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:



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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 purificat	tion 24	Twenty-fourth day of purification
18 Eighteenth day of purification	on 2 5	Twenty-fifth day of purification
19 Nineteenth day of purification	on 2 6	Twenty-sixth day of purification
20 Twentieth day of purification	n 27 T	wenty-seventh day of purification
21 Twenty-first day of purificati	ion 2 8 7	wenty-eighth day of purification
Start date:	End date:	Mark complete:





Self-Connection & Sankalpa Reflection

Embodied Leadership Experience

Sankalpa Day: ____

Use the space below to journal about your Sankalpa experience today. Some journalling ideas include:

What came up for you? What patterns did you notice? Beliefs? Behaviors? Habits? Did you identify any blocks? Have you implemented your energetic DNA to refine your patterns? How are you feeling? What are you moving through? Try to approach this and every day with curiosity vs. judgement.

Day	