

ONE MONTH PLANNER

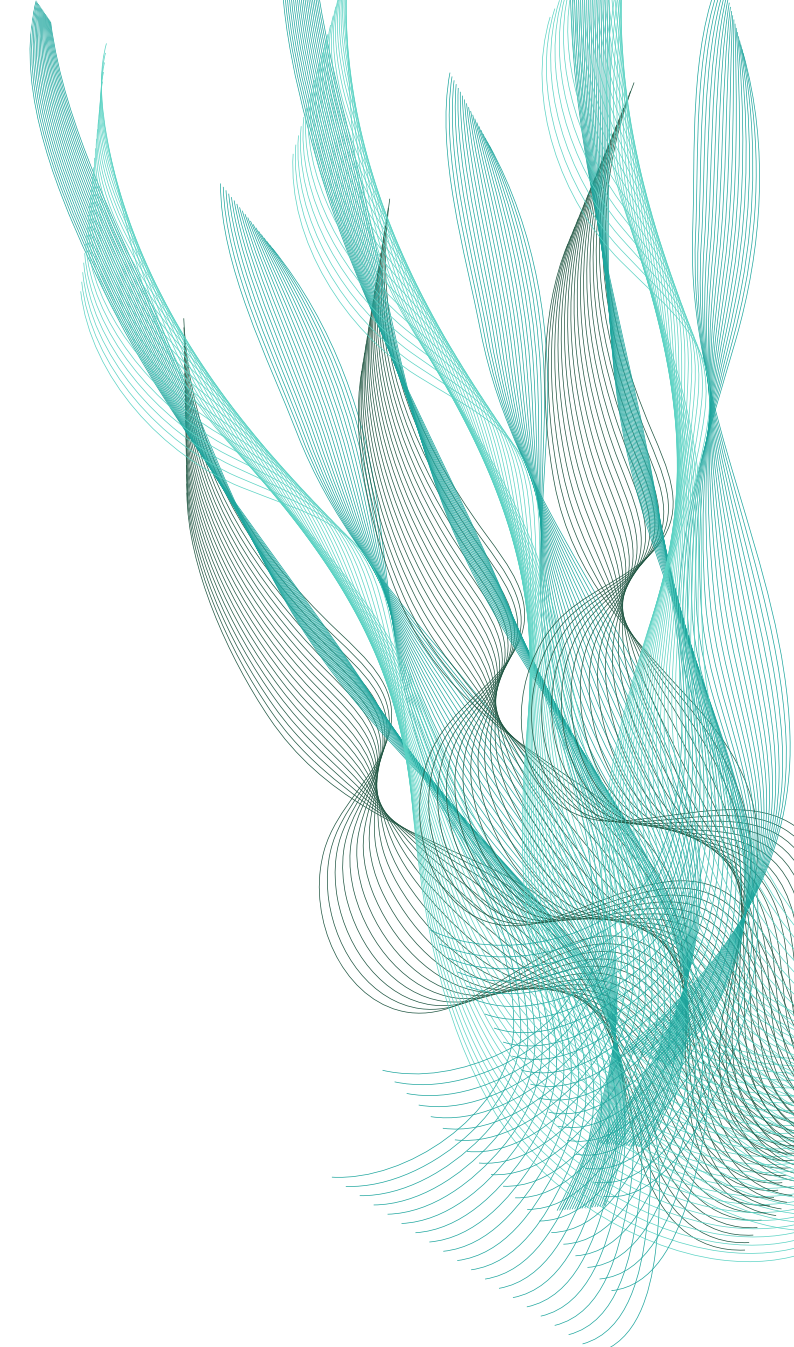
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30 DAY CHALLENGE



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Welcome to the High Vibe Tribe 30 Day Challenge!

We are living at a time when the world is getting a massive reset. Literally everything – all aspects of our lives – are being recalibrated. Called into question, so we can reconsider all of our values and our structures.

Everything is changing. It has never been more apparent than right now that the earth is in a continuous state of evolving, refining, improving, adapting, enhancing, and changing. We were not put on this earth to remain stagnant. All growth depends upon activity. There is no development, physically or intellectually, without effort and effort means work. Taking small steps can make a big difference, especially in tough times, and there's no getting around the fact that taking these steps is often incredibly uncomfortable. That's why so many people often don't do it – at least not initially. This is where we need to remind ourselves that just because it isn't easy doesn't mean it isn't worth it. It's okay to feel uncomfortable because that's where all the growth and healing happens.

In order to get something in life, we often have to give up something else. In order to change our situation for the better, we have to take some action that's not necessarily going to be easy or fun. Too often we shy away from taking the next step because we're afraid it might not be worth the discomfort. It's scary and uncomfortable to upset the status quo, even when it's in service of something better.

It's easy to fall off the bandwagon!!

One minute we're feeling amazing and making great progress, the next we're feeling totally lost, confused and out of alignment with our goals. And just because we fall off doesn't mean we can't get back on! Starting a new habit is hard. Breaking a bad one is even harder. Eliminating our negative habits is something we often try. Unfortunately, life usually gets in the way. With the added crazy of 2020, we might be good for a few days, and then something stops us from forming a lifelong habit.

