

77 days to the Peak

Use this table to formulate your strategy & then consciously monitor your journey by leaving notes & ticking days off. It takes on average 2 months to form new habits so the idea is you stay accountable to your table, dedicated to your strategy & Conscious of your days of light which is day-by-day re-positioning your soul to the light out of darkness.

1 VALLEY	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	31	32	33	34	35
36	37	38	39	40	41	42
43	44	45	46	47	48	49
50	51	52	53	54	55	56
57	58	59	60	61	62	63
64	65	66	67	68	69	70
71	72	73	74	75	76	77 PEAK

