

21 DAY

Glimmer Challenge



Place your hands together in gratitude and notice the warmth

Light a candle and watch the flame for 4 minutes

Stretch your arms wide and imagine you're embracing the sky

Let the sun or breeze touch your skin and savour the sensation

Notice the sensation of warmth as you hold a cup of tea

Pick up a leaf, flower or rock and admire it in intricate detail

Gaze at the stars or the sky for a moment of awe and connection

Listen to a song you love and notice how it moves you

Let your fingertips brush against something soft or smooth

Watch the sun rise or set and notice the colours

Gently pet or observe an animal, appreciating its presence

Look at a favourite photo or piece of art that makes you smile

Pause to notice the way light reflects off glass, water or another surface

Go outside and observe the movement of trees or clouds

Gently place your feet on the ground and thank the earth for her support

Close your eyes and imagine yourself surrounded by a calm light

Take photos of all the glimmers you experience today

Step outside and find something beautiful in nature

Greet the first living being you meet today with kindness

Hum your favourite tune softly and feel the vibration in your chest

Reflect on your favourite glimmer from the past 21 days

