



14 Day Practice in Being R.A.W.



AM thought 1	PM song 2	Zzz stretch 3	Cool off 4	Take it all in 5	Move merrily 6	Travel bug 7
Plank meals 8	In the know 9	All smiles 10	Get lost 11	Break time 12	Mirror, mirror 13	Open mind 14

Enjoy this 2-week calendar of expanding that beautiful soul of yours!

[#refractivespirit](#)

Shine from all sides when you are **Real, Active & Wonderfilled.**

(Click on each day's prompt for a link to details.)

KALEIDOSCOPE
Soul