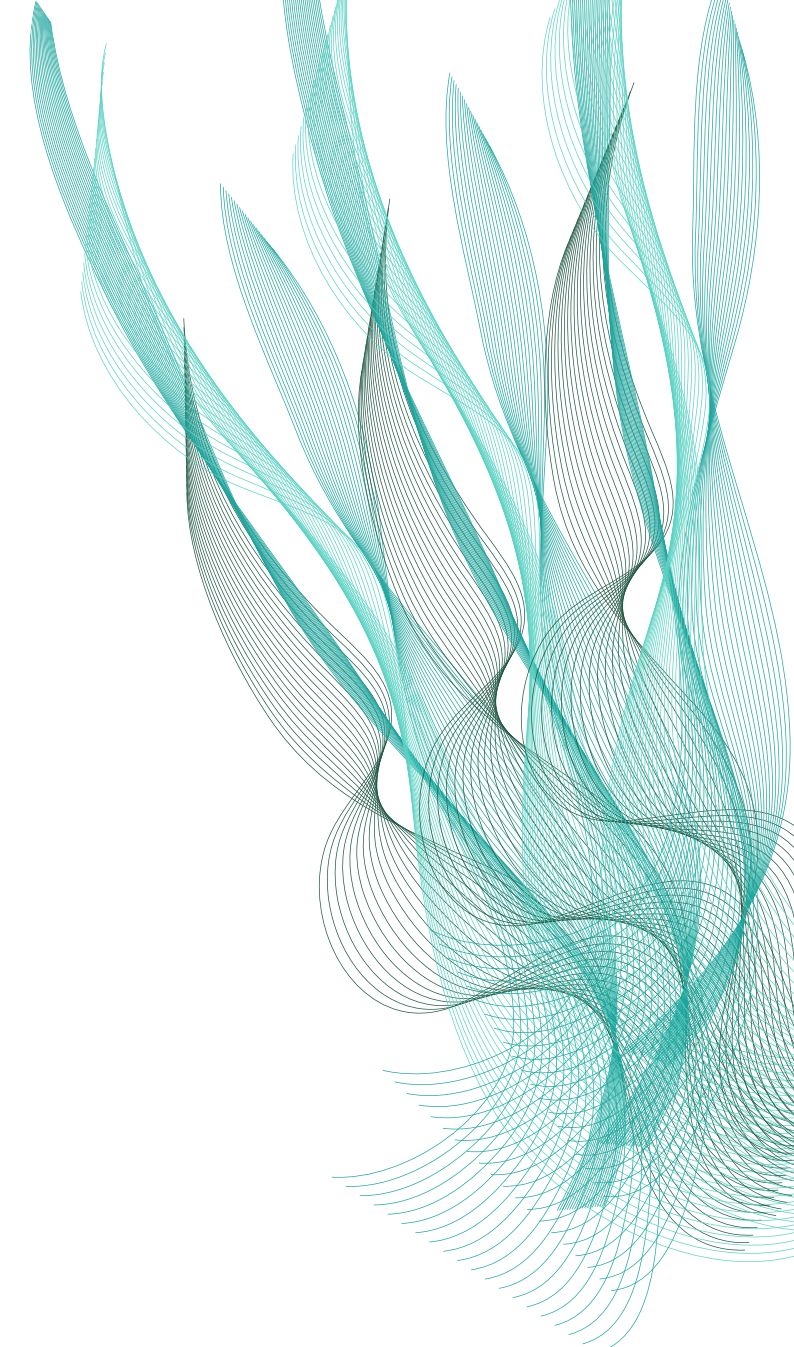
So why do we often fail?

Deep in our subconscious, it's hard to say we must do something forever. We also don't like the idea of following an unpleasant activity for the rest of our lives. The problem with forever is that it seems like... forever.

With a 30-day challenge, you are experimenting with new behaviour. It's like downloading a trial version of the software. You don't actually "buy into" the habit change until the end of the test period. Only then will you decide to keep it or not.



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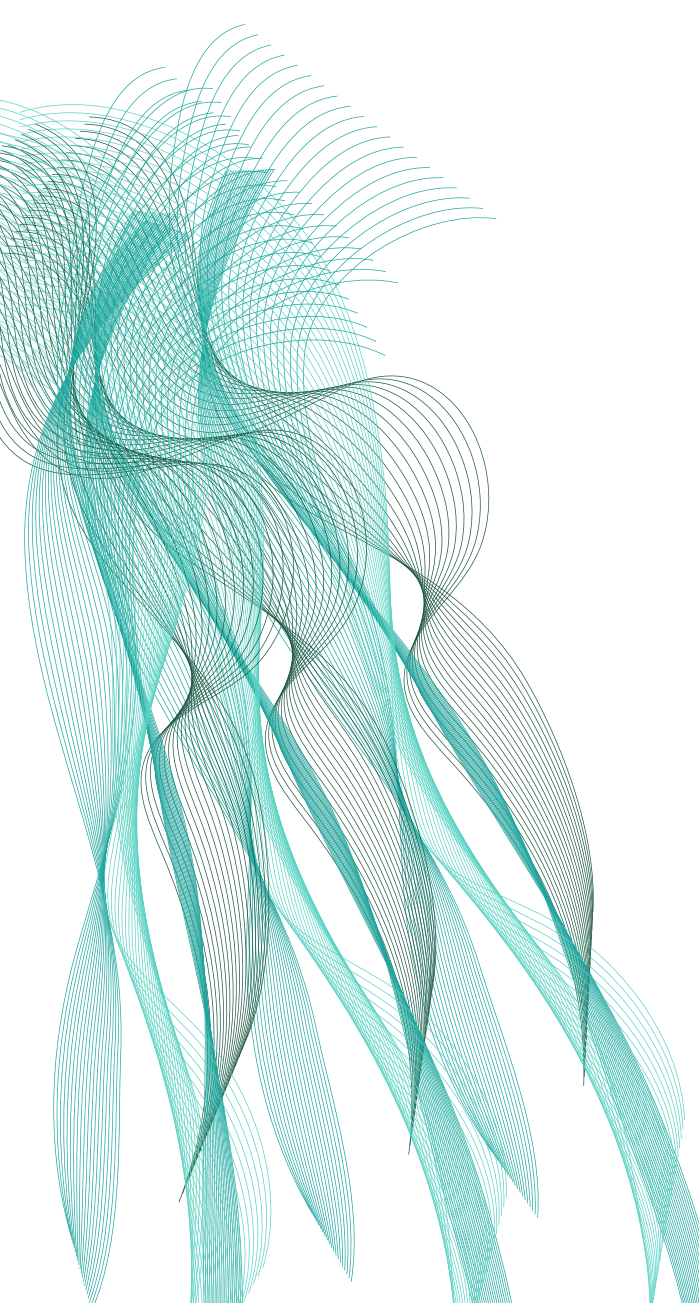
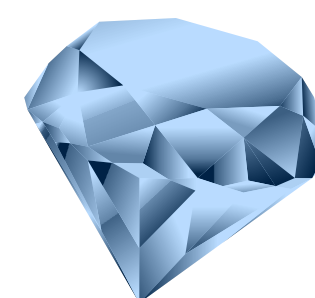
The greatest challenge is to get past those first few weeks of a habit change. That's the time when most people succumb to their impulses. Once you make it past this critical period, it becomes easier to stick to a new routine. In a way, a 30-day challenge tricks the mind into forming a new habit. It's easy to do something you believe is unpleasant, if you think it's only for a month. By day 30, you'll be that much closer to making a permanent change.

