



“SMALL SACRED MOMENTS” **CHALLENGE**



BY LM MAGAZINE



“Small Sacred Moments” Challenge

A gentle, no-pressure challenge for a busy month. This month is already full — gatherings, emotions, expectations, memories, and busyness.

So this challenge is intentionally simple, flexible, and soothing, not something that adds stress.

Every day in December, choose ONE small spiritual touchpoint from this list. Just one.

Some days it will take 10 seconds. That’s the point.



Your Small Sacred Moments Menu

Pick one each day:

- Take three deep, intentional breaths
- Light a candle for one minute and sit with it
- Step outside and look at the sky
- Place your hand on your heart and say: "I'm here"
- Repeat one simple affirmation (you'll include 10 options in the magazine)
- Do a 1-minute stretch
- Make your tea or coffee slowly
- Listen to one song that makes you feel calm
- Write or whisper one thing you're grateful for
- Sit in silence for 30 seconds



No tracking.

No pressure.

Just one tiny moment of connection each day.

By the end of the month, you'll notice:

You feel more grounded.

Your mind feels clearer.

You respond differently.

You breathe differently.

And you trust yourself a little more deeply.

Happy
holidays

Congratulations!

