

The February 2020 Numerology Challenge

SPARKLE AND RUN WORKSHEET

This month, we are **putting up boundaries** around other people's suffering or other people's challenges.

If you find that you feel:

- Guilty
- Resentful
- Obligated
- Drained
- Sad for someone

Step 1 ASK YOURSELF

Who or what am I wanting to help or heal right now?

Step 2 GIVE IT YOUR SPARKLE FOR 6 MINUTES

Do one small thing, that lasts around 6 minutes, to give them/it love.

Some ideas:

- Write a note.
- Make the phone call.
- Write an email.
- Listen deeply to them and make eye contact.
- Make them a cup of tea.
- Take them on a walk (if it's your dog... lol)

Step 3 AND THEN RUN

As soon as you can, get back to taking practical action on your dream or desire. Doing so is the most powerful act you can take to help others and the world.

"I believe that the greatest gift you can give your family and the world is a healthy you." - Joyce Meyer