

# One Day My Soul Just Opened Up - Lyanla Vanzant

## Honour The Divine

Day 1	Truth	Feb. 5
Day 2	Trust	Feb. 12
Day 3	Prayer	Feb. 19
Day 4	Meditation	Feb. 26
Day 5	Willingness	Mar. 4
Day 6	Creativity	Mar. 11
Day 7	Peacefulness	Mar. 18 * Mar 20 Spring Equinox
Day 8	Simplicity	Mar. 25

## Honour Yourself

Day 9	Awareness	Apr. 1
Day 10	Acceptance	Apr. 8
Day 11	Affirmation	Apr. 15
Day 12	Choice	Apr. 22
Day 13	Conservation	Apr. 29
Day 14	Freedom	May. 6
Day 15	Fun	May. 13
Day 16	Surrender	May. 20

## Honour Others

Day 17	Boundaries	May. 27
Day 18	Compassion	Jun. 3
Day 19	Closure	Jun. 10
Day 20	Non judgement	Jun. 17 * June 20 Summer Solstice
Day 21	Forgiveness	Jun. 24
Day 22	Service	Jul. 8

## When you Feel

Day 23	Angry	Jul. 15
Day 24	Confused	Jul. 22
Day 25	Disappointed	Jul. 29
Day 26	Doubt	Aug. 5
Day 27	Fearful	Aug. 12
Day 28	Guilty	Aug. 19
Day 29	Lonely	Aug. 26
Day 30	Unappreciated	Sep. 9

## Honour your Process

Day 31	Authenticity	Sep. 16
Day 32	Patience	Sep. 23
Day 33	Faith	Sep. 30
Day 34	Discipline	Oct. 7

## Honour Life

Day 35	Balance	Oct. 14
Day 36	Expansion	Oct. 21
Day 37	Gratitude	Oct. 28
Day 38	Order	Nov. 4
Day 39	Joy	Nov. 18
Day 40	Unconditional	Nov. 25 * Dec. 21 Winter Solstice