



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

**NEW TIME TOOLS BY CRYSTAL RA LAKSMI-DITTON**

## **Connections between Courage, Inner Family & Holistic Abundance**

Congratulations! This is your 19th 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 19. Today you have 3 tasks:**

- 1.Think back to your own life and map how has courage shown up in your life? What kind of thinking and mindset as well approach has been behind it? If you have not had too many courageous moments, think of what would need to be changed more so that you can activate more courage to your life?**
- 2.If you would activate courage in your Inner Family, which Family Member would need the most support so that your whole Inner Family would be able to cooperate and support your forward motion?**
- 3.What are those three physical and active actions what you can do which would help to grow the muscles of your courage? Put that into action asap!**

**Enjoy today's tasks! Every task facilitates change!**

**FB #liquidheavenfacilitator**