

Ways to participate in #30DaysofGoddess without making a book and without writing/drawing anything

1. Watch the tiny daily videos and hold the prompt word in your heart during the day.
2. Write the prompt word on a piece of paper and keep it in your pocket or by your desk.
3. Pick an oracle card every day (any deck, but Goddess-themed especially!)
4. Light a candle and read a prayer, or just sit quietly.
5. Read one of the prayer cards aloud or silently, or read a selection from *Whole and Holy*.
6. Print out the sets of companion practice decks and choose from them each day. You might also choose to recombine them and glue them down in a prayerbook.
7. Offer a body prayer as soon as you get out of bed (arms open to sky, swoop down to touch ground, return to your heart).
8. Offer three breaths or a body blessing for ordinary transitions (one hand to forehead, then to heart, then to belly).
9. Ink a Womanrunes symbol on your wrist.
10. Memorize a super short prayer and say it in the morning before getting up, or even silently in your mind while brushing your teeth.
11. Wear a special piece of jewelry or carry a Goddess in your pocket and touch it briefly each time you transition between activities (a tiny mindfulness touchstone of connection).
12. Place a hand on your heart and say something like: "I am whole and holy." "I am enough." "I am grateful." "Goddess guide me." Or, any other short reminder, statement, or phrase that makes you feel connected.
13. Read one page of an inspirational book every day.
14. Sing or chant or listen to a song.
15. Dab a bit of ritual oil or water on your forehead and wrists.
16. Take a photo every day--either related to the theme word, or of a goddess, or a selfie.

Choose one practice above and do it daily for 30 Days. OR, mix-and-match to create your own most nourishing simple daily practice. OR, treat this list like a "blessing basket" and pick an assortment of elements out in what combination suits you best on whichever day.