



# 21 Days of Quarantine Care

*For Quarantine Centre, Hotel or Home*



AMindset - Helping you and your family through Quarantine



## 21-Days of Care

21-days in isolation, whether on your own or in the company of close people, are not easy days to spend. It is very natural to feel anxious, stressed and upset during this time so we have prepared a little something for you to check in on yourself/ your partner/your children every day during the time of quarantine. We guarantee if you spend some time dedicated to tasks and questions in this brochure – your time in quarantine will pass faster and most importantly it will be of a high value, as when we care about ourselves and others our self-worth, self-esteem and overall happiness go up drastically. Coincidentally, according to the studies, it takes a minimum of 21 days to form a new habit. So, everything is in your hands 😊

There are several basic elements of looking after ourselves we need to be looking at. So, in the next three weeks we encourage you to listen to yourself and listen to your physical and emotional needs and most importantly embrace a positive mindset to life, as well as one towards the practice of self-care. Having a positive mindset and fostering optimism is an exceptional skill to learn. The many benefits of positive thinking contribute to active self-care. They include the following:

- Lower levels of stress and anxiety
- Better coping mechanisms for highly stressful situations
- Improved physical and mental wellbeing
- Lowers the risk for depression

On the following pages you will find various tools and exercises as well as questions for self-reflection and some tips. We tried to cover all the bases but feel free to choose or mix and match our ideas with your own routines and activities. You can follow the sequence we provide or create your own order to complement your routine.

<b>DAILY MOMENTS</b>	
<b><i>Question of the day?</i></b>	<p>Ask yourself this question in the morning and come back to it during the day, take notes on your thoughts and discuss any insights with your therapist/coach during the session.</p> <p>Use your journal to freely write the answer to this question, using introspection and switching off the filter. Let your mind roam freely and pour it all out on the paper.</p>
<b><i>Affirmation of the day:</i></b>	<p>The most powerful affirmations are those you say out loud when you are in front of your mirror</p> <p>In the next 21 days, do some mirror work by looking deeply into your eyes and repeating affirmations. It is the most effective method for learning to love and accept yourself. Put simply, whatever we say, or think is an affirmation. All your self-talk, the dialogue in your head, is a stream of affirmations. These affirmations are messages to your subconscious that establish habitual ways of thinking and behaving. Positive affirmations plant positive thoughts and ideas that support you in developing self-confidence and self-esteem and creating peace of mind and inner joy.</p>
<b><i>Physical activity of the day:</i></b>	Set of various exercises for the day. Feel free to add it to your own physical exercises' routine.
<b><i>Mind activity of the day</i></b>	Various tools and activities in alignment with the theme of the day. Time to ask and answer questions and challenge your mind.
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<b><i>IF YOU ARE WITH SOMEONE:</i></b>	
<b><i>For your partner and/or older child</i></b>	Questions, tasks, coaching tools that you can discuss and or do with your partner or tweens and teens while in quarantine together.
<b><i>For younger children</i></b>	Practical and positive parenting tool or activity for you and your kids to help lower stress, anxiety and be in good mood.
<b>***</b>	
<b><i>Aaaaaaand..... breathe</i></b>	Relaxation/meditation/breathing script

## DAY 1 BRINGING SELF-AWARENESS

<b>Question of the day?</b>	<p><b>Who am I, really?</b></p> <p>Use your journal to free write the answer to this question, using introspection and switching off the filter. Let your mind roam freely and pour it all out on the paper.</p>
<b>Affirmation of the day:</b>	<p><b>Mirror work:</b></p> <p>Stand or sit in front of the bathroom mirror.</p> <p>Look into your eyes.</p> <p>Take a deep breath and say these affirmations:</p> <p><b><i>I like you. And I am learning to love you</i></b></p> <p>Take another deep breath and say,</p> <p><b><i>I really like you. I'm learning to really love you.</i></b></p> <p>It can be a little challenging, but please stay with it. Keep taking deep breaths. Look into your eyes. Use your own name as you say,</p> <p><b><i>I like you and I am learning to love you, [Name].</i></b></p> <p>Throughout the day, each time you pass a mirror or see your reflection, wink to yourself and repeat those affirmative words.</p> <p>Give your reflection a high-five before leaving the bathroom. Mean it.</p>
<b>Physical activity of the day:</b>	<p>30 jumping jacks, 20 alternating lunges, 25 crunches, 5 push-ups, 20-second plank*</p> <p>Remember to warm up, cool down and stay hydrated during physical exercises</p>
<b>Mind activity of the day:</b>	<p><b>MetaThinking.</b></p> <p>MetaThinking is thinking about the way you think, by taking a step aside and being detached from it.</p> <p>You are not your mind, try and detach from it and review it from the outside.</p> <p><b>"What Was My Mind Just Thinking?"</b></p> <p>Start building up awareness of your mind by asking yourself, as frequently as possible, "What was my mind just thinking?" Keep track of how many times you remember to "check-in" on your mind today.</p> <ul style="list-style-type: none"><li>• Date</li><li>• Awareness Points</li><li>• Observations</li></ul>

<b>IF YOU ARE WITH SOMEONE:</b>	
<b><i>For your partner and/or older kids:</i></b>	<b>Through the eyes of the other:</b> <ol style="list-style-type: none"> <li>1. Both you and your partner make a list of 5 things that YOU think makes YOU who you are.</li> <li>2. Both you and your partner make a list of 5 things that YOU think makes THEM who they are.</li> <li>3. Share your lists with each other. Discuss</li> <li>4. What new did you learn about yourself?</li> <li>5. What new did you learn about your partner?</li> </ol>
<b><i>For your younger children</i></b>	<b>Create a daily routine chart</b> <p>Routines mean order and structure and eliminate anxiety and stress of uncertainty. Take some time to create a chart of routines for the next 21 days. Use imagination while doing it to make it special.</p> <ul style="list-style-type: none"> <li>- Create a routine chart with your child</li> <li>- Brainstorm tasks that need to be done during the day, including bedtime, morning, homework, etc.</li> <li>- Make a list and draw pictures of the tasks</li> <li>- Put it in the visible place</li> <li>- Let the routine chart be the boss: "What is next on your routine chart?"</li> </ul> <p>Thank them for following the rules</p>
<b><i>Aaaaaaand..... breathe....</i></b>	<p>Set the timer for 5 minutes and simply focus on your breath. As we increase our awareness of the breath, we increase our awareness of our true self.</p> <p>"Begin by finding a comfortable seated position and close your eyes. Take a couple of moments to simply be and notice any thoughts, feelings and physical sensations, without doing anything about them. Now bring your awareness to your breath. Notice it as it moves in and out automatically and effortlessly. Your mind will wander away from your breath to begin with, so when it does, just bring your awareness back to your breathing – letting any thoughts and feelings come and go."</p>

**DAY 2 BEING PRESENT**

<b>Question of the day?</b>	<p><b>What am I experiencing at this moment?</b></p> <p>Connect to your feelings right now. What are you hearing, seeing, smelling in the world around you? How does it make you feel? Where is this feeling located in your body? Journal about it and add records during the day (set the minimum of 5 records).</p>
<b>Affirmation of the day:</b>	<p><b>Mirror work:</b></p> <p>Stand or sit in front of the bathroom mirror.</p> <p>Look into your eyes.</p> <p>Take a deep breath and say these affirmations</p> <p><b><i>I like you and I love you today and every day.</i></b></p> <p>Take another deep breath and say,</p> <p><b><i>I am here right now. All that exists is now</i></b> <b><i>I allow myself to feel my feelings no matter what they are</i></b> <b><i>I do the best I can, with the resources that I have, I am grateful.</i></b> <b><i>I am a resilient soul.</i></b></p> <p>Look into your eyes. Use your own name as you say,</p> <p><b><i>I like you and I love you, [Name], today and every day.</i></b></p> <p>Throughout the day, each time you pass a mirror or see your reflection, wink to yourself, and repeat the part of affirmation that comes to mind.</p> <p>Give your reflection a high-five before leaving the bathroom. Mean it.</p>
<b>Physical activity of the day:</b>	<p>10 burpees, 10 sit-ups, 15 tricep dips, 20 butt kicks, 20 toe touch crunches</p> <p>Remember to warm up, cool down and stay hydrated during physical exercises.</p>

