

TABLE OF CONTENTS

Welcome Introduction		3
Organization		4
Mindful Mindset		6
Body & Breathing		7
Sound		8
Technique		9
Listening - Recording - Journaling		10
DAY 1	Ease	11-17
DAY 2	Balance	19 - 21
DAY 3	Flexibility	22 - 25
DAY 4	Resonate	26 - 29
DAY 5	Rest & Relaxation	30 - 33
DAY 6	Clarity	34 - 37
DAY 7	Play	38 - 41
DAY 8	Present	42 - 45
DAY 9	Colorful	46 - 49
DAY 10	Groove	50 - 53
DAY 11	Imperfect	54 - 57
DAY 12	Curious	58 - 61
DAY 13	Creative	62 - 66
DAY 14	Free	67 - 70
DAY 14	Gratitude	71 - 75
DAY 16	Heart	76 - 79
DAY 17	Inspiration	80 - 83
DAY 18	Grit	84 - 87
DAY 19	Transformation	88 - 91
DAY 20	Humor	92 - 95
DAY 21	Joy	96 - 100