



# Day 1

Welcome. Thank you for taking this 60-day journey. Right now is an incredible moment, full of potential. How you use that potential energy is up to you. What will you create with your 60 days of intention and attention? Think about that.



## Practice

Take a breath. Take a moment.

What is calling to be birthed into your life? You are the doula of your idea, your inspiration. Write down what is calling you, and invite your idea to gestate.

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Over the course of the next few days, we will continue to work with the idea that you are bringing to life. I look forward to seeing it develop. See you tomorrow.

*-Jill*