

14-day focus chart

week one

day 1
CREATE

day 2
LISTEN

day 3
ACCEPT

day 4
ALLOW

day 5
BALANCE

day 6
ENGAGE

day 7
TRUST

week two

day 8
NURTURE

day 9
LOVE

day 10
ENVISION

day 11
REFLECT

day 12
EMPOWER

day 13
INTEGRATE

day 14
MANIFEST