30 days is not a guarantee that you'll get the results you're expecting from a lifestyle change. One study claims that it takes an average of 66 days for a new habit to stick. In this case, 30 days is enough for you to find out if the strategy you're using will work in the long term, or if you need to change your approach. If the strategy does work, this amount of time also gets the ball rolling so that you have the will power to succeed in embedding the habit into your system. The great thing is that you can use these pages as often as you need. If the first 30 days didn't pan out the way you hoped? Just hit print and start again!

It all starts with YOU. You're the only one who can get you there, so feeling inspired and conditioning yourself for success is the #1 priority and that is what we're going to focus on to help you have a miraculous month and more! If that sounds good to you then we have some rules before you start the challenge...

"Unless today is lived well, tomorrow is not important."

Alan Sakowitz



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STEP 01

THIS IS AN INTERVENTION

This challenge has not made its way into your life by accident, it's an intervention to help get you back on track and in the flow. So, the first rule of this challenge is to commit to it. Make the decision to stick to the plan. Do the daily activities for the next 30 days. No matter what, you must do it. This is for YOU, to help you feel good, get to where you want to be and to kick off 2021 in the right frame of mind, body and spirit, so agree now to commit to you.

STEP 02

IMMERSE YOURSELF

Immerse yourself in creating a new reality for yourself - one where you're in the flow and feeling good. Only you get to choose how you feel, so do all you can over the next 30 days to immerse yourself in feeling good, in reconnecting with your big goals and dreams. You've got this!

STEP 03

HAVE FUN

This challenge is about setting you up to co-create your highest health, wealth and happiness. When you are joyful, when you say "YES" to life, have fun and project positivity all around you, you become a Sun in the centre of every constellation, and people want to be near you... so you know you're doing something right when you are having fun with it.

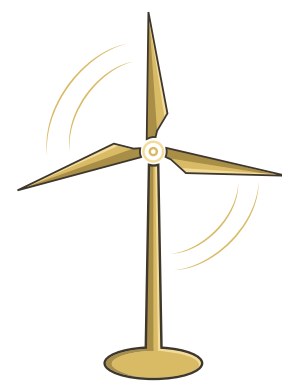


ALCHEMICAL BALANCE

Alchemy is an ancient discipline which seeks to turn lead into gold. To the alchemist, lead and gold symbolise the opposing aspects of the human psyche. Lead is undeveloped, toxic and dark. Gold is enlightened, pure and resplendent. The alchemist is both a scientist and a philosopher who aims to transform and perfect the human psyche, hence the notion of "turning lead into gold."

Your "secret sauce" is finding alchemical balance during the tougher times when you feel like wavering. According to Alchemy, everything in existence comprises 4 archetypal elements Fire, Earth, Water and Air. The myriad ways the 4 elements combine determines the nature of all things, both physical and non-physical, including human nature. Understanding these 4 elements is the key to fathoming our own minds. Knowing how to transmute one element into another is the foundation for personal development.

It is the balance of the 4 elements in each of us, which perfects and elevates us, and reveals our highest nature - Pure Love. You may identify positive attributes you wish to emphasise or cultivate in yourself, or perhaps you'll recognise traits that signal an element being too dominant and out of balance.



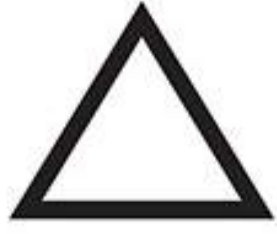
"Be grateful for what you already have while you pursue your goals. If you aren't grateful for what you already have, what makes you think you would be happy with more."

Roy T. Bennett



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FIRE



Fire represents that which is hot, energetic, self-motivating, enthusiastic, up-reaching, and competitive. It is the lightest of the elements, reaching up the highest, and has therefore become symbolically linked to the high aspirations and competition so valued by hierarchies and patriarchal societies.

Fire consumes what surrounds it in order to burn more brightly. An alchemist of the sixteenth century, Paracelsus, noted that fire parallels life in that each must feed on another existence to stay alive. In the hearth it protects, warms, and transforms food by cooking.

Out of control, fire consumes, destroys, blackens, and, at the same time, purifies. We describe people who display fiery characteristics as being warm, bright, and shining. Fire is strong-willed, energetic, ambitious, visionary, enthusiastic, positive, passionate, productive, resourceful, confident, courageous, daring, decisive, hardworking, creative and original. Fire engenders leadership and high self-esteem.

TOO MUCH FIRE

Too much fire is irritable, impulsive, quick to anger, restless, impatient, obsessive, arrogant, jealous, conceited, domineering, egotistical and critical of others. If Fire is too dominant, it usually means you are lacking in Water, the direct opposite of Fire.

Natural Law states an element cannot be transmuted directly into its opposite, so if you want to increase **Water** to balance your **Fire**, you must first choose to increase either **Earth** or **Air**, depending on which you feel more affinity for, then look at increasing **Fire**.

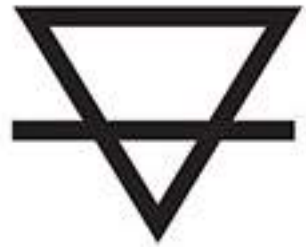
“Each of us is born with a box of matches inside us but we can't strike them all by ourselves”

Laura Esquivel



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EARTH



Earth evokes that which can be depended upon. It is passive and nurturing, like our home planet Earth) and her rhythmic seasons. Earth is the heaviest of the elements, and represents the material world and its abundant wealth. This element may also be seen as something to be conquered, plundered, and exploited until all resources are used. There is an inevitability about earth; we come from her and to her we return, ashes to ashes, dust to dust.

Earth is physical, stable, responsible, reliable, dependable, consistent, conscientious, cooperative, respectful, tangible, practical, cautious, punctual, attentive to detail, thorough, persistent, and perfectionist. Earth engenders a team player.

