BE ON.PURPOSE 28.DAYS PROGRAM

next level personal development.

	TUE Welcome to the 28.Days!	WED	THU	FRI	SAT	SUN	MON	WEEKLY CHALLENGE:
OBSERVE	21 MARCH **DAY.1** **I SET MY INTENTION** 20 *min*	22 **Day.2** **I OBSERVE MY ENERGY** *20 min*	23 **Day.3** **I OBSERVE MY BODY** *20 min*	24 **Day.4** **I OBSERVE MY EMOTIONS** *20 min*	25 **Day.5** **I OBSERVE MY THOUGHTS** 20-30 *min*	26 **Day.6** **I OBSERVE MY BREATH** *20-30 min*	27 **Day.7** **I OBSERVE MY ACTIONS** *20 min*	
UNDERSTAND	28 **Day.8** **I UNDERSTAND WHERE I STAND** *20 min*	29 **Day.9** **I REFLECT ON MY WORDS** *20 min*	30 **Day.10** **I UNDERSTAND WHAT I CONSUME** 20 *min*	31 **Day.11** **I UNDERSTAND COMPASSION IS A SUPER POWER** 20-30 *min*	1 APRIL **Day.12** **I UNDERSTAND MY LIMITING BELIEFS** *30-60 min*	2 **Day.13** **I UNDERSTAND MY MY LIMITING HABITS** *20-30 min*	3 **Day.14** **I UNDERSTAND MY RIPPLE EFFECTS** *20 min*	
CHOOSE	4 **DAY.15** **I AM MY OWN BEST FRIEND** *20 min*	5 **Day.16** **I SET MY BOUNDARIES** 20-40 *min*	6 **Day.17** **I CHOOSE TO ASK FOR HELP** *20 min*	7 **Day.18** **I CHOOSE TO SPEAK MY TRUTH** *20-20 min*	8 **Day.19** **I CHOOSE SELF-COMPASSION** *20-30 min*	9 **Day.20** **I LISTEN TO MY INNER WISDOM** *20-40 min*	10 **Day.21** **I DEFINE MY SUCCESS** *20 min*	
CREATE	11 **DAY.22** **I ENVISION MY FUTURE SELF** *20 min*	12 **Day.23** **I LISTEN ACTIVELY** *20 min*	13 **Day.24** **I CREATE MOMENTS OF JOY** *20 min*	14 **Day.25** **I CHANGE MY GLASSES** *20-60min*	15 **Day.26** **I DESIGN MY HABIT PLAN** *20-30 min*	16 **Day.27** **I CREATE A CLEAN SLATE** *20-180 min*	17 **Day.28** **I CREATE MY DAYS ON PURPOSE** *20 min*	

LIVE SESSION #1
SUNDAY 19 MARCH
8.00-9.00 PM (CET)
60 MIN

LIVE SESSION #2
SUNDAY 26 MARCH
8.00-9.00 PM (CET)
60 MIN

LIVE SESSION #3
SUNDAY 2 APRIL
8.00-9.00 PM (CET)
60 MIN

LIVE SESSION #4
SUNDAY 9 APRIL
8.00-9.00 PM (CET)
60 MIN

26 **LIVE SESSION #5**
SUNDAY 16A PRIL
8.00-9.00 PM (CET)