

21 day challenge

Week 1

Cultivating self compassion

- Day 1:** Write a letter to yourself as if you were a supportive friend, addressing recent challenges and mistakes with kindness.
- Day 2:** Start the day with a self-compassionate affirmation.
- Day 3:** Spend 10 minutes practicing mindfulness. Focus on your breath and observe your thoughts without judgement.
- Day 4:** Replace negative thoughts and self-criticism with a kind, positive statement.
- Day 5:** Reflect on a recent experience where you felt disappointed or frustrated. Write about it in your journal, focusing on self-compassion.
- Day 6:** Remind yourself that everyone makes mistakes.
- Day 7:** Take a restful day to recharge. Spend some time to reflect on the past week and how self-compassion has impacted your mindset.



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Week 2

Building confidence

- Day 8:** List three things you are good at or three qualities you love about yourself. Reflect on how these have helped you in your life.
- Day 9:** Step out of your comfort zone today and do something that challenges you.
- Day 10:** Spend a few minutes visualizing a goal you want to achieve. Picture your confident-self succeeding and reflect how it feels.
- Day 11:** Pay to attention to your inner dialogue today and replace any negative statements with positive self-talk.
- Day 12:** Wear something that makes you feel confident and good about yourself and wear it proudly.
- Day 13:** Reflect on your growth throughout the past two weeks and acknowledge the small wins and progress you've made.
- Day 14:** Create a plan to continue boosting your confidence.