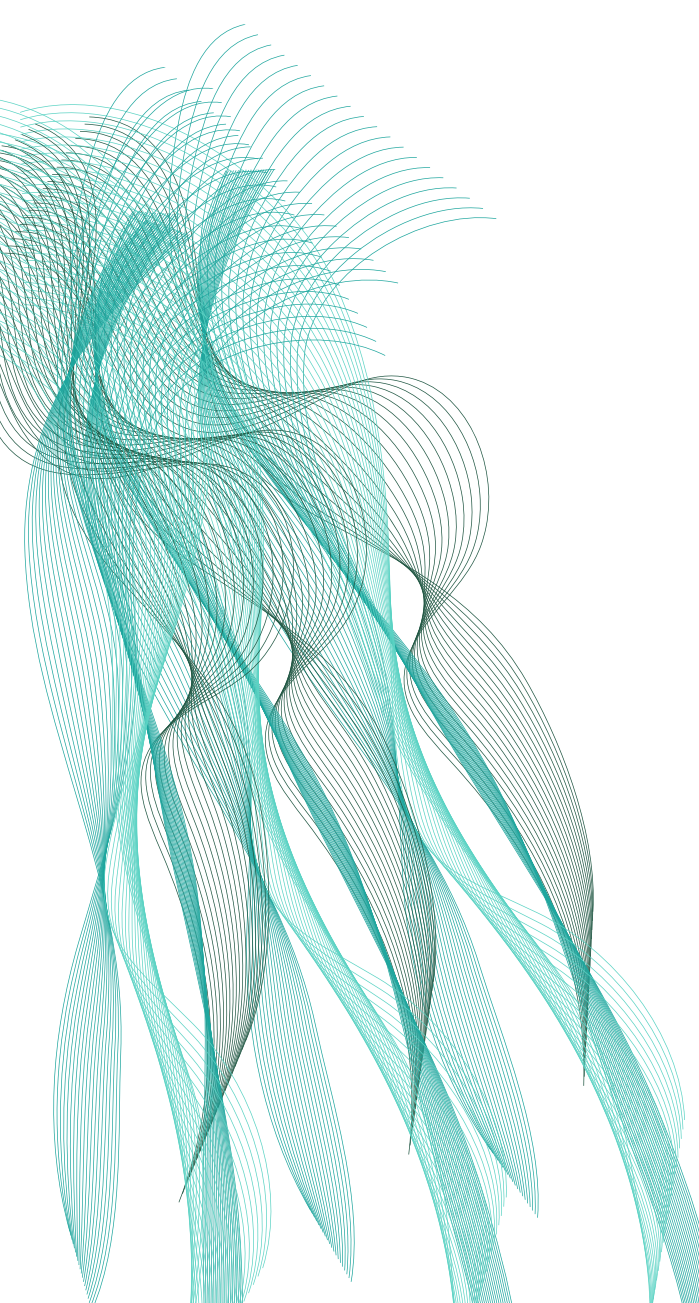
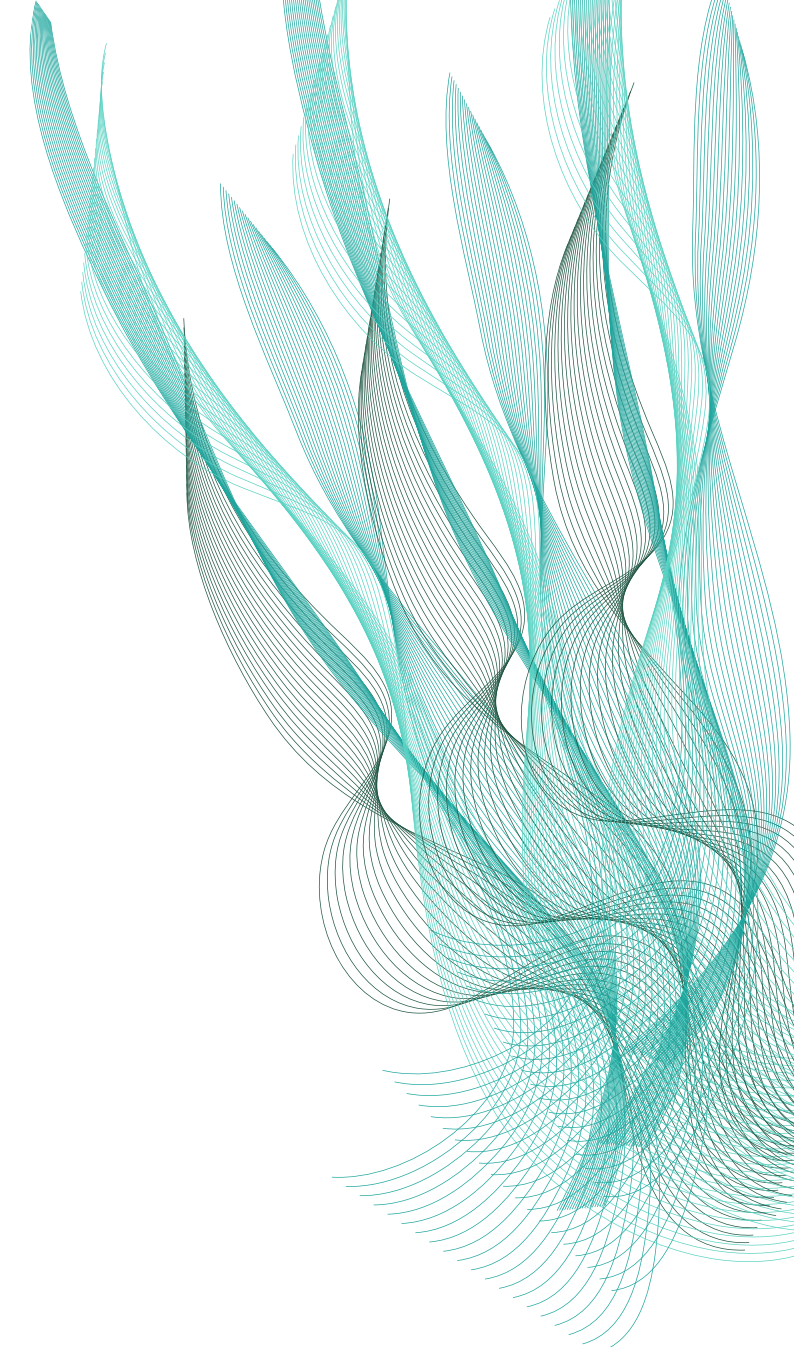
TOO MUCH EARTH

Too much Earth is stubborn, restrictive, inflexible, heavy, lazy, depressed, uncreative, and dull. If you relate to this, reduce Earth by increasing other elements. If Earth is too dominant, it usually means you are lacking in Air, the direct opposite of Earth.