<p><b><i>Mind activity of the day:</i></b></p>	<p><b>Catch a thought!</b></p> <p>It is all about catching up your attention when it is being pulled away from the task you are doing. Make a little table and write those moments down. Was it human (if you are not alone) or digital interruption? Was it work or leisure related? Was it a positive or negative disruption? Check-in in the evening and summarise for yourself, what is distracting you the most and interferes with being present in the moment.</p>
<p><b><i>IF YOU ARE WITH SOMEONE:</i></b></p>	
<p><b><i>For your partner and/or older kids:</i></b></p>	<p><b>Aim to be a present listener and notice how hard or easy it is for you.</b></p> <ol style="list-style-type: none"> <li>1. How often do you interrupt your partner or child with ready-made solutions, explanations, or advice?</li> <li>2. Listen as though what your partner is saying is about him or her - not you.</li> <li>3. Ask questions that invite more information: "Can you give me an example?" "Can you share more about it"</li> <li>4. You or your partner may figure things out just because you were listened to.</li> <li>5. If not, arrange for a separate time to discuss the issue.</li> </ol>
<p><b><i>For your younger children</i></b></p>	<p><b>Use the magic of hugs</b></p> <p>Children do better when they feel better. Hugs help all of us feel more positive and being present in the moment.</p> <p>When your child is having a tantrum or you find yourself during an argument, gently smile and simply say "I need a hug"</p> <p>If your child says, "No," say, "I need a hug," again.</p> <p>If your child still says no, say, "I need a hug. Come find me when you are ready."</p> <p>Give them some time and you might be surprised at what happens after.</p>



**Aaaaaaand.....  
breathe....**

Begin by making yourself comfortable. Sit in a chair and allow your back to be straight, with your feet on the ground. Allow your eyes to close, or to remain open with a soft gaze.

Take several long, slow, deep breaths. Breathing in fully and exhaling slowly. If you are distracted by sounds in the room, simply notice this and bring your focus back to your breathing.

Now slowly bring your attention down to your feet. Begin observing sensations in your feet. You might want to wiggle your toes a little, feeling your toes against your socks or shoes. Just notice, without judgment. You might imagine sending your breath down to your feet, as if the breath is traveling through the nose to the lungs and through the abdomen all the way down to your feet. And then back up again out through your nose and lungs. Perhaps you don't feel anything at all. That is fine, too. Just allow yourself to feel the sensation of not feeling anything.

When you are ready, allow your feet to dissolve in your mind's eye and move your attention up to your ankles, calves, knees and thighs. Observe the sensations you are experiencing throughout your legs. Breathe into and breathe out of the legs. If your mind begins to wander during this exercise, gently notice this without judgment and bring your mind back to noticing the sensations in your legs. If you notice any discomfort, pain or stiffness, don't judge this. Just simply notice it. Observe how all sensations rise and fall, shift and change moment to moment. Notice how no sensation is permanent. Just observe and allow the sensations to be in the moment, just as they are. Breathe into and out from the legs.

Then on the next out-breath, allow the legs to dissolve in your mind. And move to the sensations in your lower back and pelvis. Softening and releasing as you breathe in and out. Slowly move your attention up to your mid-back and upper back. Become curious about the sensations here. You may become aware of sensations in the muscle, temperature or points of contact with furniture or the bed. With each out-breath, you may let go of the tension you are carrying. And then very gently shift your focus to your stomach and all the internal organs here. Perhaps you notice the feeling of clothing, the process of digestion or the belly rising or falling with each breath. If you notice opinions arising about these areas, gently let these go and return to noticing sensations.

As you continue to breathe, bring your awareness to the chest and heart region and just notice your heartbeat. Observe how the chest rises during the inhale and how the chest falls during the exhale. Let go of any judgments that may arise. On the next exhalation, shift the focus to your hands and fingertips. See if you can channel your breathing into and out of this area as if you are breathing into and out from your hands. If your mind wanders, gently bring it back to the sensations in your hands.



And then, on the next outbreath, shift the focus and bring your awareness up into your arms. Observe the sensations or lack of sensations that may be occurring there. You might notice some difference between the left arm and the right arm – no need to judge this. As you exhale, you may experience the arm softening and releasing tensions. Continue to breathe and shift focus to the neck, shoulder and throat region. This is an area where we often have tension. Be with the sensations here. It could be tightness, rigidity or holding. You may notice the shoulders moving along with the breath. Let go of any thoughts or stories you are telling about this area.

As you breathe, you may feel tension rolling off your shoulders. On the next outbreath, shift your focus and direct your attention to the scalp, head and face. Observe all of the sensations occurring there. Notice the movement of the air as you breathe into or out of the nostrils or mouth. As you exhale, you might notice the softening of any tension you may be holding. And now, let your attention expand out to include the entire body as a whole. Bring into your awareness the top of your head down to the bottom of your toes. Feel the gentle rhythm of the breath as it moves through the body. As you come to the end of this practice, take a full, deep breath, taking in all the energy of this practice. Exhale fully. And when you are ready, open your eyes and return your attention to the present moment.

### DAY 3 LETTING GO

<b>Question of the day?</b>	<p><b>What am I ready to let go of today?</b></p> <p>What has been holding you back? Is there a memory, person, feeling that you have been holding on to, despite knowing that it was time to leave it in the past? Let today be that day. Journal about it.</p>
<b>Affirmation of the day:</b>	<p><b>Mirror work:</b></p> <p>Stand or sit in front of the bathroom mirror.</p> <p>Look into your eyes.</p> <p>Take a deep breath and say these affirmations</p> <p><b><i>I like you and I love you today and every day.</i></b></p> <p>Take another deep breath and say,</p> <p><b><i>I trust myself and let go of my pain. I am liberated as my past does not define me. I feel empowered in my choice to let go!</i></b></p> <p>Look into your eyes. Use your own name as you say,</p> <p><b><i>I like you and I love you, [Name], today and every day.</i></b></p> <p>Throughout the day, each time you pass a mirror or see your reflection, wink to yourself and repeat the part of affirmation that comes to mind.</p> <p>Give your reflection a high-five before leaving the bathroom. Mean it.</p>
<b>Physical activity of the day:</b>	<p>25 mountain climbers, 5 push-ups, 25 crunches, 20 walking lunges, 20-second wall sit</p> <p>Remember to warm up, cool down and stay hydrated during physical exercises.</p>

<p><b><i>Mind activity of the day</i></b></p>	<p><b>It is time to let old and unnecessary things go.</b></p> <p>Spend one hour cleaning out, deleting, or turning off unnecessary digital distractions, including unused apps, subscriptions, old text messages, notifications and alerts, time-wasting Internet sites, and unread and junk mails. Count the number of digital distractions you manage to let go of and how much future expenses (on subscriptions and payments you don't use) you saved and write this number down.</p> <p>Extra hack: set a recurring date in your calendar to review and let go further regularly.</p>
<p><b><i>IF YOU ARE WITH SOMEONE:</i></b></p>	
<p><b><i>For your partner and/or older kids:</i></b></p>	<p><b>Are you ready to let go of something from the past since hanging on does not serve you and your relationship?</b></p> <ol style="list-style-type: none"> <li>1. Consider your current way of being and restricted physical space and check with your partner if he/she is ok to have a conversation about something that you would like to let go of.</li> <li>2. Share what do you hang on to that keeps you from enjoying the "now" of your relationship? Perhaps your partner did s or said something that hurt you. Or perhaps you said or did something.</li> <li>3. Once you share, take a moment to reflect how much of what you hang on to is about you, not your partner? What will you gain or lose if you let it go?</li> <li>4. Let your partner share with you in a similar manner.</li> <li>5. Let it go by breathing it out together, sharing a hug and seeing yourself and your partner with new eyes.</li> </ol> <p>PS. To avoid lengthy discussion, set a sharing timer for 5 minutes.</p>

