

MY

##21Days

Soul Work

Reconnect with Your Soul Purpose
and Experience Joy, Lightness,
Meaning & Soul Fulfilment.

HOLISTIC WELLNESS
MoorYoni.com

Soul Activity

Declutter your home to create more energetic space in your environment and your consequently your mind.

#ClearspaceClearmind

Soul Activity

Close your eyes and reflect on what you wanted to be when you were younger..your passion & dreams. Are you doing all or some of it now?

Soul Activity

If you could write a letter giving advice to your teenage self, what advice would you give?

Soul Activity

Spend at least 10mins listening to your favourite music, sing & dance freely, like no one is watching!

Soul Activity

Draw a picture of what your ideal future looks like..who are you with, where would you be, what would you be doing.... look at this image daily.
Keep it close, review it, add colour..

Soul Activity

Laughter is Good for the Soul!
Find some time to laugh today...watch a
comedy, play with children or joke & banter
with your loved ones...
Let laughter release some happy hormones.

Soul Activity

Relax and unwind in a home spa, allowing some time to pamper yourself & soak in a bath filled with Epsom Salts, Aromatherapy or Bubbles. Indulge in some Self-Care.

Soul Activity

Time to uncover deeper meaning with the universal language of numbers. Discover if Numerology may help uncover more insight into your life path.
What's your number?

Soul Activity

Today its time to look and feel your best.
So do your hair, dress up in your Sunday best, just
because you can and your worth it!
Enjoy a date with yourself.

Soul Activity

Breathe and let it all go...The power of breathe is phenomenal, it can help relax, calm, heal and free your body of toxins. Take 10mins to sit and mindful breathe, observing any bodily sensations, thoughts and feelings.

Soul Activity

Today it's time to connect with your heart. Listening to your heart's desires, wants & needs. Feeling the weight of your heart, honouring the Heart Chakra the powerhouse of the energy system.
Wear, hold or eat something green & affirm
"I am love & love is divine"

Soul Activity

You're never too old to play & have some fun!
Not only will it release happy hormones but will
also improve your brain processing power, social
connections and mental wellbeing.

Soul Activity

Colour is absorbed by the eyes, skin and our 'magnetic energy field', it impacts us holistically. Add some colour & light therapy to your life and use the healing properties of colour to heal, energize and boost your wellness.

Soul Activity

Spend some time being introspective, listen to the meaning, emotion and intent behind your words and thoughts. Be self-reflective, attentive and attuned for deeper self-awareness.

Soul Activity

Rituals are symbolic actions that provide a deeper purpose & meaning. Unlike habits, daily rituals performed mindfully can provide a sense of comfort, wellbeing & structure. Create a morning or bedtime ritual that suits your wellness goals.

Soul Activity

Find your passion and fire up your mojo and do some soul searching. What excites you? Who excites you? Why? Where in your life are you craving excitement? What treats/rewards/fun can you provide yourself? Are you living at your edge, taking risks?

Soul Activity

The power of the word, affirmations and positive mantras not only change you mood and internal state, but can program your mind and subconscious to believe it.

What is your mantra? Speak & repeat!

Soul Activity

Our emotions can be seen as the language of the soul, our inner-voice, they connect us to our deepest core, providing us with insight. Honour your emotions by observing them mindfully throughout the day free from judgement.

Soul Activity

Natural soul music has a certain frequency that carries sound waves and vibrations to induce healing deep within our body. Listen to the original 6 Solfeggio Scale to bring harmony back to the body. Stay Intune & Soulfull.

Soul Activity

As relational beings, our overstanding of ourselves is also based on our relations & bond with other souls. Nurture & harness your soul connections as they provide us with growth, fulfilment and happiness.

Soul Activity

Money may bring a certain quality of life but it will never buy true happiness. Joy and fulfilment are obtained in the meaning and value we place in the activities we enjoy & the things that make our heart sing. Discover your passion and purpose.

Soul Work

Yin and Yang energy remind us that dualities & polar opposites such as hot & cold, light & dark exist within physicality. Peace is achieved by accepting both sides & contradictions within us....and each other.

"As above, so below, as within, so without" ...
Balance is key.