;add_refine=miniature%7Cguide%7Cword%7C0</a>	<b>Start A Gratitude Jar :</b> <a href="https://www.pinterest.com/pin/118289927701401898/">https://www.pinterest.com/pin/118289927701401898/</a>	<b>Doodle A Quote That You Can Relate To, and Hang It Up On Your Wall</b>	<b>Walk In Nature and Acknowledge the Beauty Around You</b>
Day Seven	Day Eight	Day Nine	Day Ten	Day Eleven	Day Twelve	Day Thirteen
<b>Read “Awaken the Giant Within” by Tony Robbins :</b> <a href="https://amzn.to/3bzXnPh">https://amzn.to/3bzXnPh</a>	<b>Write A Bucket List</b>	<b>Write Someone You Love a Love Letter</b>	<b>Put Together A Challenging Puzzle</b>	<b>Make Yourself A Healing Music Playlist</b>	<b>Do Something On Your Bucket List</b>	<b>Set Yourself Positive Reminders On Your Phone 3x Per Day Everyday</b>
Day Fourteen	Day Fifteen	Day Sixteen	Day Seventeen	Day Eighteen	Day Nineteen	Day Twenty

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Visit Your Local Animal Shelter and Play with Some Animals	Do A Five Minute Meditation : <a href="https://www.youtube.com/watch?v=dEzbdLn2bJc&amp;pbjreload=10">https://www.youtube.com/watch?v=dEzbdLn2bJc&amp;pbjreload=10</a>	Write A List of Characteristics You Want to Embody	Get a Day Pass and Go Lift At the Gym	Start a Creative Art Journal : <a href="https://www.pinterest.com/pin/11540542784073592/">https://www.pinterest.com/pin/11540542784073592/</a>	Explore A New City or Town	<b>CHAIR EXERCISE</b> Talk to Someone Who Positively Impacted You in An Empty Chair
Day Twenty One	Day Twenty Two	Day Twenty Three	Day Twenty Four	Day Twenty Five	Day Twenty Six	Day Twenty Seven
Listen To A New, and Empowering Podcast : <a href="https://open.spotify.com/">Spotify.com</a>	Set a Short-Term Goal and Accomplish It This Week	Write An Encouraging Letter to Yourself	Learn to Crochet : <a href="https://www.youtube.com/watch?v=aAxGTnVNjIE">https://www.youtube.com/watch?v=aAxGTnVNjIE</a>	Give Yourself A Pep Talk	Dance In the Rain	Research Religions and Spiritualities that Interest You
Day Twenty Eight	Day Twenty Nine	Day Thirty				
Plant A Tree	Yoga For Focus : <a href="https://www.youtube.com/watch?v=xe3D7vKvtok">https://www.youtube.com/watch?v=xe3D7vKvtok</a>	Write A Philanthropic Goal				

# Month Two

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			Day Thirty One	Day Thirty Two	Day Thirty Three	Day Thirty Four
			<b>Start A Journal :</b> <a href="https://amzn.to/3bBSt4G">https://amzn.to/3bBSt4G</a>	<b>Take A Spontaneous Road Trip</b>	<b>Take A Free Class at A Local Library or Community Center</b>	<b>CHAIR EXERCISE : Talk to Your Abuser. Don't Hold Back.</b>
Day Thirty Five	Day Thirty Six	Day Thirty Seven	Day Thirty Eight	Day Thirty Nine	Day Forty	Day Forty One
<b>Watch "The Secret" :</b> <a href="https://amzn.to/38mtnEx">https://amzn.to/38mtnEx</a>	<b>Set A Short-Term Goal For One Year From Now</b>	<b>Write A Letter to You Now From Future You One Year From Now</b>	<b>Make A Scrapbook :</b> <a href="https://www.pinterest.com/pin/599471400386183177/">https://www.pinterest.com/pin/599471400386183177/</a>	<b>Reorganize Your Room</b>	<b>Do Nothing and Relax</b>	<b>Smile At Everyone You Encounter</b>
Day Forty Two	Day Forty Three	Day Forty Four	Day Forty Five	Day Forty Six	Day Forty Seven	Day Forty Eight

