

21 Day Self Love and Release Challenge

Welcome to the **21 Day Self-Love and Release Challenge**, a three-week challenge designed to combine everything learned in the **Realizing What to Release** section of the interactive guide for the **Revolutionize Your Life: Life Design Program**.

Steps for completing the challenge:

Step 1: Start the challenge by doing one of the release exercises each week.

Week One: Complete the **Exercise for Processing and Releasing Suppressed Emotions**.

Week Two: Complete the **Forgiveness Exercise**.

Week Three: Complete the **Self-Forgiveness Exercise**.

Each exercise starts by asking you to create a list of suppressed emotions, people to forgive, and things to forgive yourself for. I have included list trackers for each of the exercises at the end of this challenge guide. You do not need to complete every item on each list. Pick one or several to focus on.

Step 2: Each week, pick one item on your bumper list that you feel ready to start releasing from your life and start implementing the resolution you had written down.

Step 3: Complete a self-love exercise routine every day of this challenge. I outlined an example routine below that you can complete in as little as three minutes daily. All you need is a handheld mirror (or a mirror you can sit in front of) and a timer (preferably one with a vibrate only or gentle chime option). It is preferable to say the phrases in the routine out loud, but if that is not possible for you telling them to yourself also works.

Self-Love Exercise Routine

Sitting in front of or using a handheld mirror, look in the mirror and say, "I love you (your name) I really, really love you!" Continue with another 30+ seconds of self-love mirror talk. You can say positive affirmations (ex. I am healthy, I am intelligent, I am grateful, I am beautiful or handsome, I am abundant, I am confident, I love my life, I love eating healthy and exercising).

Next, while still looking in the mirror, complete the Ho'oponopono phrases "I am sorry, please forgive me, thank you, I love you," 10+ times.

Finally, spend the remaining 90 seconds (or if you have more time, 5-7 minutes) practicing deep breathing and saying "I love myself" on any inhale while releasing any negative thoughts on the exhale. The mirror is not necessary for this exercise.

I understand that you may feel a little uncomfortable or even a little silly at first completing this routine, but please don't allow that to stop you. This routine can profoundly transform you if you allow it to do so.

When completing this challenge, it is important not to just blindly go through the motions. For you to have real transformational success with this challenge, fully embody and feel what you are saying to the best of your ability.

Following this page, you will find the **21 Day Self Love and Release Challenge Tracker** for you to use to track the completion of the exercises each day during the challenge, as well as list templates/trackers for the release exercises. Please put a printed copy where you plan on doing the self-love exercises.

Before getting started, fill out the following:

I will start the **21 Day Self Love and Release Challenge** on this date _____ and complete it on _____ date.

I plan on doing the self-love exercises at _____ every day after _____ in _____ location. (ex. I plan on doing the self-love exercises at 8 am every day after brushing my teeth in my bedroom location.)

Before we get started, the final step is to document how you are currently feeling using the space below. This could be in terms of mood, energy, health, outlook on life, etc. Anything you wish to document and look back on at the end of the challenge.

21 Day Self Love and Release Challenge Tracker

Week One Date Range:

Did you complete the suppressed emotions exercise?
How many emotions did you work through on your list?
Which resolution from your bumper list are you working on implementing this week?
What was the success/result of implementing that emotion this week?

Self-Love Work: Mark off for each day this week you complete each of the self-love exercises.

Day Completed							
Mirror Work							
Ho'oponopono							
Self-Love Meditation							

Week Two Date Range:

Did you complete the forgiveness exercise?
How many people did you work through forgiving on your list?
Which resolution from your bumper list are you working on implementing this week?
What was the success/result of implementing that emotion this week?

Self-Love Work: Mark off for each day this week you complete each of the self-love exercises.

Day Completed							
Mirror Work							
Ho'oponopono							
Self-Love Meditation							

Week Three Date Range:

Did you complete the self-forgiveness exercise?
How many things on your list did you work on forgiving yourself for?
Which resolution from your bumper list are you working on implementing this week?
What was the success/result of implementing that emotion this week?

Self-Love Work: Mark off for each day this week you complete each of the self-love exercises.

Day Completed							
Mirror Work							
Ho'oponopono							
Self-Love Meditation							

Forgiveness Exercise List and Tracker

The beginning part of the forgiveness exercise asks you to identify and write out a list of the people you need to forgive. You will want to keep that list until you have effectively forgiven all the people on the list. I am including a list template that you are welcome to use for creating that list. In the first column, write the person to forgive. In the second column, make a mark every time you complete the exercise around that specific person. Use the third column to mark forgiven once you feel you have effectively forgiven that person.

Person to Forgive	Times Completed	Forgiven

Self-Forgiveness Exercise List and Tracker

The beginning part of the self-forgiveness exercise asks you to identify and write out a list of things in your life you need to forgive yourself for. You will want to keep that list until you have effectively forgiven yourself for all the things on that list. I am including a list template that you are welcome to use for creating that list. In the first column, write what it is you need to forgive yourself for. In the second column, make a mark every time you complete the exercise around that item. Use the third column to mark forgiven once you feel you have effectively forgiven yourself for what you wrote.

Forgive Myself For	Times Completed	Forgiven

Congrats on completing the 21 Day Self-Love and Release Challenge!

You have made it this far, and I am sure you are wondering what to do next. My advice is to continue the journey. Start by assigning a day each month to do some release work. Also, continue to do a daily self-love practice but feel free to tweak the routine as you see fit. Although I hope you have already started to see changes in your own life, the real power comes after 90 days. So if you have it in you, I say keep going! This challenge was designed to get you started using these life-changing habits.

“Without continuous effort there cannot be continuous achievement.” – Orison Sweet Marden

Before you started this journey, you were asked to document your feeling state. I encourage you to use the space below to do an updated version based on your current feeling state.