



HAVASS
Academy & Coaching

DAY 10

Have you ever heard this sentence.

"Don't just exist, live." it says.

Just because you are breathing and have a beating heart does not mean you are bidy alive.

You came to experience this life, to enjoy it, to feel good.

In what moments do you feel alive with all your cells?

What gives you life energy?

When are you grateful?

Do you want me to give you a secret?

When you say the following, "This is life!" it is the moments when you are truly alive. These moments are your fuel.



To continue, to really live, you need gasoline....

Today we're going to determine the areas where you've consciously "lived" and reproduce those areas.

Sounds great, doesn't it?

Today, write down the activities and passions that make you happy and that you greatly enjoyβt.

Dancing, writing, talking, singing, traveling, helping animals, biking, exercising, taking a bubble bath....

There is no big or small; Write everything that comes to mind on the worksheet and do at least one of them today.

Fill up, feel alive to the marrow of your bones! See you tomorrow!



Tasks

- On the worksheet, write down the exciting moments, the places that made you feel so good while you were there, the activities and passions that made you feel so good.
 - Do at least one of these. Write your experience on the worksheet.
- Read it along with what you wrote on Day 1 and Day 2.
- Listen to your affirmation before you go to sleep at night.



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