

Monday

Get out of your comfort zone and set goals that give you #challengingfeels. List them down and then pursue them like a mindful ninja.

Bring your complete awareness into the #pursuitofgoals with this "Here And Now" - Breath Awareness Meditation by Hitesh Vashisht

<https://www.youtube.com/watch?v=83ZymQOZWDA&t=2s>

Tuesday

Channel your inner racehorse that's got blinkers on. Yes, we're talking focus. Amp it up to scale up the achievement ladder! The sky's is where you wanna reach!

Become a lean, mean, achievement machine by balancing your Masculine & Feminine Energy with this Meditation by Ilona Selke

<https://www.youtube.com/watch?v=3pjGO5ZsU-c&feature=youtu.be>

Wednesday

Beat the mid-week slump with an exciting new activity: sign up for a MOOC or try a new fitness routine

Attract energy and success your way with this Chanting Angelica Meditation by Christiane Muller

<https://www.youtube.com/watch?v=kmZnt4mTMnQ&t=9s>

Thursday

If your week's been chock-a-block with meetings and deadlines, take a nature-break. Hug a tree or just lie down on the grass & feel the stress ooze away.

Get even closer to Nature & the Animal Kingdom with this mediation by Ilona Selke

<https://www.youtube.com/watch?v=vTnEHZ3rHXY&feature=youtu.be>

Friday

Say thanks to the Universe for all the blessings and challenges and the wealth of experience that adds lustre to life.

Begin the day with this Gratitude meditation by Ilona Selke and see for yourself the Law of Attraction in action.

<https://www.youtube.com/watch?v=rH1FPxG3pGo&t=87s>

Saturday

As the week draws to a close, fill up the well. Re-energize your soul with happy times: Watch a funny movie or do volunteering service. Gives better results than Prozac!

And the cherry on top? This multi-sensory meditation by Satya Hinduja which can be done anywhere, anytime.

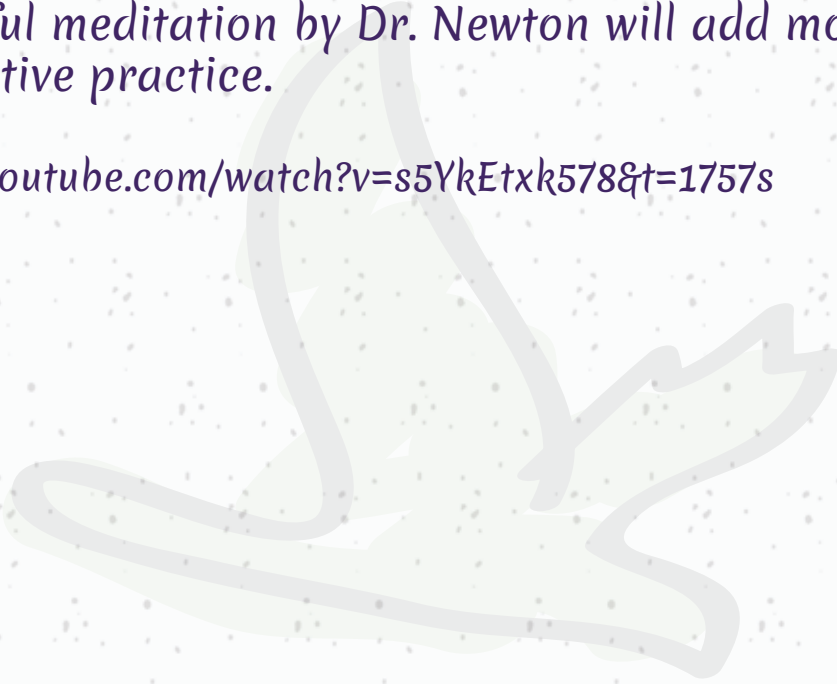
<https://www.youtube.com/watch?v=ZUIMzKy-xf4&t=2s>

Sunday

Let go! It's your me-time: read a book or sit in a café watching the world pass by. Or, meditate! Better still, make it a family activity!

This beautiful meditation by Dr. Newton will add more bliss to your meditative practice.

<https://www.youtube.com/watch?v=s5YkEtxk578&t=1757s>



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