Natural Law states an element cannot be transmuted directly into its opposite, so if you want to increase **Air** to balance your **Earth**, you must first choose to increase either **Fire** or **Water**, depending on which you feel more affinity for, then look at increasing **Air**.

“Look again at that dot. That's here. That's home. That's us. On it everyone you love, everyone you know, everyone you ever heard of, every human being who ever was, lived out their lives. The aggregate of our joy and suffering, thousands of confident religions, ideologies, and economic doctrines, every hunter and forager, every hero and coward, every creator and destroyer of civilization, every king and peasant, every young couple in love, every mother and father, hopeful child, inventor and explorer, every teacher of morals, every corrupt politician, every "superstar," every "supreme leader," every saint and sinner in the history of our species lived there-on a mote of dust suspended in a sunbeam.”

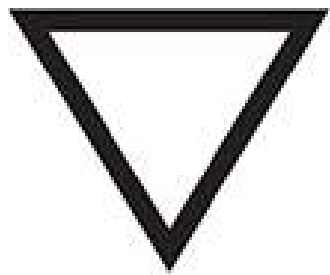
Carl Sagan



WATER

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WATER



Water is symbolic of the fluid, deep, unknowable, renewing power of the emotions. Life-giving water dissolves, washes, cleanses, reflects, and promotes growth. The ocean is vast with unimaginable depths; the river is wide and seemingly calm yet hiding snags and dangers; a clear rock pool may teem with life, Water takes its shape from its container. As a destructive force, it overwhelms and drowns.

Water is feeling and emotional, sensitive, nurturing, compassionate, adaptable, cooperative, going with the flow, passive, tranquil, reflective, introspective, self-aware and intuitive. Water rules the subconscious mind.

TOO MUCH WATER

Too much Water is over-sensitive, self-sacrificial, over-emotional, self-doubting, needy, cowardly, sad and of low self-esteem. If you relate to this, reduce Water by increasing other elements. Also, avoid focusing on your vulnerabilities. If Water is too dominant, it usually means you are lacking in Fire, the direct opposite of Water.

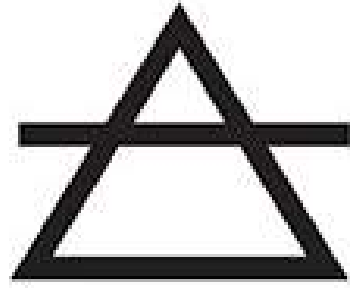
Natural Law states an element cannot be transmuted directly into its opposite, so if you want to increase **Fire** to balance your **Water**, you must first choose to increase either **Air** or **Earth**, depending on which you feel more affinity for, then look at increasing **Fire**.

"The person you love is 72% Water"
Suzanne Cunningham



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AIR



Air, vast and unseen, surrounds everything on Earth. It is subtle, gives warmth and draughts, bubbles up, connects all things, and is changeable like the wind. Air in the form of breath is Life. In many ancient cultures it was thought essential to catch the last breath of a dying person in order to ensure reincarnation. The gesture made by the priestess who performed this ritual became known as the kiss of death". "Inspire" and "expire" are words connected with this element. The Muse who inspires musicians, poets, and other artists was said to materialise out of the air. Air represents the realm of the mind.

Air is wise, intellectual, logical, rational, full of ideas, big picture oriented, inquisitive, light, clear, emotionally in control, communicative, expansive, adventurous, flexible, unconventional, curious and unpredictable.

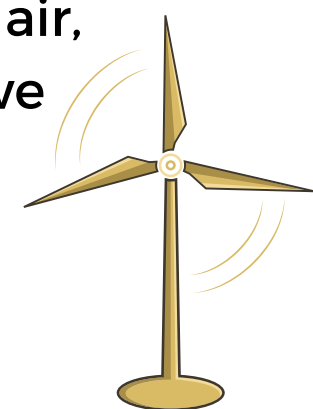
TOO MUCH AIR

Too much Air is idealistic, unrealistic, ungrounded, undependable, impractical, fickle, lost in daydreaming, prone to gossip and deceitful. Ideas fail to get manifested. If you relate to this, reduce Air by increasing other elements. Also, try to create something physical with your own hands. If Air is too dominant, it usually means you are lacking in Earth, the direct opposite of Air.

Natural Law states an element cannot be transmuted directly into its opposite, so if you want to increase **Earth** to balance your **Air**, you must first choose to increase either **Fire** or **Water**, depending on which you feel more affinity for, then look at increasing **Earth**.

“Air is the element most needed by fire. This is why you need open spaces, the wind, and to fly. Because you have fire in you. This is why you look into the sky, why you make wishes, why you tread lightly. You, too, are the air, because inside you there is fire. Why do you think we breathe? Because we are kindling our fires.”

C. JoyBell C.



30 WAYS IN 30 DAYS TO PRACTICE DAILY GRATITUDE

1. SMILE OFTEN

A smile is a simple but powerful gift you can give to yourself and to others. A smile can lift your mood, stimulate your brain to release the happy hormones and boost your immune system. Smile because you're grateful. Be grateful you can smile. Your smile is contagious. Start the ripple effect of gratitude.

2. LOVE YOUR FLAWS

Feelings of being flawed will steal your joy, rob you of your happiness and lower your self-confidence and self-esteem. Love your flaws. Give thanks for your flaws (real or imagined), This clears the pathway to transformation. Your self-worth and self-esteem will soar!

3. BE PRESENT

Spend quality time with yourself, your friends and loved ones without the distractions of modern technology. (texting, social media, cell phone etc.).

4. GIVE GENUINE COMPLIMENTS

If you look hard enough you can find something positive to say about anyone.

