

Here's How the 40-Day Your Next Chapter Journey Unfolds...

Week 1

Day 1

Set Your Burden Down

Day 2

Reset Your Mind

Day 3

Your Core Essence & Your Real Dream

Day 4

You're Stronger Than You Know

Day 5

Break Down Your Walls

Week 2

Day 6

What You Want

Day 7

Commit to Change

Day 8

Keep the Passion for Your Dream Alive

Day 9

Honor Your Word

Day 10

Who Let You Down? (Learning to Trust Again)

Week 3

Day 11

Whose Permission Are You Waiting For?

Day 12

What's Your Why

Day 13

Rewrite Your Story

Day 14

Give Voice to Your Dream

Day 15

The Real Barriers to the Next Chapter - from Limiting to Limitless Beliefs

Week 4

Day 16

Why Nothing Changes

Day 17

Let Go of Judgment, Worry & Perfectionism

Day 18

Release Stored Anger

Day 19

Empower Yourself

Day 20

Be Who You Really Are (Drop Your Story)

Week 5

Day 21

Why Nothing Changes

Day 22

Let Go of Judgment, Worry & Perfectionism

Day 23

Release Stored Anger

Day 24

Empower Yourself

Day 25

Be Who You Really Are (Drop Your Story)

Week 6

Day 26

Get Out of Your Comfort Zone

Day 27

The Breakthrough You Most Want and Need

Day 28

Self Expression & Accelerating Manifestation

Day 29

Balanced Goals

Day 30

Unconditional Love

Week 7

Day 31

Receive /Self Mastery

Day 32

The Mind/Body Detox

Day 33

The Negative Mind

Day 34

The Positive Mind

Day 35

The Neutral Mind

Week 8

Day 36

The Voice of Your Sou

Day 37

What Changes Do You Need To Make

Day 38

What Else Do You Need To Release

Day 39

Not Giving Up Now

Day 40

Your Journey Through the Chakras