

The 21 Day
INNER SUN
Confidence Challenge

A WORKBOOK TO UNLOCK SUCCESS FROM WITHIN

Welcome to the 21-Day Inner Sun Confidence Challenge

Unlock the success that's already within you! This challenge is designed to guide you through a transformative journey of confidence-building, combining spiritual practices and actionable exercises. Your Inner Sun is a source of limitless power—let's harness it to boost your confidence and manifest your dreams.

How the Workbook is Designed

This workbook is divided into several key sections to help you unlock your full potential. We start with **5 Mystical Musings**, empowering journal prompts to center your thoughts and set the stage for deeper subconscious work. Then, you'll move on to the **Inner Sun Mandala Coloring Page**, a calming exercise to do while listening to affirmations that reinforce your confidence and focus. Following that is a list of **Confidence Boosting Exercises** that are simple yet effective in elevating your sense of self. Finally, you'll track your progress with the **21-Day Confidence Tracking Journal**, where you'll complete a 5 minute daily journal to reflect on your growth.

How to Use the Workbook

1. **Start with the Mystical Musings and Inner Sun Mandala Coloring Page:** Take a full day to complete the 5 journal prompts and the coloring page. This step serves as your initiation into the 21-day journey, setting the tone for the transformation ahead. As you color, listen to your affirmations to create a strong, centered foundation for the work to come.
2. **Begin the 21-Day Confidence Tracking Journal:** After your initiation, embark on the 21-day journey, using the Confidence Boosting Exercises and daily tracking pages to build evidence of your most empowered self.

Mystical Musings for SUCCESS

5 EMPOWERING JOURNAL PROMPTS

Identify Your Inner Strengths

What are three qualities or talents you possess that make you feel powerful and confident? How can you use them to manifest your goals?

[illegible]

Reflect on Past Successes

Write about a time when you overcame a challenge or achieved a goal. How did that experience prove your strength and resilience? How can you carry that energy forward into your current manifestations?

This image shows a full page of white paper with horizontal dashed lines. The lines are evenly spaced and run across the width of the page, providing a guide for handwriting practice. There are no margins, text, or other markings on the page.

Visualize Your Highest Self

Imagine your most confident, successful self. How does this version of you act, think, and feel? Describe this vision in detail and how you can embody this energy today.

[illegible]

Affirm Your Worthiness

What makes you worthy of success, love, and abundance? List five reasons why you deserve to manifest your deepest desires.

[illegible]

Reframe Limiting Beliefs

Identify one limiting belief that holds you back from feeling confident. How can you reframe this belief into a positive affirmation? Write down the new belief and repeat it daily.

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THE INNER SUN

Mandala Coloring Page

A TRANSFORMATIVE INITIATION

The Inner Sun Mandala Coloring Page

The mandala on the following page is designed to represent the energy of your Inner Sun. As you fill in the intricate patterns, you are symbolically awakening the radiant power within you. While you color, **listen to the accompanying affirmations** to enter a calming, hypnotic state that enhances your manifesting focus.

Why combine affirmations with coloring?

