



FB LIVES 30 DAYS CHALLENGE: HEAL AND ACTIVATE YOUR HOLISTIC ABUNDANCE

NEW TIME TOOLS BY CRYSTAL RA LAKSMI-DITTON

Health's connection with Abundance Wheel, Inner Family and Abundance

Congratulations! This is your 11th day with the **Holistic Abundance Challenge**. Before you jump to go through today's tasks, pls review yesterday's tasks, so that you can build your progress on each little change you do.

DAY 11. Today you have 3 tasks:

1. In what condition is your Body, Mind and Spirit? Map it and think what needs to change?

2. What is the health situation with your Inner Family? What needs to be changed here and where do they need more of your support?

3. Out of all the suggestions I shared with you - was there something else which resonated with you and what you would love to implement right away?

Enjoy today's tasks! Every task facilitates change!

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