



Mind Alchemy Day 24 - Reciprocity

Think of 7 ways you can help someone over the course of the coming week and start to take action on all 7 points. Once you've completed each step, write down how it made you feel.

1.
How did you feel afterward?
2.
How did you feel afterward?
3.
How did you feel afterward?
4.
How did you feel afterward?
5.
How did you feel afterward?
6.
How did you feel afterward?
7.
How did you feel afterward?

