

30 DAY CHALLENGE

Each day incorporate one or all of the following:

- 5 minutes self healing
- breath
- heaven, earth, heart meditation
- dry brushing
- Reiki session on family, friend or pet
- recite the 5 precepts



Name:

Date Submitted

PRACTICE THE PRACTICE

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

DAY 8

DAY 9

30 DAY CHALLENGE

Dr. Uzu Reiki
Home Study
LEVEL I

Name:

DAY 10

DAY 11

DAY 12

DAY 13

DAY 14

DAY 15

DAY 16

DAY 17

DAY 18

DAY 19

DAY 20

DAY 21

30 DAY CHALLENGE

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LEVEL I

Name:

DAY 22

DAY 23

DAY 24

DAY 25

DAY 26

DAY 27

DAY 28

DAY 29

DAY 30

DAY 31

CONGRATULATIONS!