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Virgo SEASON:

5 DAY CHALLENGE: Judgment Detox Challenge

Everyone judges. Everyone judges all of the time. Just like everyone has an ego. And everyone has unconscious patterns and habits that hold them back from happiness and peace. This challenge is inspired by the Virgo season theme of discernment, judgment, and criticism. This is an opportunity to shine light on the fear and separation behind judgmental thoughts and behavior. It's not about eliminating judgment (a normal and natural part of being human), but about bringing awareness to how it is holding us back from more love and connection to ourselves and others.

****Know the difference between discerning preferences and judgmental criticism. (ie I prefer the color blue over red versus red is such an obnoxious color, why would anybody choose it?)**

5 Days to Bring Awareness & Compassion to Your Judgmental Self

For 5 consecutive days write down at least 10 things per day that you find yourself judging/criticizing/condemning and ask yourself:

What or who am I judging?

How does it make me feel?

How do I feel justified in my judgment?

When in my life have I felt judged in the same way?

Day 1 Judgments:

Day 2 Judgments:

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Day 3 Judgments:

Day 4 Judgments:

Day 5 Judgments:

