

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

NEW TIME TOOLS BY CRYSTAL RA LAKSMI-DITTON

## How bad Relationships can stop your Inner Family's Holistic Abundance Manifestation?

Congratulations! This is your 28th 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 28.** Today you have 4 tasks:

- 1.** Do you have bad relationships in your life currently? If so - name at least 5. If not think back to the past. Pick 5 bad relations. Note down the bad patterns of all of these relations.
- 2.** What needs to be changed? What can you do to change these patterns?
- 3.** Write down 10 points to your self-declaration how to take good care about yourself in relationships?
- 4.** How is the whole situation about the same questions about your Inner Family? What do they need in order to have better relationships?

Enjoy today's tasks! Every task facilitates change!

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