

✨ DONE DAILY PROMPTS ✨

WEEK 11 - BECOMING THE VESSEL

This week is about becoming someone who can hold more.

Everything you desire already exists.

The question is:

Can your body receive it?

Your body is not separate from your life. It is the vessel through which everything arrives.

This week, we are not “trying” to take care of ourselves.

We are becoming the version of ourselves who already does.

☀️ YOUR DAILY NON-NEGOTIABLES

Every day this week, we practice:

- Moving our body
- Nourishing our body
- Regulating our energy

We do all three every single day.

And each day, we place intentional focus on one, so we can feel where our vessel is ready to expand.

WEEK 11 DAY 1 — “I AM THE VESSEL”

Thought to Hold:

“My body is the vessel for everything I desire.”

Every day this week, we intentionally practice movement, nourishment, and regulation.

Today’s focus: Regulation

Action:

Before you look at your phone, place your hand on your body.

Take 5 slow breaths.

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Say:

"I am supported.

I am safe.

I am available to receive."

Let your body soften.

WEEK 11 DAY 2 — "I MOVE LIKE THE VERSION OF ME WHO CAN HOLD THIS"

Thought to Hold:

"I move like the version of myself who can hold their life."

Every day this week, we intentionally practice movement, nourishment, and regulation.

Today's focus: Movement

Action:

Move your body today with intention.

Walk. Stretch. Dance. Lift.

Not to fix yourself. To embody that version of you. Try a few different forms of movement and notice which one you *enjoy* the most.

WEEK 11 DAY 3 — "I NOURISH, NOT NEGLECT"

Thought to Hold:

"I treat my body like something valuable."

Every day this week, we intentionally practice movement, nourishment, and regulation.

Today's focus: Nourishment

Action:

Choose one nourishing act today:

- a real, intentional meal
- hydration
- slowing down while eating

No rushing. No autopilot.

WEEK 11 DAY 4 — “I WAKE UP AS THE VERSION OF ME I’M BECOMING”

Thought to Hold:

“I begin my day as the person I am becoming.”

Every day this week, we intentionally practice movement, nourishment, and regulation.

Today’s focus: Regulation

Action:

Do not reach for your phone first.

Open a window.

Breathe.

Meet yourself before the world.

Presence before noise.

WEEK 11 DAY 5 — “I END SELF-ABANDONMENT”

Thought to Hold:

“I no longer abandon myself.”

Every day this week, we intentionally practice movement, nourishment, and regulation.

Today’s focus: Movement

Action:

Notice one moment where you normally:

- ignore your body
- push through
- override your needs

Pause.

Choose differently.

WEEK 11 DAY 6 — “I LIVE MY STANDARD”

Thought to Hold:

“My life reflects how I treat myself.”

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Every day this week, we intentionally practice movement, nourishment, and regulation.

Today's focus: Nourishment

Action:

Do one thing today that reflects your new standard:

- eat like someone who values themselves
- take time with your body
- choose what actually supports you

WEEK 11 DAY 7 — "I CAN HOLD THIS"

Thought to Hold:

"I can hold the life I desire."

Every day this week, we intentionally practice movement, nourishment, and regulation.

Today's focus: Integration

Action:

Before bed, reflect:

Where did I show up for myself this week?

Where did I treat my body differently?

Where did I feel more grounded, supported, or alive?

Let your body register it.

✨ **WEEK 11 DAILY ANCHOR**

"I am regulated.

I am energized.

I am available to receive.

My body is safe to hold my life."

Say it slowly. Let your body agree.

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✨ THE ENERGY YOU'RE TRAINING

This week is not about discipline. It's about devotion.

You are not earning your next level.

You are becoming the version of you who can hold it.

And when your body feels safe,
when your energy is steady,
when you stop abandoning yourself...

What has always been available can finally land.