



Prepared by Mai Lee Lor

21 Day Challenge

Keep in mind that consistency is key. Once you complete 21 days, set yourself another 21 days and maybe add option 4 or 5. Note changes/progress during and after.

1. Journal 10-15 minutes, once a day or every other day. I recommend paper and pencil but you can use a device if you are disciplined enough to not get distracted. The goal is to be with your thoughts and write them down. You do not need a daily prompt, make what happened in your day your daily prompt. Or, if you are journaling in the morning, list 5 things you are grateful for. Affirmations are also another option. *See #4 below.
2. Take walks, once a day or once every other day. You can start with 10 minutes and then increase 5-10 minute increments. I recommend a nature walk but you can walk anywhere safe. Treadmills and indoor tracks are okay.
3. Incorporate meditations and or breathwork. I recommend 5 minutes to start but if that feels too long, start with 2 minutes and slowly add 30 seconds to 1 minute. You can use apps such as Insight Timer or find videos on YouTube to help guide you. Here is a meditation video from YouTube that may be helpful:

[▶ Learn to Meditate in 10 Minutes | Meditation for Beginners with Instructions](#)

Optional:

4. Incorporate Daily Affirmations. You can write your own or find some online that works for you. Examples: I am deserving. I am loved. Here are a few videos that may be helpful: [▶ 10 Most Powerful Affirmations of All Time | Listen for 21 Days](#)
[▶ Good Things Are Happening to Me | Morning Affirmations](#)
5. Be mindful about your food/nutrition intake. You do not need to track your meals or calorie count but note what happens when you cut out certain foods. For example, during the 21 day challenge, cut out soda or processed sugar. If you feel it may be difficult, start small in attainable steps. If you drink 2 sodas per day, cut one out the first week. The second week, drink one soda every other day. During week 3, drink only one soda on Friday. Or, incorporate an extra glass of water per day, drink one cup of water before drinking your coffee/tea or before eating breakfast.

*See below for additional resources/insights.

Additional Insights

**Videos are not mine but are offered as guidance, additional insight to consider.*

The Mindset Mentor Podcast

▶ How to Reprogram Your Subconscious Mind

Lucid Threshold

▶ You do this every day – and it's slowly destroying your mind

Quantum Nexus

▶ Release the OLD You - Reality Changes IMMEDIATELY (Observer Effect)