

The background of the entire page is a vibrant, repeating pattern of tropical leaves. The leaves are in various shades of green, yellow, and blue, creating a lush and energetic feel. The leaves are scattered across the page, with some overlapping the central dark circle.

30Day Challenge

Day 7

Look around your home and be aware of different objects that you have held onto because they have special meaning to you. Spend time looking at or holding the object while you quiet your mind and only focus on who gave you the special object and the circumstances around when the object was given to you. If you can, reach out to the person/people who gave you the object and let them know the significance it still has in your life.