<p><b><i>For your younger children</i></b></p>	<p><b>Use drawing to focus on oneself</b></p> <p>“By drawing spirals, the emotions will come out.”</p> <p>Do this activity together by following these instructions:</p> <p>“Draw a small circle in the centre of the page, think of all those things that are currently annoying you or making you angry, those feelings that you want to release. Use the shapes and colours you feel appropriate to reflect the levels of negative feelings. Then, all over the other sides of the drawing, make small spirals that rise like little springs and think of happy things and happy moments. Take pleasure in drawing them, use all the colours and see how the drawing changes into a happy drawing.</p>
<p><b><i>Aaaaaaand..... breathe....</i></b></p>	<p>Find a quiet space and think of feelings you are ready to let go of. Awaken the feelings of shame, guilt, anger, regret, or any other feeling you want to release. The feeling could be related to a particular moment in your life, a person, a memory, or a thought. Don't get into the story but rather concentrate on the feeling itself. As you do so, take a deep breath and visualise the chains or ropes around you, representing that feeling of shame, guilt, anger, or fear. As you breathe out, visualise those chains and ropes breaking and falling off, see yourself becoming free by letting go of the negative feelings and forgiving yourself. Do this as many times as you need to – breathing in the feeling of being a chained prisoner of the feeling and breathing out the feeling of setting yourself free. Do it at least for several minutes.</p>

#### **DAY 4 FACING FEARS**

<b>Question of the day?</b>	<p><b>What fear am I ready to face today?</b></p> <p>Fears keep us trapped in the past or worried about the future. While some fears are useful and help us be safe, others make us feel imprisoned by anxiety and stress, while freedom can be found by facing and releasing the fear. Once we realize that fear is just a state of mind, and not a fact, we can begin to make different choices.</p> <p>Think about the fear that is preventing you from living your life the way you want to and write it down. How has it been interfering with your plans and dreams? Are you ready to face it?</p>
<b>Affirmation of the day:</b>	<p><b>Mirror work:</b></p> <p>Stand or sit in front of the bathroom mirror.</p> <p>Look into your eyes.</p> <p>Take a deep breath and say these affirmations</p> <p><b><i>I like you and I love you today and every day.</i></b></p> <p>Take another deep breath and say,</p> <p><b><i>I trust and believe in myself. I release fear, tension, and stress. Today, I choose to be living fearlessly. I am strong and empowered.</i></b></p> <p>Look into your eyes. Use your own name as you say,</p> <p><b><i>I like you and I love you, [Name], today and every day.</i></b></p> <p>Throughout the day, each time you pass a mirror or see your reflection, wink to yourself and repeat the part of affirmation that comes to mind.</p> <p>Give your reflection a high-five before leaving the bathroom. Mean it.</p>
<b>Physical activity of the day:</b>	<p>20 butt kicks, 15 tricep dips, 10 burpees, 15 squats, 20 toe touch crunches</p> <p>Remember to warm up, cool down and stay hydrated during physical exercises.</p>

<b><i>Mind activity of the day</i></b>	<b>Taming amygdala with tapping</b>  Tapping (emotional freedom technique) involves tapping with one's fingertips on different parts of the acupuncture meridians or points, which reside in various places on the body. The Karate Chop Point (KC) is used in the first step of the EFT Tapping process. It is located on either hand on the outside fleshy part of the hand that one would use to karate chop something. As you tap on this point, you say the set-up phrase three times in a row out loud, for example: <b><i>"Even though everything feels so overwhelming, I can choose to relax and feel safe right now. Even though I am holding so much stress (fear) in my body, I choose to understand and accept this part of me and let that feeling go now."</i></b> Tapping has been shown to reduce cortisol—the body's main stress hormone and fear by 47%.
<b><i>IF YOU ARE WITH SOMEONE:</i></b>	
<b><i>For your partner and/or older kids:</i></b>	Teach your partner/ child a tapping technique.
<b><i>For your younger children</i></b>	<b>Sing out loud.</b>  Everyone knows the sweet relief associated with rocking out to your favourite tune. But the physical act of singing out loud, even if it is off key, has been shown to release endorphins, the "feel good" chemical in the brain. Have an improvised karaoke night or just loudly sing together with your favourite tunes (don't be surprised if your kids will ask you to be quiet).

***Aaaaaaand.....  
breathe....***

When fear is taking over, it's time to learn how to control fear and anxiety. And one of the best ways to do that is by using meditation for fear. Sit comfortably and bring your awareness to your breath by focusing on the rise and fall of your belly. Now awaken the feeling of fear by thinking of something that scares you. It could be a common fear like spiders or snakes or something more personal that holds you back like the fear of making a mistake at work or study or people not liking you. Focus on this fear for a moment or two and label it with a mental note like 'thinking', 'memory', 'fearing', or 'pain'. Avoid getting too sucked into the detail. For example, if you feel anxious about failing an exam, label it 'failing' or 'anxiety' instead of 'failing an exam'.

Return your awareness to your breath and if another source of fear or anxiety comes to mind, take a moment or two to label it and then bring your awareness back to your breath.

Spend 5-10 minutes doing this so that you begin to observe your fears without attaching to them. This will help us to see that it is our fear, rather than what we are afraid of, that is causing our unhappiness.



## DAY 5 DE-STRESSING

<b>Question of the day?</b>	<b>What is within my control, and what is not?</b> It feels great to identify a few things you can do right away to reduce your stress. And it also feels amazing to name a few things that are beyond your control and to loosen your hold on them. Do both. Often.
<b>Affirmation of the day:</b>	<b>Mirror work:</b> Stand or sit in front of the bathroom mirror.  Look into your eyes.  Take a deep breath and say these affirmations  <b><i>I like you and I love you today and every day.</i></b>  Take another deep breath and say,  <b><i>I am relaxed and calm. My tension is melting away.</i></b> <b><i>I am letting go of all my worries and fears.</i></b> <b><i>My mind is slowing down.</i></b> <b><i>Being calm and cantered is one of the top priorities.</i></b>  Look into your eyes. Use your own name as you say,  <b><i>I like you and I love you, [Name], today and every day.</i></b>  Throughout the day, each time you pass a mirror or see your reflection, wink to yourself and repeat the part of affirmation that comes to mind.    Give your reflection a high-five before leaving the bathroom. Mean it.
<b>Physical activity of the day:</b>	30 jumping jacks, 15 step-ups, 10 sit-ups, 20 ab bikes, 20 alternating lunges  Remember to warm up, cool down and stay hydrated during physical exercises.

