

ANCHOR & LEAD

With Emily K Thomas

Self-Connection & Sankalpa

Embodied Leadership Experience

01 *First day of purification*

08 *Eighth day of purification*

02 *Second day of purification*

09 *Ninth day of purification*

03 *Third day of purification*

10 *Tenth day of purification*

04 *Fourth day of purification*

11 *Eleventh day of purification*

05 *Fifth day of purification*

12 *Twelfth day of purification*

06 *Sixth day of purification*

13 *Thirteenth day of purification*

07 *Seventh day of purification*

14 *Fourteenth day of purification*

Start date:

End date:

Mark complete:

ANCHOR & LEAD

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Embodied Leadership Experience

15 *Fifteenth day of purification*

22 *Twenty-second day of purification*

16 *Sixteenth day of purification*

23 *Twenty-third day of purification*

17 *Seventeenth day of purification*

24 *Twenty-fourth day of purification*

18 *Eighteenth day of purification*

25 *Twenty-fifth day of purification*

19 *Nineteenth day of purification*

26 *Twenty-sixth day of purification*

20 *Twentieth day of purification*

27 *Twenty-seventh day of purification*

21 *Twenty-first day of purification*

28 *Twenty-eighth day of purification*

Start date:

End date:

Mark complete:

