

BELIEVE IN YOU #BEYU

Twenty One Day Challenge

INVITING YOU TO LEARN, PLAY AND EXPRESS YOUR INFINITE ABILITIES. LET YOURSELF SHINE & TRUST YOU'VE GOT THIS!

SHARE YOUR PROGRESS ON SOCIAL MEDIA AND INSPIRE OTHERS
@kirstenrockk

1

Write 5 qualities you like about yourself

2

Create a playlist that makes you feel happy

3

Tidy your space – your room; unused apps or your camera roll

4

Listen to a song from when you were 13 that makes you sing & dance

5

Write 10 things that you're grateful for

6

Choose an outfit that makes you feel confident

7

Take a 1 minute video that introduces who you are

8

Ask for help or advice for something you've been putting off

9

Create a Pinterest board of your future

10

Count how many times you smile during the day

11

Face a fear

12

Leave your mobile in another room before going to sleep

13

Make your own affirmation starting with "I am"

14

Write a letter to your future self

15

Close your eyes for 5 minutes and focus on your breathing

16

Sweat it out! Choose an exercise you love and give it your all for 15 minutes

17

Choose an inspiring podcast and listen for 10 minutes

18

Tell someone you forgive them, if they hurt you in the past (this can also be yourself)

19

Do a random act of kindness

20

Wake up early and catch the sunrise

21

Reward yourself for completing this challenge!



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OWN YOUR STORY | THE HERO WITHIN