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Donate Something	Meditate on Healing : <a href="https://www.youtube.com/watch?v=T0nuKBVQS7M">https://www.youtube.com/watch?v=T0nuKBVQS7M</a>	Identify One Thing In Your Life that Makes You Unhappy	Create or Design A Piece of Jewelry : <a href="https://www.pinterest.com/search/pins/?q=create%20jewelry%20how%20to%20make&amp;rs=guide&amp;term_meta[]=create%7Ctyped&amp;term_meta[]=jewelry%7Ctyped&amp;add_refine=how%20to%20make%7Cguide%7Cword%7C0">https://www.pinterest.com/search/pins/?q=create%20jewelry%20how%20to%20make&amp;rs=guide&amp;term_meta[]=create%7Ctyped&amp;term_meta[]=jewelry%7Ctyped&amp;add_refine=how%20to%20make%7Cguide%7Cword%7C0</a>	Adopt or Rescue A Shelter Pet	Drive to the Nearest Hike and Climb to the Top	Create A Vision Board : <a href="https://www.developgoodhabits.com/vision-board-ideas/">https://www.developgoodhabits.com/vision-board-ideas/</a>
Day Forty Nine	Day Fifty	Day Fifty One	Day Fifty Two	Day Fifty Three	Day Fifty Four	Day Fifty Five
Volunteer For a Nonprofit : <a href="https://www.guidestar.org/search">https://www.guidestar.org/search</a>	List All the Emotions You'll Feel When You're Your Best Self	Make A List of All the Characteristics You Love In Your Friends	Dip and Decorate Chocolate Covered Fruit and Snacks	Make an Empowering Music Playlist	Star-Gaze Somewhere Dark, Where You Can See Hundreds of Stars	Attend A Support Group
Day Fifty Six	Day Fifty Seven	Day Fifty Eight	Day Fifty Nine	Day Sixty	Day Sixty One	
Start or Join a Cause You're Passionate About	Yoga For Forgiveness : <a href="https://www.youtube.com/watch?v=wxS4BnKdRB4">https://www.youtube.com/watch?v=wxS4BnKdRB4</a>	What Characteristics Do You Want In A Partner?	Go For a Walk-Run	Hit A Punching Bag	Get A Tattoo that Empowers You	

# Month Three

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						Day Sixty Two
						Swim in the Ocean, Sea or Lake
Day Sixty Three	Day Sixty Four	Day Sixty Five	Day Sixty Six	Day Sixty Seven	Day Sixty Eight	Day Sixty Nine
Read “You Are A Badass” by Jen Sincero : <a href="https://amzn.to/31LPCS7">https://amzn.to/31LPCS7</a>	Make A Travel Bucket List	Show Appreciation for Your Support Network	Learn Archery : <a href="https://amzn.to/2SCsMlt">https://amzn.to/2SCsMlt</a>	Test Drive Your Dream Car	Swim With Sharks/Whales/Dolphins	Try EMDR Therapy
Day Seventy	Day Seventy One	Day Seventy Two	Day Seventy Three	Day Seventy Four	Day Seventy Five	Day Seventy Six
Partake In Organizing a Clothesline Project	Meditate on Abundance : <a href="https://www.youtube.com/watch?v=DdReQCgPvi8">https://www.youtube.com/watch?v=DdReQCgPvi8</a>	Write A Letter To Your Hero	Run A 5K	Fill Your Home With Plants and Flowers	Watch A Meteor Shower	Carve Your Mantra or Favorite Quote Into A Tree
Day Seventy Seven	Day Seventy Eight	Day Seventy Nine	Day Eighty	Day Eighty One	Day Eighty Two	Day Eighty Three

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Volunteer At A Soup Kitchen	Abdominal Breathing Exercise: Lay On Your Back, Deep Breathe, and Watch Your Stomach Rise and Fall	What Are the Qualities You Love About Yourself? Write Them Down and Post On A Mirror	Find A Cause That You Support And Volunteer	Start An Album On Your Phone and Fill It With Positive Quotes and Memes	Call An Old Friend and Catch Up	Be An Advocate
Day Eighty Four	Day Eighty Five	Day Eighty Six	Day Eighty Seven	Day Eighty Eight	Day Eighty Nine	Day Ninety
Learn About Your Family History	Yoga For Strength : <a href="https://www.youtube.com/watch?v=9kOCY0KNByw">https://www.youtube.com/watch?v=9kOCY0KNByw</a>	List Your Fears	Learn to Play Drums	Take a Good Nap	Buy an Outfit that Makes You Feel Fierce	Draw Your Favorite Quote and Hang It Up
Day Ninety One						
Read “Emotional Intelligence” by Daniel Coleman : <a href="https://amzn.to/3buoZ8C">https://amzn.to/3buoZ8C</a>						