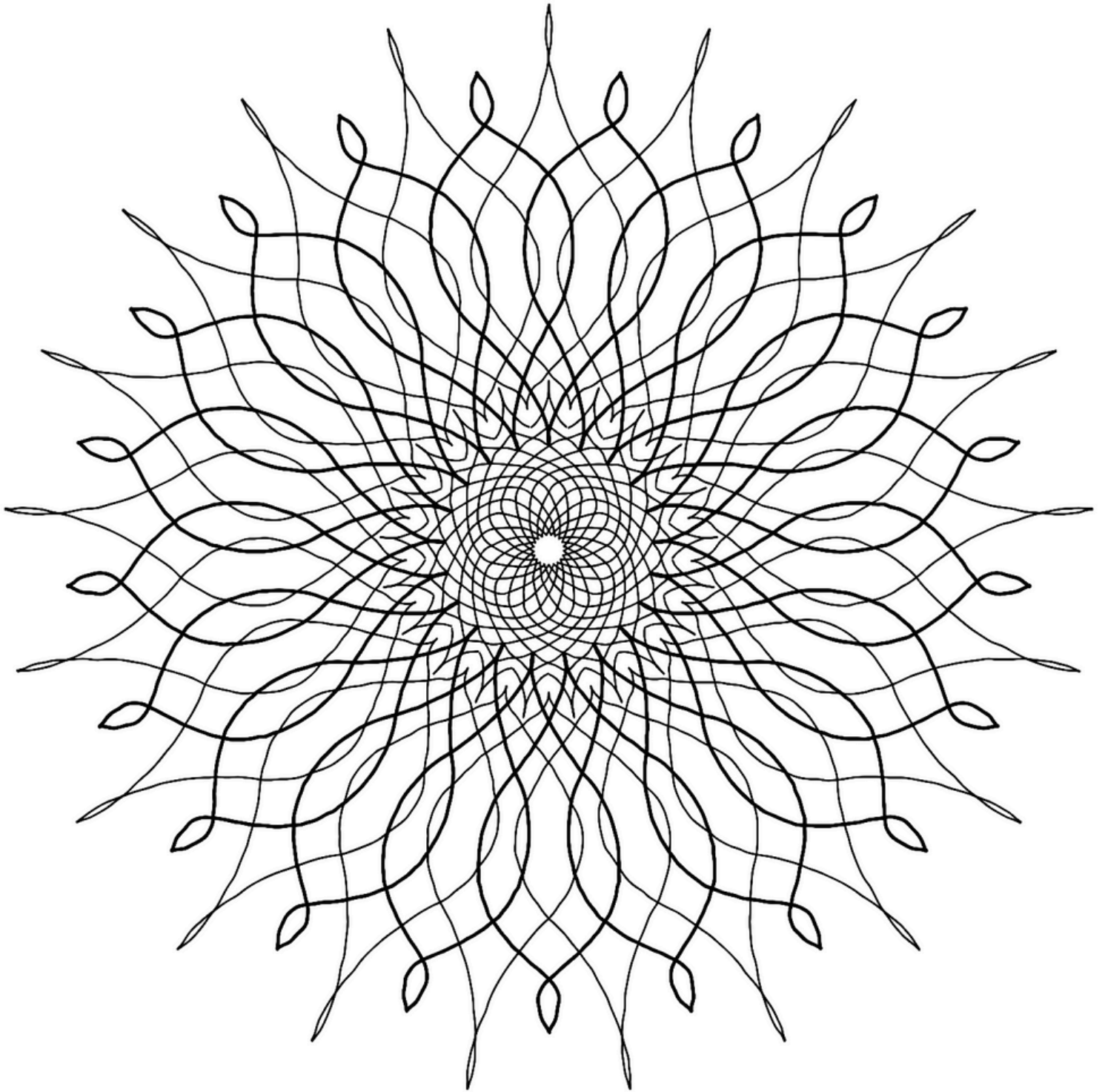
Engaging in a creative activity like coloring while listening to affirmations allows you to connect more deeply with the positive messages. This dual focus quiets the mind and opens a space for the affirmations to be absorbed on a subconscious level. The repetitive nature of coloring helps to relax the mind, making you more receptive to the affirmations and reinforcing the belief that you can manifest your desires with ease.

This practice is not only soothing but also transformative. Each stroke of color represents your alignment with the energy of your Inner Sun, strengthening your confidence and clarity as you manifest your dreams. Allow this time to be a sacred ritual that anchors you in positivity and empowers your manifestation journey.

Directions

Before beginning this exercise, complete your Mystical Musings journal prompts to center your thoughts. Then, create a calm, sacred space—light candles, use aromatherapy, and surround yourself with empowering crystals. Once you're settled, cue up the affirmations track (downloadable included with this workbook) and get to coloring!

THE INNER SUN



Mandala Coloring Page

CONFIDENCE

Boosting Exercises

7 EMPOWERING ACTIVITIES

1. Daily Mirror Affirmations

How to Practice: Each morning, stand in front of a mirror and repeat three affirmations that empower you. Look yourself in the eyes as you say them, and feel the confidence radiate from within. This exercise is meant to help you start your day with self-assurance.

Tip: I like to do this during my morning skincare routine. I recommend incorporating your affirmation from the Reframing Limiting Beliefs journal prompt.

2. Power Pose

How to Practice: Spend two minutes a day in a power pose (e.g., standing tall with hands on hips or raising your arms like a champion) while visualizing yourself successfully achieving your goals. I call this tapping into your inner Wonder Woman (or superhero of choice), because it will make you feel unstoppable.

3. Gratitude and Strengths Journal

How to Practice: At the end of each day, write down three things you are grateful for and three things you did well. Reflect on your strengths and give yourself credit for even the smallest wins. This exercise reinforces your confidence by focusing on your successes and abilities.

