

WEEK 4

LIVE SESSION:
SELF ACCEPTANCE

W E E K L Y P R A C T I C E

AM PRACTICE:

PAUSE APP 30 DAYS TO RESILIENCE
BREATH WORK - I AM LOVED.
IMAGINE SONG OF SONGS 2:1

PM PRACTICE:

PAUSE APP PM
HAVENING: AFFIRMATION HEIGHTENED IMAGERY
WRITE JOURNAL 10 TIMES
BEAUTY TREATMENTS

W E E K L Y F O C U S

SPIRITUAL PRACTICE: BREATH PRAYER
PSYCHOLOGICAL PRACTICE: BREATH WORK

S C R I P T U R E

SONG OF SONGS 2 TPT

PRACTICE SITTING IN HIS LOVE:
THIS LOVE by Housefires