<p><b>Mind activity of the day</b></p>	<p><b>Distract your mind from stress</b></p> <p>Psychology proves that concentrating on two things at the same time is very hard. Therefore, if your mind is flooded with distressing thoughts, change course. Find something else to think about. And what can be easier than describing things right around you.</p> <p>Look around and describe out loud three things you see around you by specifying their size, shape, texture, and colour. For example: <b>“black, approximately 50” in a diagonal, shiny plasticky frame of the TV”</b> or <b>“warm yellow, looking like a funny blob, probably very smooth and hot ceiling light”</b> For this exercise, you can look at things inside or outside through the window. What does this exercise do? It brings your attention back to the present moment and neutralises the inner state. This can help you to lessen current worries and fears. It's also a specific exercise for disengaging your brain's default mode network, which is triggered when you're worrying, daydreaming, or thinking about yourself. Rather, it will engage the "on-task" network in your brain, that is inconsistent with rumination.</p>
<p><b>IF YOU ARE WITH SOMEONE:</b></p>	
<p><b>For your partner and/or older kids:</b></p>	<p><b>Constructive communication is hardly possible when you are stressed.</b></p> <ol style="list-style-type: none"> <li>1. During stress, you cannot access the rational part of your brain—only the fight/flight part so a pause might be necessary.</li> <li>2. The rational conversation is hardly possible. Communicate after you calm down.</li> <li>3. Agree with your partner on a specific location in the space you are sharing as a place of your “positive time out”. The place, where you can spend some time on your own without any disturbances. Agree on the same for your partner.</li> <li>4. When you are in calm state exchange hacks that help you to de-stress with your partner</li> </ol>
<p><b>For your younger children</b></p>	<p><b>Play “I Spy”.</b></p> <p>For example, say, <b>“I spy, with my little eye, something that is round.”</b> Then give your child hints to help figure it out by specifying size, texture, and colour. You can then continue with further questions and talk about other similar objects in the room or outside.</p>

***Aaaaaaand.....  
breathe....***

Use the power of Power Breathing by exhaling for twice as long as you inhale. Slow, rhythmic breathing activates the vagus nerve. The vagus nerve is a major nerve that runs throughout the body and connects your brain to your heart, lungs, gut, and other important organs. It is part of the parasympathetic nervous system, which slows down the fight-or-flight reaction and helps the body to return to a relaxed state. Because your brain no longer thinks you need to run or fight, blood flows back to your inner organs from your hands and feet and your body and mind feel better.

Simply sit comfortably, close your eyes, and begin by inhaling for a count of four and exhaling for a count of eight. Practice for 3-5 minutes.

## DAY 6 PRACTISING SELF-COMPASSION

### **Question of the day?**

**What's one small step I can take to cultivate this feeling of self-compassion today?**

Self-compassion is a key component of a healthy relationship with oneself and others. Yet, for many of us, it is a difficult task. It feels strange and weird to be kind to ourselves.

And that's ok as it is never too late to start, and self-compassion is a learned skill. We can learn to speak nicely to ourselves, identify and react to our needs, explore our dreams, and surround ourselves with supportive people. It will take some time and the best strategy is to begin small. Be a firm believer in small steps.

### **Affirmation of the day:**

#### **Mirror work:**

Stand or sit in front of the bathroom mirror.

Look into your eyes.

Take a deep breath and say these affirmations

***I like you and I love you today and every day.***

Take another deep breath and say,

***I accept the best and worst aspects of who I am. Changing is never simple but it's easier if I stop being hard on myself. My mistakes just show that I'm growing and learning. It's safe for me to show kindness to myself. I deserve compassion, tenderness, and empathy from myself. Every day is a new opportunity. I won't let self-doubt or judgment hold me back from the future***

Look into your eyes. Use your own name as you say,

***I like you and I love you, [Name], today and every day.***

Throughout the day, each time you pass a mirror or see your reflection, wink to yourself and repeat the part of affirmation that comes to mind.

Give your reflection a high-five before leaving the bathroom. Mean it.

<b><i>Physical activity of the day:</i></b>	REST DAY
<b><i>Mind activity of the day</i></b>	<p><b>Write a letter to yourself from the perspective of a great friend</b></p> <p>Think of an imaginary friend who is unconditionally loving, accepting, kind and compassionate. Imagine that this friend can see all your strengths and all your weaknesses and accept you just the way you are. Reflect upon what this friend feels towards you, and how you are loved exactly as you are, with all your imperfections. This friend understands your life history and all those things that have happened in your life to create you as you are in this moment. He understands so many things you didn't necessarily choose, the things that were outside of your control.</p> <p>Write a letter to yourself from the perspective of this imaginary friend – focusing on the things you tend to judge yourself for. What would this friend say to you about your flaws from the perspective of unlimited compassion? As you write to yourself from the perspective of this imaginary friend, try to write your letter with a strong sense of his/her acceptance, kindness, caring, and desire for your health and happiness.</p>
<b><i>IF YOU ARE WITH SOMEONE:</i></b>	
<b><i>For your partner and/or older kids:</i></b>	<p>Tell your partner/child about self-compassion and suggest them write five positive statements about him or herself. They can put them somewhere where they can see them or write in their journal.</p> <p>Let them know you love them:</p> <p>Leave a love note on the mirror (post-it will do).</p> <p>Send a sweet [or sexy in case of your partner] text message.</p>

<p><b><i>For your younger children</i></b></p>	<p><b>Draw a superhero</b></p> <p>Together with your children find some time to draw the superheroes, whether the ones they know or imaginary ones. Guide them with questions.</p> <ul style="list-style-type: none"> <li>- Who is your favourite one?</li> <li>- If you were a superhero, what would your costume look like? What superpower would you have? Who would be your friend and help you with your adventures?</li> </ul> <p>What would you change in our world?</p>
<p><b><i>Aaaaaaand..... breathe....</i></b></p>	<p>Start by getting in touch with your body in whatever position it's in right now. Notice how your feet feel, your legs, your seat, your trunk, your shoulders, your head. Just get in touch with your body. Now take three deep breaths to let out any tension from the day. Let your breathing return to normal.</p> <p>Now adopt a little half smile, very, very tiny, just so the corners your mouth curl up just a little bit. It shouldn't be strained or forced. Just let your mouth adopt a position of a little bit of a smile with your mouth closed. In your head, say something kind about yourself. Notice how that makes you feel when your facial expression is one of peace, happiness and self-compassion.</p> <p>Now as you breathe in and out, noticing how each inbreath feels, how each outbreath feels, try to let your breath be infused with affection for yourself and others, with kindness for yourself and others. Even if you don't really feel it, just set your intention for each breath, to breathe in kindness and affection for yourself, and each outbreath to breathe out affection and kindness for the world, for others in the world who are suffering just like you are.</p> <p>Your mind will naturally wander as it does this. It's very normal, very human. Don't judge yourself for your mind wandering. Everyone does it. Just notice when your mind has wandered. This is a moment of mindfulness. You're aware that your mind has wandered. And bring your attention gently back to your breath, focusing on the feelings of affection and kindness that you're intending with each inbreath and each outbreath. If it helps to get in touch with these feelings, you might try putting your hand over your heart and feeling the warmth that's there. Before returning to the room, take last minute or two to really focus on your breath, gently and kindly breathing in, breathing out, resting in the feelings of kindness and self-compassion you are generating. Come back with a smile on your face.</p>

## DAY 7 STOPPING THE PERFECTIONIST

<b>Question of the day?</b>	<p><b><i>If you let go of your perfectionism shield what might you gain and what might you lose?</i></b></p> <p>We live in a society where perfection is promoted everywhere. Achieve the best and the most – in school, at work, at home, in relationships. Be perfect physically as well, so even the most attractive bodies are photo-shopped to eliminate minor flaws. The more we can live up to these perfectionist values, the more valuable we believe we are as humans. However, if we ever fulfil our own perfectionistic criteria, we rapidly shift our attention to another aspect of our lives that we perceive to be flawed. We get caught in a cycle of working ourselves to exhaustion to achieve our unreasonable standards and never feeling good enough.</p> <p>The truth is that none of us are without flaws. And that's OK. When we stop trying to be flawless, we can focus on living our life with acceptance of never being perfect but rather being good enough.</p>
<b>Affirmation of the day:</b>	<p><b><i>Mirror work:</i></b></p> <p>Stand or sit in front of the bathroom mirror.</p> <p>Look into your eyes.</p> <p>Take a deep breath and say these affirmations</p> <p><b><i>I like you and I love you today and every day.</i></b></p> <p>Take another deep breath and say,</p> <p><b><i>I am good enough. I accept myself. I setting realistic standards for myself and others. I am ready to experiment, take risks and make mistakes. I am ready to put of myself out into the world.</i></b></p> <p>Look into your eyes. Use your own name as you say,</p> <p><b><i>I like you and I love you, [Name], today and every day.</i></b></p> <p>Throughout the day, each time you pass a mirror or see your reflection, wink to yourself and repeat the part of affirmation that comes to mind.</p> <p>Give your reflection a high-five before leaving the bathroom. Mean it.</p>