4. Positive Self Talk Challenge

How to Practice: For one week, commit to replacing any negative self-talk with positive affirmations. Each time you catch yourself thinking a negative thought, take authority over your inner critic by acknowledging it and then reassigning its task to something constructive, like reminding you of your strengths. Track your progress and notice how this shift impacts your confidence.

5. Celebrate Small Wins Ritual

How to Practice: Develop a simple ritual for celebrating your small wins. This could be treating yourself to something you enjoy, taking a moment to acknowledge your achievement, or sharing your accomplishment with a supportive loved one. Regularly celebrating your wins reinforces your confidence and motivates you to keep moving forward.

Tip: Celebrating your applied effort and commitment to showing up is just as crucial, if not more so, than focusing on the results. Remember to acknowledge and include those moments in your wins, as they reflect your perseverance and dedication.

6. Power Playlist

How to Practice: Create a playlist of songs that make you feel powerful and unstoppable. Listen to this playlist

whenever you need a confidence boost, whether it's before a big event or to start your day on a strong note. Music has the power to elevate your mood and increase your sense of self-assurance.

7. Confidence Anchoring

How to Practice: Choose a physical gesture (e.g., touching a bracelet, clenching your fist) that you associate with confidence, or use a crystal as a touchstone to anchor your energy. Repeat your power gesture or carry your power gem during moments of doubt, mentally anchoring yourself in a confident state. Over time, this will create a powerful trigger to instantly boost your confidence.

Tip: I like to wear a small carnelian pendant necklace when going into environments where I have to confidently represent my business ventures, and I keep a double terminated citrine crystal by my workspace.

These exercises are designed to help you build and maintain confidence, empowering you to take bold action toward your manifestations.

Try to do at least one Confidence Boosting Exercise a day over the next 21 days.

Your 21 Day
CONFIDENCE
Tracking Journal
A 5 MINUTE DAILY JOURNAL CHALLENGE

Introduction

Welcome to your 21-Day Confidence Tracking Journal! Over the next three weeks, you'll embark on a journey to boost your confidence, strengthen your self-belief, and align with your highest potential. This journal is designed to help you reflect on your daily achievements, cultivate positive self-talk, and celebrate your progress— five minutes a day, one day at a time.

Why 21 Days?

Research shows that it takes about 21 days to form a habit. By committing to this journal for the next three weeks, you're creating a powerful routine that reinforces your confidence and shifts your mindset toward success. This daily practice will help you track your growth, recognize your strengths, and build a foundation of self-assurance that supports your manifestation journey.

Each day, you'll spend just five minutes reflecting on your progress. This small but consistent effort will accumulate over time, leading to lasting changes in how you see yourself and your abilities. By the end of the 21 days, you'll have a tangible record of your growth.

Let this journal be your guide as you harness the power of your Inner Sun and step into your most confident self. Remember, confidence is a muscle that grows with practice, and you're about to give it the daily attention it deserves.

Ready to shine? Let's go!

Date: 11/11

Rate your confidence today:

1 $\longleftrightarrow$ X $\longrightarrow$ 10

Today's Achievement

List one thing you did well today:

Today I did a deep clean of the house, which I had been putting off. Once I got started, I got into a flow. I was only going to do the kitchen, but listening to my Power Playlist really amped me up, so I kept going!

Inner Sundial

Just as a sundial reveals time with sunlight, guiding synchronicities are revealed when in alignment with your Inner Sun. List 3 you noticed:

- 1. I noticed 11:11 on the stove clock just as I started cleaning the stove*
- 2. bestie messaged me an inspiring quote right when I was feeling low*
- 3. a pre-ordered book arrived exactly when I finished cleaning!*

Growth Mindset

What did you do today that challenged you, and how did it help you grow?

I took the car to the mechanic and found out more repairs would be needed - way more than I anticipated. At first I was upset, because this feels like more money down the drain. Then I realized how grateful I am that I can actually afford the repairs. In the past, I'd have to pick and choose what seemed the most urgent, but I'm not on that struggle bus anymore. After this mindset shift, I was able to negotiate a payment plan, and they were kind enough to throw in an oil change at no extra charge!

3-Step Inner Sun Activation ☒

Listened to Affirmations ☒

Confidence Boosting Exercise ☒

YOU DID IT!

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