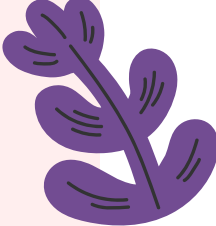


8 Habits 8 Weeks

Part 3: The Power of the Prayer Pause



The Prayer Pause: Take a few minutes before each meal to say a little prayer or express gratitude. It doesn't have to be formal or lengthy – just a moment to appreciate the food in front of you.

Skeptics, Listen up: If you're raising an eyebrow, no worries! We're making this assignment flexible. For the first week, skip the prayer. Pay attention to your mood, your vibe – the whole deal. Note how you feel.

Flip the switch: Now, here comes the fun part. For the upcoming week, add those quick prayers before each meal. Notice any changes? Feel the difference in your overall well-being.

Reflect Daily: Stick with it for at least 21 days. Consistency is key! Feel free to share your progress in the comments after each session.

Share Your Journey: At the end of the week, share your experiences and any exciting discoveries with the community. You can comment on my video and use the hashtag. *#boredomtof*

"Remember, in the dance of life, gratitude is the rhythm that turns ordinary moments into extraordinary memories." ✨

