



# **100-Days, ANCIENT SECRETS**

## **WEEK 1: CHALLENGE ACTIVITY**

### **CASE STUDY - YOU (Part 1) "What do You Want?"** **BASIC**

One of the most important questions Dr. Naram would ask everyone is: "What Do You Want?"

This challenge activity will give you clarity on one thing you want for yourself during these 100-days, which you can use as an experiment of applying the Ancient Secrets to yourself. This Basic version of the challenge assignment should be fairly easy to complete and will benefit you as your progress in the 100-Days.

#### **\*\*GOALS/PURPOSE\*\***

- Increase your capacity as a healer (e.g. power of focus/awareness/observation, by observing in yourself what works).
- Increase your confidence in understanding what are the principles and processes of Siddha-Veda healing.
- Give you a personal powerful experience of the 'fruit' or results (joy & satisfaction) that come from discipline to stay with the processes long enough to see tangible results.
- Help you to know how to document and share your own healing stories, in a way that can touch, move, and inspire others.

#### **\*\*DESCRIPTION of PROJECT\*\***

- You will choose one condition or challenge (physical, mental, or emotional) that you want to track in yourself over the period of this 100-Day course.
- You will learn and experiment with different processes of Siddha-Veda healing in relation to the condition you have chosen.
- You will experience your own capacity as both a healer (KNOW-DO-BE, "healer, first heal thyself") and as a patient ("It takes patience to heal self and others").
- You will document your journey and the results and learn how to share your healing story in a way that can help touch, move, and inspire others.



## **CHALLENGE ACTIVITY: CASE STUDY - YOU (Part 1) “What do You Want?”**

### **BASIC**

If you haven't booked your appointment with one of the Ayushakti doctors yet, please reflect on the question below and decide on the ONE AREA you mostly want to focus on during the 100-day course.

#### ***REFLECT:***

A) What are some of the chronic or acute conditions or challenges you face in your own life (physical, mental, or emotional)? List all that you can think of here:  
(e.g., skin challenge, high blood pressures, hair loss, depression, diabetes, memory capacity, healthy weight loss, etc.)

B) What is ONE AREA that you mostly want to focus on seeing improvement for during the process of this course?

C) You will be working on this area you chose for the entire 100-days, applying the ancient secrets, and reporting on your results at the end of the course.

#### ***ACTION:***

1) Book your consultation with an Ayushakti doctor ASAP.

*You can book your consultation through this link: <https://www.ayushaktiusa.com/campaign/doctor-clint>*

When is your appointment scheduled for? \_\_\_\_\_ (DD/MM/YY)

2) Submit your Challenge Activity / Quiz for this week **(by Thursday at midnight Pacific time)**.