

21 Day Challenge

TO SELF LOVE AND DIVINITY

It is a proven fact that it takes 21 days to create a habit.

It is also a fact that with self love, life and situations will always work out for your highest good.

I challenge you to join me on this journey of SELF LOVE and DIVINITY.

The first step is in making a commitment to you that you will dedicate 5 minutes each day and pour into your soul in order to discover the Divergent Divinity waiting inside of you all along.



****GRATITUDE LIST (EVERYDAY)**

MIRROR EXERCISE: SIT FOR 2-5 MINS

MIRROR CHALLENGE: I LOVE YOU, ALL DAY

"...AND THATS FOR ME." - ALL DAY

5 MINUTE MEDITATIVE WALK TO RELEASE

5 MINUTE MEDITATIVE WALK TO RECEIVE

MIRROR EXERCISE: SIT FOR 2-5 MINS

WAKE UP AND GO TO SLEEP WITH ABUNCANCE MINDSET

MEDITATE - SIT/LAY WITH SELF FOR 2-5 MINUTES, BOX BREATHS

MINDFULNESS - 1 TASK

AWARENESS DAY - THANK CREATOR FOR MAGICAL MOMENTS

MIRROR EXERCISE: SIT FOR 2-5 MINS

MENTAL DIET - CHECK NEGATIVE THOUGHTS

MIRROR CHALLENGE: I LOVE YOU, ALL DAY

MINDFULNESS - 1 HOUR

THANK YOU STEPS - ALL DAY

MIRROR EXERCISE: SIT FOR 2-5 MINS

MENTAL DIET - CHECK NEGATIVE THOUGHTS

MEDITATE - SIT/LAY WITH SELF FOR 2-5 MINUTES, BOX BREATHS

CREATE DAY - WATCH THE MAGIC HAPPEN

MINDFULNESS - 1 HOUR