<b>Physical activity of the day:</b>	<p>30 mountain climbers, 20 squats, 8 push-ups, 20 butt kicks, 25 toe touch crunches</p> <p>Remember to warm up, cool down and stay hydrated during physical exercises.</p>
<b>Mind activity of the day</b>	<p><b>The Pomodoro</b></p> <p>Perfectionism often goes hand in hand with procrastination and delaying doing things that need to be done in anticipation of perfect timing or perfect conditions to achieve perfect results. Beat the perfectionism procrastination with the Pomodoro techniques. The pomodoro technique is a time management framework that will improve your focus and productivity. It encourages you to work within the time you have, rather than struggle against it.</p> <ol style="list-style-type: none"> <li>1. Choose your task and total time to work on it.</li> <li>2. Set a timer to 25 minutes (either with an egg timer or with an app).</li> <li>3. Work on the task for 25 minutes. ...</li> <li>4. Take a 5-minute break for energy renewal, start another Pomodoro.</li> <li>5. Take a 20-30 minute break after completing four Pomodoros.</li> </ol> <p>Why the Pomodoro? Pomodoro is the Italian word for tomato. The Pomodoro technique was developed by Francesco Cirillo as a university student, when he used a tomato timer to measure his 25-minute sessions. These intervals became known as Pomodoros and the technique became its namesake</p>
<b>IF YOU ARE WITH SOMEONE:</b>	
<b>For your partner and/or older kids:</b>	<p>Teach them the Pomodoro technique and use it over the next few days together for tasks that must be done. Notice and discuss any changes.</p>

<p><b><i>For your younger children</i></b></p>	<p><b>Offer to build sensory fort or tent</b></p> <p>Ever noticed how kids love building tents from tables and blankets? Remember how enchanting and cosy those forts use to feel when you climbed in one as a child? That's because they are instantly relaxing as having a space that blocks out visual and auditory stimulation is incredibly calming. Invite your children to build a tent using some old pop-up tent (if you have one) and if not just help them to throw a blanket over a table and a couple of chairs!</p>
<p><b><i>Aaaaaaand..... breathe....</i></b></p>	<p>Our ego drives our desire to be perfect. Today focus on releasing the ego and listening to your true self. Try one of the Kundalini Yoga breathing practices called Breath of fire.</p> <ol style="list-style-type: none"> <li>1. Take a deep breath in and breathe out. Relax your shoulders. You can close your eyes.</li> <li>2. Inhale halfway in.</li> <li>3. Exhale strongly and sharply through your nose (you'll make a little noise!).</li> <li>4. Let the inhale be quiet, shallow inhale while exhaling forcefully and strongly.</li> <li>5. Find a steady rhythm and continue breathing like this for 1 minute. You can eventually work up to doing this breath for 3 minutes at a time.</li> <li>6. When you finish, take 2-3 deep inhales and exhales. Then relax.</li> </ol> <p><b>Warning: Do not do Breath of fire if you are pregnant, have high blood pressure, and heart/lung issues, have your menstrual cycle or feel dizzy. In that case, just relax and concentrate on your breathing. Enjoy the quiet time.</b></p>

## DAY 8 BEING GRATEFUL

<b>Question of the day?</b>	<p><b>What am I grateful for today?</b></p> <p>Gratitude changes life. It is almost impossible to feel grateful and anxious at the same time so cultivating gratitude is one of the simplest and most powerful ways to transform yourself and the world around you. We always have a choice, whether to complain about discomfort and pain or look for even the smallest positives in the current situation.</p>
<b>Affirmation of the day:</b>	<p><b>Mirror work:</b></p> <p>Stand or sit in front of the bathroom mirror.</p> <p>Look into your eyes.</p> <p>Take a deep breath and say these affirmations</p> <p><b><i>I like you and I love you today and every day.</i></b></p> <p>Take another deep breath and say,</p> <p><b><i>I am grateful for the life I'm living. I am grateful to be a part of this amazing universe. I am grateful for the blessings in my life, both big and small. I am grateful for every opportunity that comes my way I am grateful for _____[add your own here].</i></b></p> <p>Look into your eyes. Use your own name as you say,</p> <p><b><i>I like you and I love you, [Name], today and every day.</i></b></p> <p>Throughout the day, each time you pass a mirror or see your reflection, wink to yourself and repeat the part of affirmation that comes to mind.</p> <p>Give your reflection a high-five before leaving the bathroom. Mean it.</p>
<b>Physical activity of the day:</b>	<p>40 jumping jacks, 30 alternative lunges, 30 crunches, 8 push-ups, 25-second plank</p> <p>Remember to warm up, cool down and stay hydrated during physical exercises.</p>
<b>Mind activity of the day</b>	<p><b>Create your Grateful Thoughts Loop</b></p> <p>Every time (at least for today) you catch yourself mentally or verbally complaining about something or dragging yourself down, stop that train of thought and replace it with gratitude. Instead of starting your thought or sentence with "<i>I'm so annoyed that ...</i>", or "<b>I hate the fact that ...</b>", flip it to "<b><i>I'm so grateful ...</i></b>" or "<b><i>I'm so blessed ...</i></b>". Repeat it out loud if you can. The more you practice it the more realistic it becomes.</p>

**IF YOU ARE WITH SOMEONE:**

**For your partner  
and/or older  
kids:**

Write a gratitude letter – use this day as a special occasion, write a letter or at least a short note telling your partner what you most appreciate and love in them.

For a note you can use a template below:

Dear

Thank you for...

I really appreciate it because it means...

Love from,

**For your  
younger  
children**

Play '**Spot the Good**' game – get a strip of coloured dot stickers and choose a few qualities that you want to develop. Encourage your children to spot that quality in their siblings, friends, or parents, and put a sticker on them! It's a lovely counterpart to telling tales and keeps the focus on the positive.

***Aaaaaaand.....  
breathe....***

We struggle with gratitude as we rarely have time to think about how many things in life we take for granted. Take a moment to reflect on that. Get settled into a comfortable position that will allow you to feel relaxed yet alert and start by having a few deep breaths and tuning into being present. Bring awareness to your body and express gratitude to your physical abilities and your senses. Think about things your body allows you to do: to walk, to talk, to hear sounds, to feel the taste. Scan through your body from bottom to the tops and express gratitude to all the body organs. Then think about people you are grateful for in your life. Visualise someone you love: your parent, child, partner, friend. Think of good times you had together, those that are kept in your heart for being there and sharing them with you. Then move your thoughts to the material possessions that you own: your valued belongings, your finances, things that matter to your livelihood and lives of those around you. Express gratitude for having that.

Then move on to the room around you. Despite all its limitations, it gives you shelter and keeps you safe. You have food and water. Take another deep breath and connect to this moment. Open your eyes and look around you and offer your gratitude for everything in your presence that is holding space for you to be here right now. With that, take a final deep breath, and smile. Notice how you feel and set the intention to bring this gratitude forward into your day.