5. SHOW YOUR APPRECIATION

Acknowledge the impact others have made in your life. Let them know how much you appreciate them and the specific reason why.

6. EMBRACE YOUR IMPERFECTIONS

Give yourself permission to make mistakes and allow yourself to learn and grow from them.

7. CELEBRATE THE SIMPLE THINGS

It's easy to forget to be thankful for the things you take for granted – your coffee, the ability to brush your teeth, eating, your imagination etc. Choose to be more intentional each day to give thanks for the things you take for granted.

8. HUG YOUR LOVED ONES

Research shows that hugging heals and builds trust. Build stronger connections with the people you are grateful to have in your life by hugging them frequently.

9. JOURNAL

Write in a gratitude journal at the end of every day, even if you don't feel like it.

10. REFRAIN YOUR NEGATIVE EXPERIENCES

There is a lesson to be found in everything. It's your job to find it.

30 WAYS IN 30 DAYS TO PRACTICE DAILY GRATITUDE

11. LISTEN ATTENTIVELY

Listening is caring. Show that you are thankful for your interaction with others giving them your undivided attention.

12. STEP OUT OF YOUR COMFORT ZONE

Make someone's life easier doing something for that person that take's you out of your comfort zone.

13. BE PRESENT

It's not always about winning. Celebrate someone's win, even if you lost.

14. MONEY

Regardless of your current financial health, give thanks for the money you do have. If you're challenged financially, don't focus on lack because you'll attract more of the same. Keep your vibe high.

15. START YOUR DAY WITH A GRATITUDE MINDSET

Create a new habit to give thanks when you open your eyes in the morning. Read what you wrote in your journal when you first wake up. Starting your day with a gratitude mindset lays the foundation for a day of happiness, productivity, higher levels of self-confidence and limitless possibilities.

16. WATCH YOUR WORDS

Words are powerful. They can heal or hurt. They can empower or humiliate. Even when someone makes you angry, take a moment to breathe into the anger before speaking. When you can, sleep on it before you respond.

17. WRITE IT INTO EXISTENCE

Make three lists of the top 5 things you desire. Keep one list next to your bed and read it before you go to sleep. Tape one list either on your refrigerator or next to the bathroom mirror where you can see it. Keep the other one in your wallet or purse and take it out and read it 2-3 times per day. Give thanks each time one of your desires show up and remove it from the list. You can add another desire to your list each time you remove one.

18. SPEAK IT INTO EXISTENCE

Each day, speak about your dreams and aspirations. Give thanks as if they've already been realised. Disconnect from the outcome and miracles will happen.

19. CONSCIOUS GRATITUDE

Make a conscious effort to be grateful for the people and things you take for granted. Your environment. Your world. Be thankful for ALL of your experiences (even the negative ones). It will transform your life.

20. GRATITUDE MEDITATION

A simple 5-minute meditation will help you to see possibilities where you presently see none. They will help you to see positivity even in your darkest days.

30 WAYS IN 30 DAYS TO PRACTICE DAILY GRATITUDE

21. OWN YOUR MISTAKES

Thank your mistakes for being opportunities to learn and grow.

22. ASK FOR FORGIVENESS

It takes courage to ask for forgiveness. Your ego sees forgiveness as a sign of weakness. The opposite is true. Be courageous and ask those you've done wrong to forgive you.

23. FORGIVE OTHERS

Liberate yourself from the shackles of the past to live more fully in the present. Forgive those who have done you wrong. This opens the door for you to live in gratitude.

24. FORGIVE YOURSELF

Self-forgiveness starts with self-acceptance. Accept that humans make mistakes. Accept that your past can't be changed. Accept that you have the opportunity TODAY to create the past you choose to have. Treat yourself with compassion, the way you'd treat your best friend.

25. LOOK IN THE MIRROR

Use a mirror and look into your eyes while repeating 5 or more things you appreciate about yourself. Do this for 30 consecutive days. You'll raise your conscious awareness of who you are and appreciate your uniqueness.

26. BE GENEROUS

Show your appreciation for those who serve you with a generous tip, or take the time to inform upper management about the excellent service that person provided.

27. HEALING THOUGHTS

Send other people healing thoughts and positive vibrations. Find a quiet place and close your eyes for a few minutes or more. Imagine them sharing the good news that their "situation" has changed for the better. Allow yourself to feel excited and appreciative. Open your eyes and give thanks for the positive outcome.

28. GIVE YOUR TIME

Give your time to your favourite organisation or cause. If you love children, visit them in the hospital. If you love animals, volunteer at an animal shelter. If the environment calls to you, research how you can make a difference in your community or the world.

29. SHARE YOUR KNOWLEDGE SKILLS OR TALENTS

Help those (individuals, groups, organisations) who will benefit from the knowledge you have gained, the skills you have learned or the talent you were born with.

