WEEK 2: ASSIGNMENT Write as detailed as you can

What archetype (s) do I relate to?	What was my past TOXIC belief(s) about being in a relationship?	What is my new UPGRADED belief(s) about being in a relationship?

WEEK 2: ASSIGNMENT LOGISTICS OF THE RECOMMENDED PRACTICES

DAILY What is my committment To mantras and affirmations?	WEEKY What activites do I choose in PRACTICE N°2?	MONTHLY What activities do I choose in PRACTICE N°2?

WEEK 2: ASSIGNMENT Be as detailed as possible

LITHOTHERAPY When am I planning on Purchase my designated Gemstones?	LITHOTHERAPY What are the 2 main ways I am planning on using my GEMSTONES DAILY?	LITHOTHERAPY Am I committed to integrate Gemstones in my spiritual practice And How am I planning to Care for my stones?

WEEK 2: ASSIGNMENT

POPULAR / MAINSTREAM MEDIA What are the measures I am planning on taking to reduce my exposure?	MEDITATION / SPIRITUAL / SHAMANIC MUSIC How many hours do I commit to Listen to the music that will Enhance my frequencies?	NATURE What measures do I commit to take in order To connect to nature? How many hours per week?