## **DAY 9 NOURISHING YOURSELF**

<b>Question of the day?</b>	<p><b><i>What will I do to nourish myself today?</i></b></p> <p>Nourishing is the opposite of neglect. We can nourish our bodies and our minds by taking care of ourselves. Self-care is not selfish; self-care is about filling up the bucket of our own resourcefulness to be able to share the resources with others. Think of intentional actions that you can be taking today to care for your physical, mental and emotional health.</p>
<b>Affirmation of the day:</b>	<p><b><i>Mirror work:</i></b></p> <p>Stand or sit in front of the bathroom mirror.</p> <p>Look into your eyes.</p> <p>Take a deep breath and say these affirmations</p> <p><b><i>I like you and I love you today and every day.</i></b></p> <p>Take another deep breath and say,</p> <p><b><i>I am whole and complete, just the way I am. I accept myself, which allows me to change, grow and evolve. I give myself permission to follow what feels good in my body and mind. Today I will breathe deeply and freely. Today I take care of myself.</i></b></p> <p>Look into your eyes. Use your own name as you say,</p> <p><b><i>I like you and I love you, [Name], today and every day.</i></b></p> <p>Throughout the day, each time you pass a mirror or see your reflection, wink to yourself and repeat the part of affirmation that comes to mind.</p> <p>Give your reflection a high-five before leaving the bathroom. Mean it.</p>
<b>Physical activity of the day:</b>	<p>12 burpees, 10 sit-ups, 15 tricep dips, 25 butt kicks, 25 toe touch crunches</p> <p>Remember to warm up, cool down and stay hydrated during physical exercises.</p>

***Mind activity of  
the day***

Make a list of things that you know make you feel better. Things that symbolise self-care for you (you can use some examples below). Choose five things and reflect on how present they are in your life currently (not only here but in the bigger world too). Think about how you could be doing them more often and regularly and write down how to incorporate them into your daily routine.

(Read a book or poem  
Meditation  
Trash negative thoughts  
Play video games  
Apply face mask  
Listen to music or podcast  
Do physical exercises  
Get a nap  
Binge watch your fav show  
Slow down  
Take a cold shower  
Appraise yourself  
Watch a funny movie  
Have a bath  
Dance to music  
Go on a self-date  
Drink more water  
Free write  
Do stretching  
Create a vision board  
Ask for help when you need it  
Buy something new online  
Do a puzzle  
Make a gratitude list  
Declutter your social media  
Call a friend  
Call a family  
Write a letter to your younger self  
Do nothing)



**For your partner  
and/or older  
kids:**

**IF YOU ARE WITH SOMEONE:**

Do you know your partner's or teen's love language?

In 1992 Gary Chapman's wrote the book, "The 5 Love Languages," which describes 5 primary languages of love that people demonstrate in relationships. After many years of counselling couples and families Chapman realised that they were misunderstanding one another and their needs. After going through his notes, he discovered that there are five "love languages" that people may respond to.

Chapman's five love languages are:

**Words of affirmation** - expressing love through spoken words, praise, or appreciation.

**Quality time**- expressing love through undivided attention, meaning let go of all gadgets, making eye contact and providing full and listening

**Physical touch** - expressing love through physical affection by holding their hand, touching them affectionately, or giving them a massage at the end of the day.

**Acts of service**- expressing love by doing acts of service for others and loving when their partner does nice things for them, such as helping with the errands, giving them a hand with tasks. They love when people do little things for them and often do things for others.

**Receiving gifts** – expressing love by gift-giving. They treasure not only the gift itself but also the time and effort the gift-giver put into it.

Together with your partner identify your and their love language. Do you more loved when your partner:

- Tells you "I love you" or praises something you did?
- Surprises you with a meaningful gift?
- Goes on a weekend trip with just the two of you?
- Runs the errands or does the laundry?
- Holds your hand while you're walking?

Think of something you could do for your partner to nourish your relationship and express your love in the language that they identified. Make a mental note about it.

Free quiz by Gary Chapman can be found here:

<https://www.5lovelanguages.com/quizzes/love-language>

<p><b><i>For your younger children</i></b></p>	<p><b><i>Invite your children to make something for someone else.</i></b></p> <p>Helping others is the best way to feel good about yourself. It gives you purpose as well as confidence, it distracts you from negativity. Talk to children about that old neighbour, a tired grandma who misses them terribly or someone else you think could benefit from a little act of service or gift. Encourage children to make a card, write a note or do a drawing for them to deliver it to that person later. Check with them how they feel about it.</p>
<p><b><i>Aaaaaand..... breathe....</i></b></p>	<p><b>Mirror gazing.</b></p> <p>This might feel a little uncomfortable at first but please persevere. You will need a stand-alone mirror that is large enough to see your face.</p> <p>Get comfortable in a chair or on the floor opposite the mirror so that you can easily make eye contact with your reflection. Set your timer for 5 minutes (you can later increase the time to 10 minutes). There's no need to set a specific meditation goal. Your aim is to sit with yourself, as reflected in your mirror. Close your eyes and take several deep breaths, allowing yourself to inhale, hold, and then slowly exhale. Turn your attention to any tense spots in your body and bring them to relaxation with each and every breath. Once you feel relaxed slowly open your eyes and look into the mirror. Look at yourself. What is the message in your eye? Is it critical or kind? Do you immediately focus on something specific you dislike about yourself? If so, with each slow breath let that dislike dissolve. Check further what thoughts come to mind? Do you find it hard to hold your gaze because of any self-disdain? As each thought comes up, observe it and let it pass. Pay attention to the way your emotions move across your face. What does judgment look like? Anger? Fear? Acceptance? If you find yourself grasping at any feelings that come up, or narrowing your focus to particularly critical thought, gently return your attention to your reflection. Let your thoughts travel where they will, but hold your gaze, looking at yourself with kindness, as they wander. Finish by smiling at your reflection and sending the message of love to yourself.</p> <p>While mirrors seem to be mainly intended for our physical appearance, they can actually reveal much more. Gazing into a mirror makes it possible to face your emotions and the reactions that accompany them. It also helps you learn to counter self-judgment with appreciation, compassion, and love. As contrary as it may seem, your mirror often holds the key to the depths of your true self.</p>

**DAY 10 DISCOVERING INNER ENTHUSIAST**

<b>Question of the day?</b>	<p><b><i>What do I feel passionate about?</i></b></p> <p>What are the things that make your heart beat faster and your eyes shine brighter when you do them or think about them? We usually choose a more practical life that is safer and requires less effort yet creating as many passionate moments as possible is what life is all about. And when we do, it will allow us to heal, grow and thrive. What ignites your inner fire? Journal about it</p>
<b>Affirmation of the day:</b>	<p><b><i>Mirror work:</i></b></p> <p>Stand or sit in front of the bathroom mirror.</p> <p>Look into your eyes.</p> <p>Take a deep breath and say these affirmations</p> <p><b><i>I like you and I love you today and every day.</i></b></p> <p>Take another deep breath and say,</p> <p><b><i>I am a deserving person! I have the right to feel passionate about the things that are important to me! Igniting my passion is another way of revealing how much I love myself. I allow myself to feel passionate about things in life that I might have learned to forget. I allow myself to be me!</i></b></p> <p>Look into your eyes. Use your own name as you say,</p> <p><b><i>I like you and I love you, [Name], today and every day.</i></b></p> <p>Throughout the day, each time you pass a mirror or see your reflection, wink to yourself and repeat the part of affirmation that comes to mind.</p> <p>Give your reflection a high-five before leaving the bathroom. Mean it.</p>
<b>Physical activity of the day:</b>	<p>30 mountain climbers, 8 push-ups, 30 crunches, 20 walking lunges, 30-second wall sit</p> <p>Remember to warm up, cool down and stay hydrated during physical exercises.</p>

