

The Beingness Project - Transformation

21 Day Transformational Practice

It is in the small daily practices/shifts that You will Transform your life.

Follow the practices below for 21 days-

1. First purchase a journal or notebook to document your Transformational Journey
2. Split the Journal/Notebook into 3 parts - *Gratitude, Beingness Practice, Reflection*

Gratitude Practice:

Morning practice

1. Every morning as you wake, you will give yourself 2-5 minutes to lie in bed thinking of things you are grateful for.
2. Say them to yourself in full honoring sentence, *"I am so grateful to be sleeping in a comfortable bed. I am so delighted that I am blessed with two incredible children..."*
3. When you get up, write down three or more of the key gratitudes in your journal under the "Gratitude" section.
4. Throughout your day take moments to remember the gratitudes for the day.

Evening practice

1. Before going to bed, as you are brushing your teeth, etc...
2. Stop to truly look in the mirror at your reflection
3. As you look at yourself, you will tell yourself three or more ways you positively showed up for yourself and others that day, *"Thank you (your name) for helping Mary with homework tonight. Thank you _____ for taking the time to workout today. Thank you _____ for truly listening to John as he shared about his day..."*

Beingness Practice:

As you go through your day -

1. Notice when you are not feeling what you would like to feel.
2. Stop to slowly Breathe, Inhale
3. Hold the breath for a moment, acknowledge what you ARE feeling, DECIDE if it is what you want to feel or not.
4. As you exhale release any emotion you do not wish to feel or expand any emotion you do wish to feel.
5. Take the time to practice this breathing process until you are feeling the way you desire.
6. Once a day in your Journal document in the "*Beingness Practice*" what you experience by utilizing this process.

Reflection Practice:

1. Once a week take the time to notice how you are feeling, what changes you notice, and what is shifting in your life - write about it in your journal/notebook.
2. I sincerely recommend that you do this more than once a week.
3. Be kind, gentle, honoring and respectful to yourself.
4. Recognize that you are “*doing your best*”, so judging, berating, or negatively attacking the self do not serve.
5. Honor and appreciate all the ways you have shown up.
6. Lovingly encourage and support your journey

Intensify the Transformation:

Practice and Share this with others - such open, honest, vulnerability will magnify the Transformation.

Share what you experience on The Beingness Project Facebook page or Instagram site