



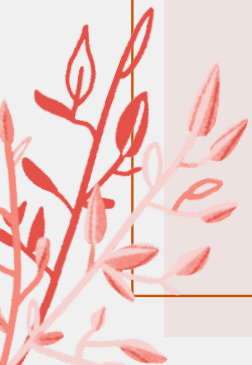
SAGITTARIUS SEASON: 5 DAY CHALLENGE: EXPANSION

5 Days of Exploration, Adventure, Higher Learning, Freedom, and Optimism..

DAY 1: Optimism- Put on your proverbial rose-colored glasses and lean into the positive, the optimistic. Write down at least 3 major complaints you have about anything- your life, another person, the world, etc. then counter each one- see how you can re-frame each complaint into something positive.

DAY 2: Adventure- Go on an adventure- do something you have never done before, go somewhere you have never been before. Journal about how these new experiences have changed you, even if just in a subtle way. Integrate the experience..

DAY 3: Higher Learning- Take a subject you are interested in and go deeper. Sign up for a course, purchase a book, dedicate some time to research it deeper, etc. Write down the subject and 5 things you have learned.





SAGITTARIUS SEASON: 5 DAY CHALLENGE: EXPANSION

5 Days of Exploration, Adventure, Higher Learning, Freedom, and Optimism..

DAY 4: Freedom/Expansion - List everything you did that day or the day before. Note next to each item- did it feel expansive or contracting- don't think too much about it while answering- and it has to be one or the other. Review the list afterwards and notice what was experienced most.

DAY 5: Expand & Inspire- Identify where it is you want to be in 5 years. Find people online or people you know in real life that embody/model/inspire who and where you want to be in the future.