# Month Four

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Day Ninety Two	Day Ninety Three	Day Ninety Four	Day Ninety Five	Day Ninety Six	Day Ninety Seven
	<b>Set A Long-Term Goal / Breakthrough Goal</b>	<b>Write Yourself A Love Letter</b>	<b>Join A Sports Team</b>	<b>Start A Self-Deprecating Jar. Put \$1 Every Time You Say Something Bad To Yourself</b>	<b>Do Something You've Always Wanted To Do And Have Put Off</b>	<b>CHAIR EXERCISE : Talk to A Friend and Tell Them Everything</b>
Day Ninety Eight	Day Ninety Nine	Day One Hundred	Day One Hundred and One	Day One Hundred and Two	Day One Hundred and Three	Day One Hundred and Four
<b>Who Is Someone You Want to Emulate and Why?</b>	<b>Make a Career / Professional Bucket List</b>	<b>Write All the Emotions You Feel Right Now</b>	<b>Learn to Horseback Ride</b>	<b>Make a Music Playlist that Gives You Life</b>	<b>Go Skydiving</b>	<b>Give 12 Hugs</b>
Day One Hundred and Five	Day One Hundred and Six	Day One Hundred and Seven	Day One Hundred and Eight	Day One Hundred and Nine	Day One Hundred Ten	Day One Hundred Eleven
<b>Watch A Baking Show and Try To Recreate Their Cakes</b>	<b>Meditate On Self-Worth : <a href="https://www.youtube.com/watch?v=5l_gj-eMefU">https://www.youtube.com/watch?v=5l_gj-eMefU</a></b>	<b>What Is Your Ideal Life? Write or Draw It</b>	<b>Learn to Make String Friendship Bracelets or Knit : <a href="https://www.youtube.com/watch?v=dTZ58HliYLs">https://www.youtube.com/watch?v=dTZ58HliYLs</a></b>	<b>Eat Your Favorite Food, Guiltlessly.</b>	<b>Make Yourself A Picnic and Eat Outside</b>	<b>Walk In Nature and Think With Intentional Gratitude</b>
Day One Hundred Twelve	Day One Hundred Thirteen	Day One Hundred Fourteen	Day One Hundred Fifteen	Day One Hundred Sixteen	Day One Hundred Seventeen	Day One Hundred Eighteen



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Volunteer At A Food Pantry</b>	<b>Make A Personal Bucket List</b>	<b>What People In Your Life Inspire You?</b>	<b>Create A Podcast</b>	<b>Call A Trusted Friend or Family Member</b>	<b>Do Something Nice For A Stranger</b>	<b>Buy A Coloring Book and Color</b>
Day One Hundred Nineteen	Day One Hundred Twenty	Day One Hundred Twenty One	Day One Hundred Twenty Two			
<b>Read “Happier” by Tal Ben-Shahar : <a href="https://amzn.to/2wcZicC">https://amzn.to/2wcZicC</a></b>	<b>Yoga For Healing : <a href="https://www.youtube.com/watch?v=gzk2W3aNoo0">https://www.youtube.com/watch?v=gzk2W3aNoo0</a></b>	<b>Write A Letter to Yourself About A Short Term Goal</b>	<b>Take A Martial Arts Or Boxing Class</b>			

