

# *30 day self love activation*

Everything here is non negotiable. Make time for YOU

You can take as long as you like. If you have 15 minutes a day, 5 minutes for each step do that. All that matters is that you get it all done

Do it whenever you can during the day. If you can do it in the morning great, if not any time is fine. Just do it because when you do the work it works and make sure you carry on after the 30 days!



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Each section layers onto the next

On days 1 -1 0 you will do mirror work

On days 11 - 20 you will do mirror work and 5 minutes silence

On days 21 - 30 you will do mirror work, 5 minutes silence and journaling

## *Days 1 - 10 mirror work*

Take a deep breath and calm your mind before you start. Look at yourself in a mirror. It can be any mirror, a big one or a hand held one. Look deep into your eyes. Not your hair and everything you think is wrong with it. Same goes for your face. Look deep into your eyes and stay there. If you feel resistance keep going. Really feel the words and what you're saying to yourself. You can choose any one of these affirmations to repeat throughout the day when you feel yourself going into self doubt and criticism. This is important for retraining your mind. I have some affirmations here to get you started, feel free to use any that come up for you:

I love you

I am enough

I am worthy

I am powerful

I am beautiful

My purpose is powerful

My voice is powerful

My message is powerful

Loving myself is easy

I am infinitely loved

I trust and let go

I dare to live my dreams

I have total trust in my inner voice

I act on my inner impulses

My inner wisdom is my guiding force

I am free to be me

I am a spark of light

I am free to fully express myself

I am willing to see things differently

I am blessed

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Days 11 - 20

Now you will do mirror work and 5 minutes silence  
Disconnect from your fear thoughts that are not the real you and  
connect to the voice of divinity that IS the real you

## *Days 11- 20 silence*

If you find it difficult at first do 3 minutes minimum, you can set a timer on your phone. 3 - 5 minutes sitting in silence is going to make a big difference to your peace of mind. The aim is to get out of your head and into your heart and listening to the real voice that's within you where there are no limits, no doubts, no fears there is only love. This is the voice of the divine, the universe, God, whatever you want to call it

Sit somewhere comfortable. Put your left hand on your heart, your right hand on your belly. Focus on your breath. Keep letting your thoughts go, don't get caught up in them. Keep returning to your breath. Focus on your heart if it helps

When you quieten your mind you will feel a sensation that's hard to explain because it's different for everyone. You'll feel at peace, in bliss. This is your natural state. This is your life force. This is universal energy, God whatever you want to call it flowing through you. This is your natural high vibration. Stay there for as long as you can and keep letting those thoughts go

When you're done journal on anything that came up and try and stay in that state as you go about your day, repeating your affirmation/s from days 1-10

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Days 21 - 30

Now you will do mirror work, 5 minutes silence and journaling

## *Days 21- 30 journaling*

You're going to clear everything in your energy that's stopping you from being the woman you're here to be living your purpose changing lives with your powerful voice and message

Write down what you know you're here to do, who you're here to be in your powerful purpose changing lives. Pay attention to anything that comes up that it is resistance to the powerful work you know you're here to do. Your job is to prove it's all lies. Not true. You KNOW how powerful you are, how powerful your work is. Get in THAT energy

Do this every day. Do it when you're not feeling good and need to clear the bullshit out. Do it when you are feeling good and go on a riff about how fucking amazing you are, how powerful you are, how powerful your work is. Go on these riffs throughout the day when you need to, when you feel like it. Be in that energy

Here are some affirmations from A Course in Miracles you can use when you feel yourself forgetting who the fuck you are:

These thoughts do not mean anything

I am determined to see

Above all else I want to see things differently

I could see peace instead of this

There is nothing to fear

I am the light of the world

Love created me like itself

I have given what I see all the meaning it has for me