



# FB LIVES 31 DAYS CHALLENGE: HEAL AND ACTIVATE YOUR HOLISTIC ABUNDANCE

NEW TIME TOOLS BY CRYSTAL RA LAKSMI-DITTON

## From Fear of Change to Embracing the Unknown

Congratulations! This is the 18th 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 18.** Today you have 3 tasks:

- 1.Climb a tree. Take care that you do that safely also for your Inner Child.
- 2.Talk to at least one stranger by using the FORM style guidance (family, occupation, hobbies, message).
- 3.Do something completely new you have never done in your life before.

Check out the blog with guidance where to post the pictures about your adventures and how to participate in a contest of winning one of our online classes for free!

Enjoy today's tasks! Every task facilitates change!

**FB #liquidheavenfacilitator**