# Month Five

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				Day One Hundred Twenty Three	Day One Hundred Twenty Four	Day One Hundred Twenty Five
				Say "NO" To Something You Don't Want To Do	Find A Private Space and Dance To Your Favorite Song	<b>CHAIR EXERCISE : Talk To Yourself, Tell Yourself What You'd Want Someone Else To Say To You</b>
Day One Hundred Twenty Six	Day One Hundred Twenty Seven	Day One Hundred Twenty Eight	Day One Hundred Twenty Nine	Day One Hundred Thirty	Day One Hundred Thirty One	Day One Hundred Thirty Two
Help On A Farm	Draw A Self-Portrait of How You Feel and See Yourself	Who In Your Life Bothers You The Most? Cut Them Out	Go Rock Climbing	Leave Yourself Love Notes In Your Purse or Backpack	Go To A Music Store and Play Some Instruments. Be Careful!	<b>Breathing Exercise : Set a Three Minute Timer. Breathe In For 8 seconds. Breathe Out for 10 seconds. Repeat Until the Alarm Goes Off.</b>
Day One Hundred Thirty Three	Day One Hundred Thirty Four	Day One Hundred Thirty Five	Day One Hundred Thirty Six	Day One Hundred Thirty Seven	Day One Hundred Thirty Eight	Day One Hundred Thirty Nine
Pick Some Fresh Fruits and Veggies	Make a List of 50 People That Inspire You	Write an Honest Letter to A Friend	Draw A Comic Book	Read A Love Letter To Yourself In the Mirror	Get A Piercing	Walk In Nature With A Different Perspective
Day One Hundred Forty	Day One Hundred Forty One	Day One Hundred Forty Two	Day One Hundred Forty Three	Day One Hundred Forty Four	Day One Hundred Forty Five	Day One Hundred Forty Six

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Read “The Big Leap” by Gay Hendricks : <a href="https://amzn.to/38mwCw3">https://amzn.to/38mwCw3</a>	Meditate On Focus : <a href="https://www.youtube.com/watch?v=4Bs0qUB3BHQ">https://www.youtube.com/watch?v=4Bs0qUB3BHQ</a>	What Does Respect Look Like To You?	Go Snorkeling	Watch Your Favorite Movie Over and Over Again	Start A Business	Book A Healing Retreat : <a href="https://marissafayecohe.com/events/">https://marissafayecohe.com/events/</a>
Day One Hundred Forty Seven	Day One Hundred Forty Eight	Day One Hundred Forty Nine	Day One Hundred Fifty	Day One Hundred Fifty One	Day One Hundred Fifty Two	
Have A Spa Day	Make A List of People Who Support You	Do Some Stream of Consciousness Writing	Play Tennis	Buy Canvas and Paint Something Inspiring : <a href="https://amzn.to/2Hj6B4U">https://amzn.to/2Hj6B4U</a>	Retail Therapy	

# Month Six

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						Day One Hundred Fifty Three
						<b>Give Yourself 10 Compliments</b>
Day One Hundred Fifty Four	Day One Hundred Fifty Five	Day One Hundred Fifty Six	Day One Hundred Fifty Seven	Day One Hundred Fifty Eight	Day One Hundred Fifty Nine	Day One Hundred Sixty
<b>Read “Wild” by Cheryl Strayed :</b> <a href="https://amzn.to/200KVBH">https://amzn.to/200KVBH</a>	<b>Write A “Must Haves” Bucket List</b>	<b>Write About An Awkward Moment You’ve Overcome</b>	<b>Try Krav Maga</b>	<b>Write Your Story</b>	<b>Binge Watch A Feel-Good Show</b>	<b>Get A Massage</b>
Day One Hundred Sixty One	Day One Hundred Sixty Two	Day One Hundred Sixty Three	Day One Hundred Sixty Four	Day One Hundred Sixty Five	Day One Hundred Sixty Six	Day One Hundred Sixty Seven
<b>Unplug</b>	<b>What Three Things Makes You Happiest?</b>	<b>Create A Mood-Tracker Calendar</b>	<b>Go White Water Rafting</b>	<b>Photograph the Beauty of Nature</b>	<b>Visit a Museum Or Zoo</b>	<b>CHAIR EXERCISE : Tell A Trusted Friend or Family Member Your Story</b>
Day One Hundred Sixty Eight	Day One Hundred Sixty Nine	Day One Hundred Seventy	Day One Hundred Seventy One	Day One Hundred Seventy Two	Day One Hundred Seventy Three	Day One Hundred Seventy Four
<b>Make A List of Triggers that Give You Anxiety</b>	<b>What Qualities Do You Want In A Partner?</b>	<b>Write A Letter to Someone Who Hurt You</b>	<b>Start A Collection</b>	<b>Create A Blog or Website: (i.e Wordpress, Wix, Tumblr)</b>	<b>Spend Time With Someone Who Boosts You Up</b>	<b>Write an Affirmation</b>
Day One Hundred Seventy Five	Day One Hundred Seventy Six	Day One Hundred Seventy Seven	Day One Hundred Seventy Eight	Day One Hundred Seventy Nine	Day One Hundred Eighty	Day One Hundred Eighty One

