

# 21 DAY

## Self-Reiki Commitment

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Self-Reiki before bed	Take a 15 minute walk outdoors	Work with your most challenging precept today	Call someone you love	"Just for today, worry about nothing"
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
Listen to a podcast	"Just for today, do not become angry"	Stretch for 10-15 minutes	"Just for today, express one's gratitude"	Practice deep breathing
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
Start your day with Self-Reiki	"Just for today, be kind to all living things"	Read a book for 15 minutes	"Just for today, be diligent at work"	Go to bed 30 minutes earlier
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
Writing with Reiki Precepts	Writing with Reiki Precepts	Writing with Reiki Precepts	Writing with Reiki Precepts	Writing with Reiki Precepts
DAY 21	CELEBRATION DAY			
Watch a movie or series	Celebration! Share your success with a friend			

### REFLECTION