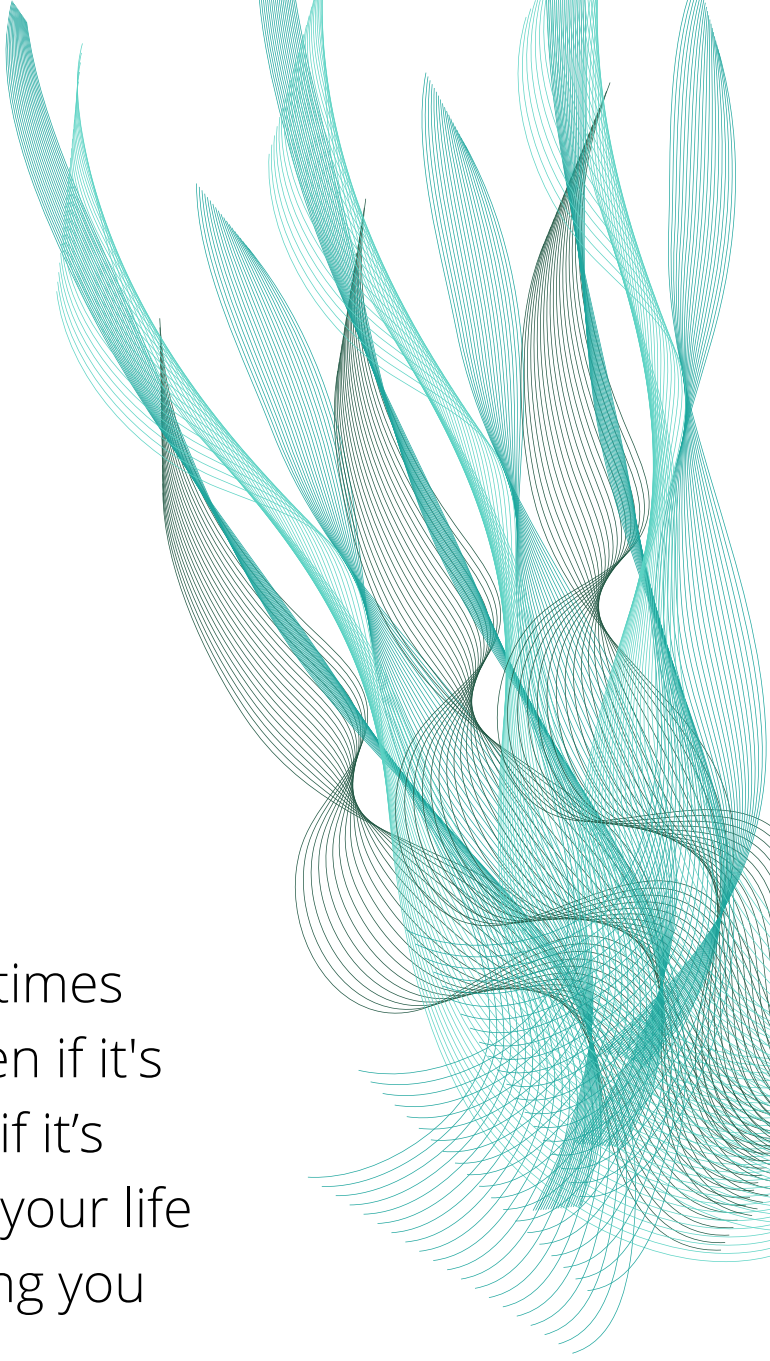
30. THANK YOU

Two words that are powerful enough to bring peace, inspire and motivate others, and release happy hormones. Be intentional in using these words to show your appreciation and create good will. Thank you, opens the door to others and invites them to come in.

DREAMING SESSION



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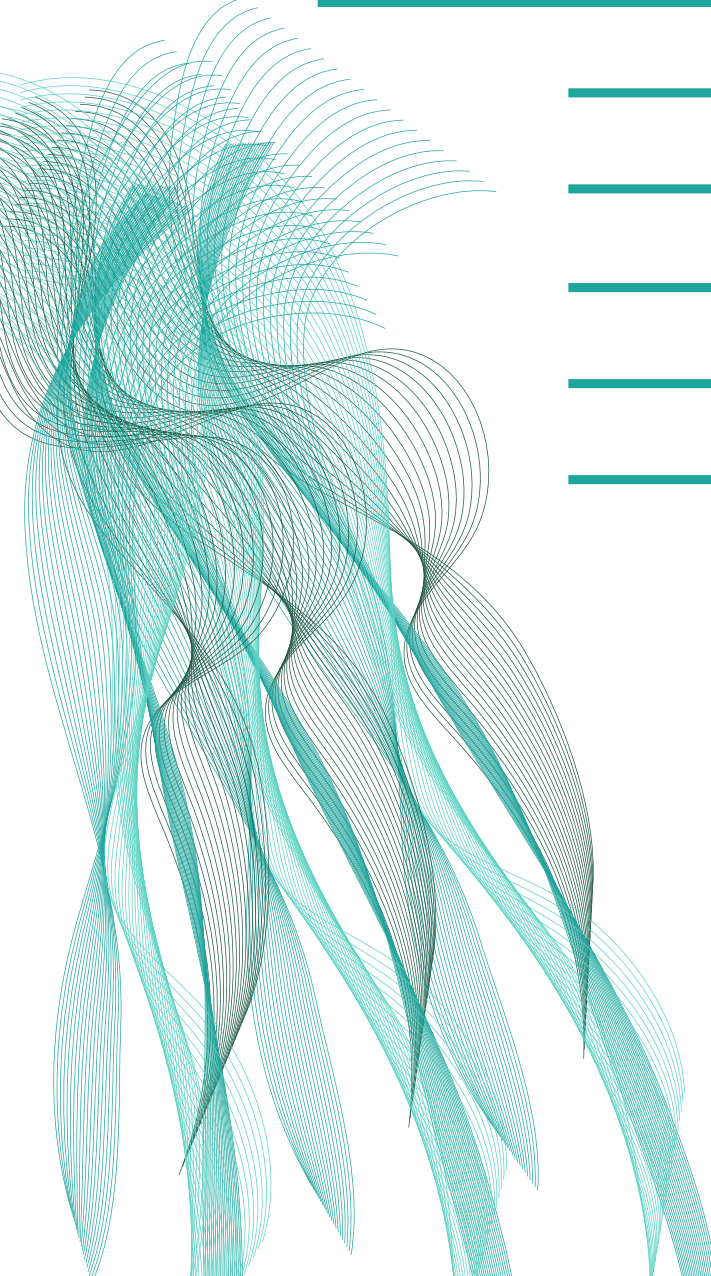


