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The Clearing



WEEK 1
The Clearing

THIS WEEK HELPS YOU CREATE
ROOM TO **BREATHE**—
MENTALLY, EMOTIONALLY, AND
SPIRITUALLY.

SELF REFLECTION

WHAT AM I **HOLDING ONTO** THAT'S MAKING IT HARD TO BREATHE?

1
DAY

AFFIRMATION
I release what no longer serves me.

DAILY
Stillness



STILLNESS