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Read “Perks of Being A Wallflower” by Stephen Chbosky : <a href="https://amzn.to/2SDvWv">https://amzn.to/2SDvWv</a>	Start Deepak Chopra’s 21 Days of Abundance Meditations : <a href="https://www.youtube.com/watch?v=DrIFsHA5Q2I&amp;list=PLBPn7aQMNa-lu3Wv7yAx42S0Xv-NU62uN">https://www.youtube.com/watch?v=DrIFsHA5Q2I&amp;list=PLBPn7aQMNa-lu3Wv7yAx42S0Xv-NU62uN</a>	Write A List of Things You Blame Yourself For. Then Burn It	Do 30 Minutes of Cardio	Write All of Your Stressors and Unfinished Household and Personal Projects	Start and Etsy Shop	Talk to A Therapist
Day One Hundred Eighty Two	Day One Hundred Eighty Three					
Do Something To Make the World Beautiful	Write a One Year Plan					

# Month Seven

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Day One Hundred Eighty Four	Day One Hundred Eighty Five	Day One Hundred Eighty Six	Day One Hundred Eighty Seven	Day One Hundred Eighty Eight
		How Can you Use Your Experience to Help Others?	Walk-Run One Mile	Eliminate All Toxicity From Your Environment	Ask A Photographer Friend to Do A Photoshoot with You	Find A Champion Retreat : <a href="https://marissafayecohe.com/events/">https://marissafayecohe.com/events/</a>
Day One Hundred Eighty Nine	Day One Hundred Ninety	Day One Hundred Ninety One	Day One Hundred Ninety Two	Day One Hundred Ninety Three	Day One Hundred Ninety Four	Day One Hundred Ninety Five
Tell A Friend Your Story	Meditate On Self Love : <a href="https://www.youtube.com/watch?v=CqnWMPuyT0g">https://www.youtube.com/watch?v=CqnWMPuyT0g</a>	Cut Someone Toxic Out Of Your Life	Take A Kick-Boxing Class	Give Yourself Permission to Eat Junk Food and Laugh	Write A Creative Story	Look At Yourself In the Mirror and Point Out Your Beauty
Day One Hundred Ninety Six	Day One Hundred Ninety Seven	Day One Hundred Ninety Eight	Day One Hundred Ninety Nine	Day Two Hundred	Day Two Hundred One	Day Two Hundred Two
Listen to A Funny Podcast : <a href="https://www.iheart.com/podcast/">https://www.iheart.com/podcast/</a>	Yoga For Spiritual Healing : <a href="https://www.youtube.com/watch?v=V0rUiNEFifw">https://www.youtube.com/watch?v=V0rUiNEFifw</a>	List All Of Your Good Qualities	Go Scuba Diving	Buy Valor Essential Oil and Put It On Your Heart	Organize A Pickup Game	Call A Life Coach : <a href="https://marissafayecohe.com/private-coaching/">https://marissafayecohe.com/private-coaching/</a>
Day Two Hundred Three	Day Two Hundred Four	Day Two Hundred Five	Day Two Hundred Six	Day Two Hundred Seven	Day Two Hundred Eight	Day Two Hundred Nine

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Read “The Success Principles” by Jack Canfield : <a href="https://amzn.to/39sWeHC">https://amzn.to/39sWeHC</a>	Write A Ten Year Goal	Reflect On All the Good Things That Happened To You Today	Climb A mountain	Move Your Furniture Around	Have A Girls Night / Guys Night	Research Healing Essential Oils
Day Two Hundred Ten	Day Two Hundred Eleven	Day Two Hundred Twelve				
Read Other Survivor Stories : <a href="https://amzn.to/2tTn8cD">https://amzn.to/2tTn8cD</a>	Find a Meditation Retreat	Write A Letter to Yourself Today From Future You Three Years From Now				