DREAMING SESSION

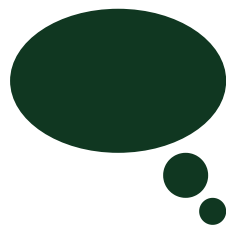
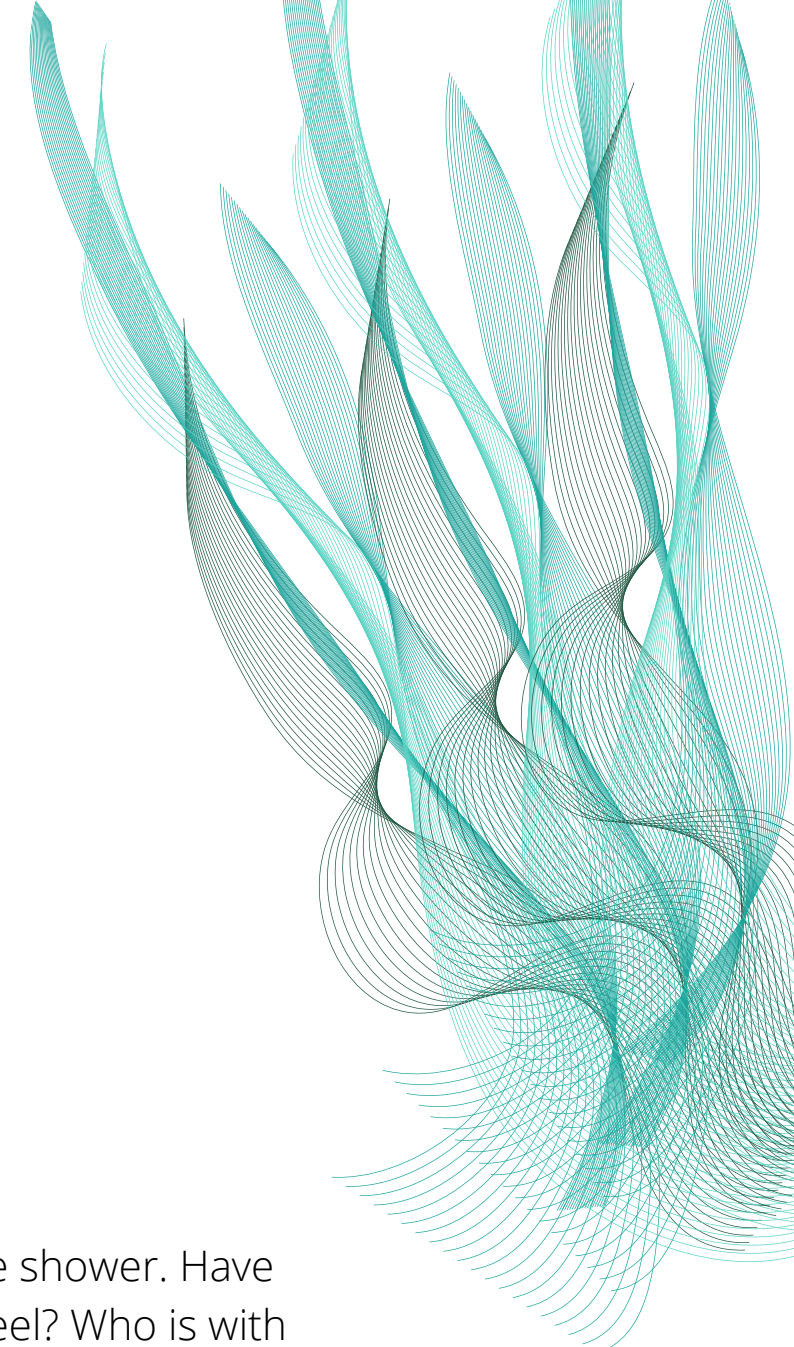
The first step on your journey to reconnect with your dreams is to get dreaming. Sometimes we have so much stuff going on in our head that we cannot focus on any one thing, even if it's what we want. This leaves us feeling all over the place. Take some time right now, even if it's just 5 minutes, to do a dream brain dump. Think about what you want to manifest into your life and write it down below. This doesn't just have to be business dreams, it can be anything you desire. Allow yourself to just have fun and write down whatever you want.

I CAN AND I WILL. JUST WATCH ME.

While it's incredibly important to constantly stretch your mind, work your imagination muscles and dream big, getting out of the funk and into the flow will only happen when you take the right action, consistently... day in, day out. We've created a daily success routine to help you take right action every day over the next 30 days. This is how pure possibility becomes pure probability.



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MORNING VISUALISATION

Spend at least 5-10 minutes vividly visualising one of your dreams. You can even do this in the shower. Have fun with it. Get lost in your imagination. What can you see? What can you hear? How do you feel? Who is with you? What are you wearing? What are you doing? Transurf the realities to pick out your best and brightest future possibilities.



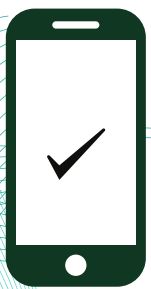
SET INTENTIONS

You program the field of existence when you state clearly what you want out of the day ahead. The day is a smorgasbord of experiences. Which ones would you like to savour? What are your top goals for the day? What do you want to accomplish today? If you can't think of anything, simply state "It's going to be a great day - yay!" That's enough to program the space for happiness.



SELF DEVELOPMENT

Whether it's an inspiring video on YouTube, listening to a podcast, reading a blog post, or a chapter of a book... learning something everyday that expands you adds up over time. There is only one investment that will never go down - the investment in yourself.



TAKE ACTION

Discipline yourself to do what you need to do today. To help you with this, set a reminder in your phone to go over every hour or at points throughout the day to remind you to check in with yourself. Take a moment and think about how your day is going, what you've been focusing on and adjust accordingly



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MOVE YOUR BODY

Get your body moving, it will help you get back in the flow. Even if you just stand up and dance around for 5 minutes... do it. Move your body and get your heart pumping



HAVE FUN

It's easy to get caught up in task-mode. Take a moment to get intentional about how you're going to have fun and feel good. Having fun and feeling good is transformational, so make it a part of every single day. Something as simple as stepping out into nature and greeting the birds and the trees can be a great reset. What will you do today to have some fun?



QUIET TIME

Spend at least 5-10 minutes having some quiet time. Go outside or in a quiet space and focus on your breath. Breathe in deeply, relax. Be in the moment. Pay attention to your heart beating, notice how your hands and fingers feel - tune in with yourself.



BE GRATEFUL

Discipline yourself to do what you need to do today. To help you with this, set a reminder in your phone to go over every hour or at points throughout the day to remind you to check in with yourself. Take a moment and think about how your day is going, what you've been focusing on and adjust accordingly



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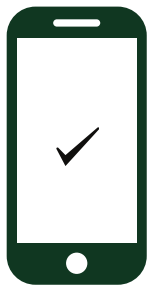
MORNING VISUALISATION



SET INTENTIONS



SELF DEVELOPMENT



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MOVE YOUR BODY



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QUIET TIME



BE GRATEFUL



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You've got this!
Team Pure Element 5