<p><b><i>Mind activity of the day</i></b></p>	<p><b>Three lists exercise</b></p> <p>If you are struggling with identifying your inner fire and passion, take a moment to sit down and write out three lists:</p> <ul style="list-style-type: none"> <li>- everything you are good at</li> <li>- everything you enjoy doing</li> <li>- everything that gives you a sense of purpose.</li> </ul> <p>Write at least 5-10 points in each column, don't think too much, just follow your free mind. Then look for the common themes in these lists, write those out and put the list away. A few hours later, take a look at it and reflect.</p>
<p><b><i>IF YOU ARE WITH SOMEONE:</i></b></p>	
<p><b><i>For your partner and/or older kids:</i></b></p>	<p>Encourage your partner to do the Three Lists Exercise together and add a fourth column in which you will write out things that you feel your partner feels passionate about. Compare notes and reflect</p>
<p><b><i>For your younger children</i></b></p>	<p><b>Read a book aloud together magnifying all the voices and playing out the roles</b></p> <p>No matter how old your child is, the benefits of reading fiction go beyond literacy as research shows that the power of stories helps children understand and handle their own and other people's feelings. The empathy we feel for characters in fiction wires our brains to have the same sensitivity to real people. Become the heroes of the story and live the story along with them. Be loud and enthusiastic. Discuss the feelings of the characters and chat about alternative storylines.</p>
<p><b><i>Aaaaaaand..... breathe....</i></b></p>	<p><b>Humming Bee Breath</b></p> <p>This yoga breathing practice helps to create instant clarity of mind and energise you with calm energy. You can also use humming bee breath to relieve frustration, anxiety, and anger. Choose a comfortable seated position.</p> <ol style="list-style-type: none"> <li>1. Close your eyes and relax your face.</li> <li>2. Place your first fingers on the tragus cartilage that partially covers your ear canal.</li> <li>3. Inhale, and as you exhale gently press your fingers into the cartilage.</li> <li>4. Keeping your mouth closed, make a loud humming sound.</li> <li>5. Continue for as long as is comfortable.</li> </ol>

## DAY 11 LOCATING INNER STRENGTHS

<b>Question of the day?</b>	<p><b>What are my inner strengths?</b></p> <p>When life puts us to the test, we all have an unexpected reserve of strength inside of us that allows us to grow in ways we never imagined we could. Some days life can completely throw us off balance and we can't always change situations around us – but by discovering our true strength we can wait for these storms to pass rather than being struck down by them.</p>
<b>Affirmation of the day:</b>	<p><b>Mirror work:</b></p> <p>Stand or sit in front of the bathroom mirror.</p> <p>Look into your eyes.</p> <p>Take a deep breath and say these affirmations</p> <p><b><i>I like you and I love you today and every day.</i></b></p> <p>Take another deep breath and say,</p> <p><b><i>I am strong. I am brave. I am kind. I am alive. I can see positives in any given situation as I am learning and letting go. I choose to honour, love and respect myself. I have the power and the strength within to decide what I want, and how I want to live. I am happy, I am healthy, I am content, I am peaceful, I am prosperous, I am abundant, I am infinite consciousness.</i></b></p> <p>Look into your eyes. Use your own name as you say,</p> <p><b><i>I like you and I love you, [Name], today and every day.</i></b></p> <p>Throughout the day, each time you pass a mirror or see your reflection, wink to yourself and repeat the part of affirmation that comes to mind.</p> <p>Give your reflection a high-five before leaving the bathroom. Mean it.</p>
<b>Physical activity of the day:</b>	<p>25 butt kicks, 15 tricep dips, 12 burpees, 20 squats, 30 toe touch crunches</p> <p>Remember to warm up, cool down and stay hydrated during physical exercises.</p>

***Mind activity of  
the day***

If you are not sure what your strengths are try this practice of using of an "objective" mirror. Take a step back and look at yourself from a 3rd person point-of-view. What is elusive to spot for you may be plainly obvious for another person to see. Write out at least five strengths that this other independent person can see from the outside.

You can use this Martin Seligman's original list to help you in identification.

**Zest:** approaching life with excitement and energy; feeling alive and activated

**Grit:** finishing what one starts; completing something despite obstacles; a combination of persistence and resilience.

**Self-control:** regulating what one feels and does; being self-disciplined

**Social intelligence** being aware of motives and feelings of other people and oneself

**Gratitude:** being aware of and thankful for the good things that happen

**Love:** valuing close relationships with others; being close to people

**Hope:** expecting the best in the future and working to achieve it

**Humour:** liking to laugh and tease; bringing smiles to other people; seeing a light side

**Creativity:** coming up with new and productive ways to think about and do things

**Curiosity:** taking an interest in experience for its own sake; finding things fascinating

**Open-mindedness:** examining things from all sides and not jumping to conclusions

**Love of learning:** mastering new skills and topics on one's own or in school

**Wisdom:** being able to provide good advice to others

**Bravery:** not running from threat, challenge, or pain; speaking up for what's right

**Integrity:** speaking the truth and presenting oneself sincerely and genuinely

**Kindness:** doing favours and good deeds for others; helping them; taking care of them

**Citizenship:** working well as a member of a group or team; being loyal to the group

**Fairness:** treating all people the same; giving everyone a fair chance

**Leadership:** encouraging a group of which one is a valued member to accomplish

**Forgiveness:** forgiving those who've done wrong; accepting people's shortcomings

**Modesty:** letting one's victories speak for themselves; not seeking the spotlight.

	<p><b>Prudence/Discretion:</b> being careful about one's choices; not taking undue risks</p> <p><b>Appreciation of beauty:</b> noticing and appreciating all kinds of beauty and excellence</p> <p><b>Spirituality:</b> having beliefs about the higher purpose and meaning of the universe</p> <p>Or take one of the most well-known and respected strength-finding tests <b>is the VIA character strength test here:</b> <a href="https://www.viacharacter.org">https://www.viacharacter.org</a></p> <p>It's based on research and free to the public.</p>
<b>IF YOU ARE WITH SOMEONE:</b>	
<b>For your partner and/or older kids:</b>	Write your own and each other's strengths and reflect on the results. Do the VIA character strength test together and discuss.
<b>For your younger children</b>	<p><b>Invite your child to draw him(her)self as an animal.</b></p> <p>Ask your kid: "Is there an animal that you have a special interest in or feel like you have connection to it?". Ask them to draw themselves as that animal. Discuss the drawing. What are the strengths of that animal? What does It eat? Where does it live? What does it like doing? What is it afraid of? What does it like to do?</p>
<b>Aaaaaaand..... breathe....</b>	<p><b>Inner strengths power source</b></p> <p>Find a space where you can relax and sit comfortably. Begin the meditation by closing your eyes and paying attention to your breathing. Our breathing helps us focus on the inner space and release tension, worries and disruptive energy that flows on the outside. When you feel present and relaxed, continue on by developing a feeling of personal strength by reflecting on the strengths you discovered. Visualise the time n your life when you used your strengths, how did that make you feel. Once you feel the positive energy of your strength, imagine a ray of light coming from above connecting you to the infinite source of your strengths and power. Imagine the colour, the texture and the intensity of this light, visualise how each and every cell of your body is immersed in this kind of loving light, allowing you to have access to your strengths at the moments when you most need them. Make a mental note of the feeling. Continue for 1-2 minutes, then slowly bring awareness back to the moment and smile to yourself, placing both hands on the solar plexus with a couple more deep reflective breaths.</p>



