



MY 30-DAY Elemental Challenge

A Companion to Lesson 12



For the next 30 days, connect with each element every day in a meaningful way.
Use the ideas from Lesson 12 as inspiration, or create your own.
Track your journey below and notice how the elements support your life.



EARTH

Grounding,
stability,
nourishment



AIR

Clarity,
communication,
breath



FIRE

Energy, passion,
transformation



WATER

Emotions,
intuition,
flow



SPIRIT

Connection,
purpose,
inner wisdom

Each day, check the box when you intentionally work with or honor that element.

☐ Earth

☐ Air

☐ Fire

☐ Water

☐ Spirit

1 ☐ ☐ ☐ ☐ ☐	2 ☐ ☐ ☐ ☐ ☐	3 ☐ ☐ ☐ ☐ ☐	4 ☐ ☐ ☐ ☐ ☐	5 ☐ ☐ ☐ ☐ ☐
6 ☐ ☐ ☐ ☐ ☐	7 ☐ ☐ ☐ ☐ ☐	8 ☐ ☐ ☐ ☐ ☐	9 ☐ ☐ ☐ ☐ ☐	10 ☐ ☐ ☐ ☐ ☐
11 ☐ ☐ ☐ ☐ ☐	12 ☐ ☐ ☐ ☐ ☐	13 ☐ ☐ ☐ ☐ ☐	14 ☐ ☐ ☐ ☐ ☐	15 ☐ ☐ ☐ ☐ ☐
16 ☐ ☐ ☐ ☐ ☐	17 ☐ ☐ ☐ ☐ ☐	18 ☐ ☐ ☐ ☐ ☐	19 ☐ ☐ ☐ ☐ ☐	20 ☐ ☐ ☐ ☐ ☐
21 ☐ ☐ ☐ ☐ ☐	22 ☐ ☐ ☐ ☐ ☐	23 ☐ ☐ ☐ ☐ ☐	24 ☐ ☐ ☐ ☐ ☐	25 ☐ ☐ ☐ ☐ ☐
26 ☐ ☐ ☐ ☐ ☐	27 ☐ ☐ ☐ ☐ ☐	28 ☐ ☐ ☐ ☐ ☐	29 ☐ ☐ ☐ ☐ ☐	30 ☐ ☐ ☐ ☐ ☐

MY INTENTION FOR THIS CHALLENGE:

REFLECTIONS:

When you live in harmony with the elements,
you live in harmony with yourself and the world around you.



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MY DAILY PRACTICES

Choose one simple practice for each element
and commit to it for the next 30 days.

Write the five daily practices you will focus on during this challenge.



EARTH

My daily practice: _____



AIR

My daily practice: _____



FIRE

My daily practice: _____



WATER

My daily practice: _____



SPIRIT

My daily practice: _____

*Small actions, rooted in intention,
create lasting transformation.*





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WEEKLY REFLECTIONS

Take time each week to pause, reflect, and honor your journey.
Use these prompts to help you grow with the elements.

WEEK 1



What went well?



What was difficult?



Which element felt strongest?



What did I learn this week?

WEEK 2



What went well?



What was difficult?



Which element felt strongest?



What did I learn this week?

WEEK 3



What went well?



What was difficult?



Which element felt strongest?



What did I learn this week?

WEEK 4



What went well?



What was difficult?



Which element felt strongest?



What did I learn this week?



Through reflection, we deepen our connection.
Through awareness, we grow.



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MY COMMITMENT



For the next thirty days,
I will intentionally walk with the elements.
I understand that growth comes
through practice rather than perfection,
and I will approach this journey with
curiosity, patience, and gratitude.



SIGNATURE: _____



DATE: _____