# Month Eight

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			Day Two Hundred Thirteen	Day Two Hundred Fourteen	Day Two Hundred Fifteen	Day Two Hundred Sixteen
			Write A Song	Make An "I Survived" Playlist	Go To A Concert	Talk to An Energy Healer
Day Two Hundred Seventeen	Day Two Hundred Eighteen	Day Two Hundred Nineteen	Day Two Hundred Twenty	Day Two Hundred Twenty One	Day Two Hundred Twenty Two	Day Two Hundred Twenty Three
<b>Support A Local or National Movement</b>	<b>Meditate Next to A Body Of Water :</b> <a href="https://www.youtube.com/watch?v=4pLUleLdwY4">https://www.youtube.com/watch?v=4pLUleLdwY4</a>	<b>Write A Letter to Yourself from You Five Years From Now</b>	<b>Go Camping</b>	<b>Reorganize Your Closet</b>	<b>Play A Harmless Prank</b>	<b>Call A Flower Essence Practitioner :</b> <a href="http://www.strongestminds.com">www.strongestminds.com</a>
Day Two Hundred Twenty Four	Day Two Hundred Twenty Five	Day Two Hundred Twenty Six	Day Two Hundred Twenty Seven	Day Two Hundred Twenty Eight	Day Two Hundred Twenty Nine	Day Two Hundred Thirty
<b>Make A Short Term Goal to Accomplish This Month</b>	<b>Write A Three Year Plan</b>	<b>Describe Your Dream Home</b>	<b>Take A Pottery Class</b>	<b>Write A Screenplay about Your Life</b>	<b>Partake In Denim Day</b>	<b>Try Reiki</b>
Day Two Hundred Thirty One	Day Two Hundred Thirty Two	Day Two Hundred Thirty Three	Day Two Hundred Thirty Four	Day Two Hundred Thirty Five	Day Two Hundred Thirty Six	Day Two Hundred Thirty Seven



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Start A Memory Jar	Meditate on Forgiveness : <a href="https://www.youtube.com/watch?v=m4nUAIZt7fA">https://www.youtube.com/watch?v=m4nUAIZt7fA</a>	Make A List of Ten Major Abuse Situations You've Overcome	Take A Photography Class	Punch A Pillow	Watch A Bad Movie	Tell Your Story In Front of A Group
Day Two Hundred Thirty Eight	Day Two Hundred Thirty Nine	Day Two Hundred Forty	Day Two Hundred Forty One	Day Two Hundred Forty Two	Day Two Hundred Forty Three	
Rewrite You Fears As If You've Overcome Them	Do Trauma-Informed Yoga	Write A Letter To The Person that Abused You	Start A Band	Get in the Car and Drive	Pick Wildflowers	

# Month Nine

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						Day Two Hundred Forty Four
						Take A Walk In The Park
Day Two Hundred Forty	Day Two Hundred Forty	Day Two Hundred Forty	Day Two Hundred Forty	Day Two Hundred Forty	Day Two Hundred Fifty	Day Two Hundred Fifty One
<b>Volunteer At A Children's Hospital</b>	<b>Make A Five Year Plan</b>	<b>Write A Letter to Another Survivor with Words of Encouragement and Comfort</b>	<b>Jog Around A Lake</b>	<b>Make An Honest Post on Social Media</b>	<b>Plan A Group Activity</b>	<b>Ask For Help With Something</b>
Day Two Hundred Fifty Two	Day Two Hundred Fifty Three	Day Two Hundred Fifty Four	Day Two Hundred Fifty Five	Day Two Hundred Fifty Six	Day Two Hundred Fifty Seven	Day Two Hundred Fifty Eight
<b>Do A Tough Mudder</b>	<b>Try Trauma Informed Meditation</b>	<b>Reflect On Things You Struggle With And How You Can Heal</b>	<b>Camp On A Mountain</b>	<b>Find A Mentor</b>	<b>Plan A Dream Vacation</b>	<b>Take A Risk</b>
Day Two Hundred Fifty Nine	Day Two Hundred Sixty	Day Two Hundred Sixty One	Day Two Hundred Sixty Two	Day Two Hundred Sixty Three	Day Two Hundred Sixty Four	Day Two Hundred Sixty Five
<b>Be A Mentor</b>	<b>Say A Prayer of Gratitude</b>	<b>Write A Letter Forgiving Someone In Your Life</b>	<b>Learn to DJ</b>	<b>Play with Puppies</b>	<b>Make the Craziest Milkshake Ever</b>	<b>Walk In Nature and Reflect On Your Journey</b>
Day Two Hundred Sixty Six	Day Two Hundred Sixty Seven	Day Two Hundred Sixty Eight	Day Two Hundred Sixty Nine	Day Two Hundred Seventy	Day Two Hundred Seventy One	Day Two Hundred Seventy Two

