



Day 13: Making Something Beautiful of This

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Practice of the Day

Setting Your Personal Breakthrough Intention

Today, I invite you to set a clear intention to make something beautiful of this breakup.

Take out your notebook and journal on these questions:

What positive future do I hope for myself? (*For example, "I hope to be happy in love again," "I hope to show up and behave with self-respect," or "I hope to learn how to hold my own and stand in my truth in all of my relationships from now on."*)

What intention can I set for what I will create out of this disappointment that will allow me to fulfill upon this hope? (*For example, "I can intend that from this shattering I will finally learn to love myself unconditionally, and give up looking to others to love me in ways I'm not loving myself," or "I can intend set an intention to have relationships based upon truth and integrity moving forward," or "I can*

set an intention to graduate from all of the toxic ways I've dimmed down in life and awaken to the fullness of my worth and power.")

What action(s) can I take or choice(s) can I make immediately to align with this intention? *(For example, "I can set a boundary with myself that when I find myself speaking critically to myself internally, I will stop, take a breath, and speak words of encouragement and love instead," "I can begin telling the truth to myself and my children immediately," or "I can start showing up more powerfully at work by having the courage to share my ideas at our weekly meetings.")*

Do at least one thing today that moves you in the direction of the intention you have set for yourself.

Healing Power Statement of the Day

My intention is to make something beautiful of this disappointment in the same way that compost can make a lush and radiant garden grow.

Self-Care Action of the Day

Clean your home from top to bottom, clearing away all clutter and giving away things you no longer need or love.