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Reflect On What Helped You Heal	Read "The Passion Test" by Chris and Janet Atwood : <a href="https://amzn.to/2SoCHCt">https://amzn.to/2SoCHCt</a>	Identify Your Heart Family	Ride A Hot Air Balloon	Take A Relaxing Bubble Bath	Stargaze On A Beach	<b>CHAIR EXERCISE : Talk to Your Child Self</b>
Day Two Hundred Seventy Three	Day Two Hundred Seventy Four					
Do Something Good For Your Community	Meditate Every Day This Week					

# Month Ten

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Day Two Hundred Seventy Five	Day Two Hundred Seventy Six	Day Two Hundred Seventy Seven	Day Two Hundred Seventy Eight	Day Two Hundred Seventy Nine
		Reflect On Your Moment of Clarity, When You Decided To Heal	Make A Quilt : <a href="https://www.pinterest.com/pin/298222806574652720/">https://www.pinterest.com/pin/298222806574652720/</a>	Paper Yourself	Lay In A Hammock	Conquer A Fear
Day Two Hundred Eighty	Day Two Hundred Eighty One	Day Two Hundred Eighty Two	Day Two Hundred Eighty Three	Day Two Hundred Eighty Four	Day Two Hundred Eighty Five	Day Two Hundred Eighty Six
Make A Giant Ice Cream Sundae	Do Yoga Every Day This Week	Write A Letter Forgiving Your Abuser	Learn to Shoot At A Shooting Range	Show Yourself A Grand Romantic Gesture	Spend the Day At A Used Book Store	Try Hypnosis
Day Two Hundred Eighty Seven	Day Two Hundred Eighty Eight	Day Two Hundred Eighty Nine	Day Two Hundred and Ninety	Day Two Hundred and Ninety One	Day Two Hundred and Ninety Two	Day Two Hundred and Ninety Three
Read "The Five Love Languages" by Gary Chapman : <a href="https://amzn.to/37zSrC">https://amzn.to/37zSrC</a>	Visit A National Park	Make A List of All Of Your Best Qualities As Stated By Your Loved Ones	Belt An Empowering Anthem	Blast Music And Dance Around the Room	Take A Free Online Class That Interests You : <a href="http://www.coursera.com">http://www.coursera.com</a>	Acknowledge Your Accomplishments
Day Two Hundred and Ninety Four	Day Two Hundred and Ninety Five	Day Two Hundred and Ninety Six	Day Two Hundred and Ninety Seven	Day Two Hundred and Ninety Eight	Day Two Hundred and Ninety Nine	Day Three Hundred

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
List Your “Could Haves” and “Should Haves” and Burn It	Draw the Life You Want To Live	Attend A Paint Night	Take a Long Bike Ride	Scream Into A Pillow	Swim in A Waterfall	Get a Deep Tissue Massage
Day Three Hundred One	Day Three Hundred Two	Day Three Hundred Three				
Volunteer At A Stable	Write A Romantic Story	Paint A Rock and Hide It				

# Month Eleven

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			Day Three Hundred Four	Day Three Hundred Five	Day Three Hundred Six	Day Three Hundred Seven
			Paint A Wall	Play With Kittens	Get A Makeover	Tell A Stranger Your Story
Day Three Hundred Eight	Day Three Hundred Nine	Day Three Hundred Ten	Day Three Hundred Eleven	Day Three Hundred Twelve	Day Three Hundred Thirteen	Day Three Hundred Fourteen
Create A Movement	Meditate on Consciousness : <a href="https://www.youtube.com/watch?v=IGdWdIE5aDk">https://www.youtube.com/watch?v=IGdWdIE5aDk</a>	What Have You Learned Through This Journey?	Repurpose An Item	Take Yourself On A Date	Make A Crazy Pizza	CHAIR EXERCISE : Speak To Yourself At The Age You Were Abused
Day Three Hundred Fifteen	Day Three Hundred Sixteen	Day Three Hundred Seventeen	Day Three Hundred Eighteen	Day Three Hundred Nineteen	Day Three Hundred Twenty	Day Three Hundred Twenty One
Read "Girl, Stop Apologizing" by Rachel Hollis : <a href="https://amzn.to/2SoHR1j">https://amzn.to/2SoHR1j</a>	Yoga For Emotional Balance : <a href="https://www.youtube.com/watch?v=wKcOf-M5f_8">https://www.youtube.com/watch?v=wKcOf-M5f_8</a>	Write A Letter To The Person Who Helped You Most	Take Flight Lessons	Change Your Eating Habits to A Healthy Diet	Decorate A Denim Piece of Clothing	BREATHING EXERCISE : Set a Timer for Three Minutes. Breathe in for 10 seconds. Breathe out for 15. Repeat Until Timer Runs Out
Day Three Hundred Twenty Two	Day Three Hundred Twenty Three	Day Three Hundred Twenty Four	Day Three Hundred Twenty Five	Day Three Hundred Twenty Six	Day Three Hundred Twenty Seven	Day Three Hundred Twenty Eight

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Build A Jewelry Box	Practice Mindful Breathing : <a href="https://www.youtube.com/watch?v=8PcQGzJtZA0">https://www.youtube.com/watch?v=8PcQGzJtZA0</a>	Camp By A Lake	Make Your Own Wine or Beer	Distance Yourself From Energy Suckers	Have A Dinner Party With Your Friends	Make Your Bed
Day Three Hundred Twenty Nine	Day Three Hundred Thirty	Day Three Hundred One	Day Three Hundred Thirty Two	Day Three Hundred Thirty Three	Day Three Hundred Thirty Four	
Plant A Garden	Set A Lifetime Goal	Give Everyone A Compliment	Learn to Play A Song On Guitar	Hire A Personal Trainer	Take A Cooking Class	

# Month Twelve

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						Day Three Hundred Thirty Five
						Draw An Empowering Quote and Post It On Your Wall
Day Three Hundred Thirty Six	Day Three Hundred Thirty Seven	Day Three Hundred Thirty Eight	Day Three Hundred Thirty Nine	Day Three Hundred Forty	Day Three Hundred Forty One	Day Three Hundred Forty Two
March For Something You Believe In	Set A Five Year Goal	Write A Letter of Gratitude to A Religious or Spiritual Leader	Write A Fairy Tale	Go Axe Throwing	Create An Alias and Live It For A Day	Get A Facial
Day Three Hundred Forty Three	Day Three Hundred Forty Four	Day Three Hundred Forty Five	Day Three Hundred Forty Six	Day Three Hundred Forty Seven	Day Three Hundred Forty Eight	Day Three Hundred Forty Nine
Celebrate Your Life	Meditate On Emotional Wellbeing : <a href="https://www.youtube.com/watch?v=vcW3_hp_eSM">https://www.youtube.com/watch?v=vcW3_hp_eSM</a>	Cloud Watch	Learn to Play A Song On Piano	Decide What You Can and Can't Control or Change. Accept What You Cannot Change and Change What You Can	Eat the Best Chocolate Cake You Can Find	Do A Random Act of Kindness



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Day Three Hundred Fifty	Day Three Hundred Fifty One	Day Three Hundred Fifty Two	Day Three Hundred Fifty Three	Day Three Hundred Fifty Four	Day Three Hundred Fifty Five	Day Three Hundred Fifty Six
<b>Build A Wall Of Painted Bricks and Stones</b>	Yoga for Core Strength : <a href="https://www.youtube.com/watch?v=oMOgnSMcfM0">https://www.youtube.com/watch?v=oMOgnSMcfM0</a>	Reflect On Your Healing Journey And How Far You've Come	Go Thrifting and Create Something New	Stretch Your Muscles	Have a Bonfire With Friends	Toss Away All Your Regrets
Day Three Hundred Fifty Seven	Day Three Hundred Fifty Eight	Day Three Hundred Fifty Nine	Day Three Hundred Sixty	Day Three Hundred Sixty One	Day Three Hundred Sixty Two	Day Three Hundred Sixty Three
<b>Build A Pillow Fort / Tent and Spend Time with Friends</b>	Meditate On Success : <a href="https://www.youtube.com/watch?v=IssNBHXz4Vw">https://www.youtube.com/watch?v=IssNBHXz4Vw</a>	Write A Letter Forgiving Yourself	Pay It Forward	Take Time Where You Can Reduce Interruptions, Reflect, Stretch, and Simply BE	Make and Decorate Your Favorite Dessert	Rebuild Your Routine
Day Three Hundred Sixty Four	Day Three Hundred Sixty Five					
<b>Reflect On the Happiest Moments Of Your Life</b>	Read "The Aladdin Factor" by Jack Canfield and Mark Victor Hansen : <a href="https://amzn.to/2UO62le">https://amzn.to/2UO62le</a>					