## DAY 12 LOVING YOUR BODY

<b>Question of the day?</b>	<p><b>What do I love about my body?</b></p> <p>Many of us spend most of our lives critically looking for flaws in our appearance, fighting to change the body to fit every changing standard. Never satisfied and never grateful for what it does for us. Take a moment to stop and reflect on the question, look inwards and see to what extent you give yourself permission to accept yourself just the way you are. Find all the reasons to love your body with all those parts you are usually quick to criticise. It is fine to still be willing to improve it by eating healthier, exercising, gaining or losing weight while keeping in mind that the way the body is shaped is not making us less valuable as a person.</p>
<b>Affirmation of the day:</b>	<p><b>Mirror work:</b></p> <p>Stand or sit in front of the bathroom mirror.</p> <p>Look into your eyes.</p> <p>Take a deep breath and say these affirmations</p> <p><b><i>I like you and I love you today and every day.</i></b></p> <p>Take another deep breath and say,</p> <p><b><i>I feel strong and confident in my body. My body radiates beauty and love from within. I love _____ about my body because it makes me special and unique. My heart is courageous, kind, and loving. I enjoy feeling good about my body. I am grateful for my body.</i></b></p> <p>Look into your eyes. Use your own name as you say,</p> <p><b><i>I like you and I love you, [Name], today and every day.</i></b></p> <p>Throughout the day, each time you pass a mirror or see your reflection, wink to yourself and repeat the part of affirmation that comes to mind.</p> <p>Give your reflection a high-five before leaving the bathroom. Mean it.</p>
<b>Physical activity of the day:</b>	<p>HAVE A REST DAY AND DO SOMETHING RELAXING</p>

<p><b><i>Mind activity of the day</i></b></p>	<p>Our brain is constantly putting together a picture for you, based on all the clues and information it receives via your senses and feelings. Hormones, which respond to your emotional and mental state, affect how the picture is put together.</p> <p>Take a moment to reflect and write our answers to the below. What did you learn about your relationship your attitudes, thoughts and feelings about your body? Be honest and write as creatively as you wish.</p> <ul style="list-style-type: none"> <li>- The important person in my life thinks my appearance/body is:</li> <li>- I think my appearance/body is:</li> <li>- If I could change one thing about my appearance/body, it would be:</li> <li>- One thing I like about my appearance/body is:</li> <li>- If I had to sum up how I feel about my body in one word, it would be:</li> </ul> <p>Reflect.</p>
<p><b><i>IF YOU ARE WITH SOMEONE:</i></b></p>	
<p><b><i>For your partner and/or older kids:</i></b></p>	<p>Take a moment to reflect on the same questions below and discuss it with your partner and/or child.</p> <ul style="list-style-type: none"> <li>- The important person in my life thinks my appearance/body is:</li> <li>- I think my appearance/body is:</li> <li>- If I could change one thing about my appearance/body, it would be:</li> <li>- One thing I like about my appearance/body is:</li> <li>- If I had to sum up how I feel about my body in one word, it would be:</li> </ul> <p>Reflect.</p>
<p><b><i>For your younger children</i></b></p>	<p>Ask your child to draw him or herself. Have a conversation about the following topics.</p> <p>What my body does for me.</p> <p>What I love about my body.</p> <p>What's unique about me.</p> <p>What I can do to help it stay strong and healthy.</p> <p>Structure your conversation in such a way that it would be coming from a place of gratitude and awareness, allowing for an open dialogue based on respect and love.</p>

***Aaaaaaand.....  
breathe....***

Practice full body mirror meditation if you have a full-size mirror and space to do it in your room or bathroom. Otherwise, practice the mirror gazing from Day 9.

Try to aim for 10 minutes of silent mirror-gazing, if struggling, begin with a shorter time.

Choose a well-lit distraction-free space where you can see your full body reflection. Get naked if you are comfortable enough. Have no goals other than to be with yourself for the allotted time.

Begin with your eyes closed. Tune in to your breath. Take a few slow, deep belly breaths. Then breathe regularly and naturally, just observing as you inhale and exhale. Notice any areas of tension in your body, especially your face and shoulders, then imagine sending your breath to relax those areas and letting tension melt away.

Start by gazing directly into your eyes, notice if breathing changes when your first look at yourself. Come back to full steady breathing. Notice the quality of your gaze: Is it harsh or soft? Try to soften your gaze as much as you can.

Start scanning your body, paying attention to each and every part you can see. If your initial reaction to looking at yourself is critical, notice your eyes as you look at yourself in this exact moment, see if you can flip your attention from the person (or image in the mirror) that you are being critical towards to see the person underneath, notice who you really are. How does that part of you feel be receiving those critical thoughts?

Continue looking at your reflection, staying open and accepting of any feelings, sensations, thoughts and emotions about your body. Allow them to pass by and breathe out any judgement and criticism remaining.

Continue aiming to stay present with yourself, just being there, in the moment. Hold a kind intention toward your body as you do the practice. You may be surprised how much your view of yourself might change just after few minutes.

### DAY 13 RELEASING YOUR INNER CRITIC

<b>Question of the day?</b>	<p><b><i>What is the one thing I will no longer criticise myself for from today?</i></b></p> <p>If you had to play a recording of your inner dialogue today, what would it sound like? Would your inner voice be constantly picking at everything? Would it be judging you and sending you negative comments over and over? Maybe it is time to pause and look within and to become aware of your inner critic and the damage it causes you. Maybe it is time to start working on stopping your self-criticism?</p>
<b>Affirmation of the day:</b>	<p><b><i>Mirror work:</i></b></p> <p>Stand or sit in front of the bathroom mirror.</p> <p>Look into your eyes.</p> <p>Take a deep breath and say these affirmations</p> <p><b><i>I like you and I love you today and every day.</i></b></p> <p>Take another deep breath and say,</p> <p><b><i>I approve of myself. My opinions are valued. I release the need to criticise myself. I release the need to criticise other. It is now safe for me to release my inner critic and move into love.</i></b></p> <p>Look into your eyes. Use your own name as you say,</p> <p><b><i>I like you and I love you, [Name], today and every day.</i></b></p> <p>Throughout the day, each time you pass a mirror or see your reflection, wink to yourself and repeat the part of affirmation that comes to mind.</p> <p>Give your reflection a high-five before leaving the bathroom. Mean it.</p>
<b>Physical activity of the day:</b>	<p>40 mountain climbers, 20 squats, 10 push-ups, 30 butt kicks, 25 toe touch crunches</p> <p>Remember to warm up, cool down and stay hydrated during physical exercises.</p>

<p><b><i>Mind activity of the day</i></b></p>	<p><b>Turn critical thoughts into kind thoughts</b></p> <p>Make a list of five things you criticize yourself for.</p> <p>Go down the list, and beside each item write the date on which you began to criticise yourself for this thing. If you can't remember the exact date, approximate.</p> <p>Isn't it amazing to see in front of you for how many years you have been criticising yourself? Criticism is not producing positive changes. Quite the opposite it makes the inner true you shrink and hide. It simply doesn't work! It only makes you feel bad. Give yourself permission to let the inner critic go.</p> <p>Take your time, look at the list again and change each of the five criticisms on your list into something positive, whether it is a strength you currently possess or the area where you want to grow, make it into an affirmation.</p>
<p><b><i>IF YOU ARE WITH SOMEONE:</i></b></p>	
<p><b><i>For your partner and/or older kids:</i></b></p>	<p>Ask them to make a list of five things you criticize THEM for.</p> <p>Ask them to look through the list, and beside each item ask them to write the example.</p> <p>In the third column ask them to write what would they like to hear in the similar situation instead.</p> <p>Reflect on the list together. What have you learned from it? Can you provide the same list for your child and/or partner?</p>
<p><b><i>For your younger children</i></b></p>	<p><b>Spend the day using positive language. Change negative "Don't" to positive "Do"</b></p> <p>Rather than: "Don't hit your brother" say "Be gentle with your brother."</p> <p>Rather than: "Don't shout" say "Let's use quiet voice now."</p> <p>Rather than: "Stop running in here" say "Please walk inside the room."</p> <p>Notice how many times you have to stop yourself from a negative message that automatically comes to mind first.</p>

***Aaaaaaand.....  
breathe....***

To begin, you'll close your eyes, relax, and begin to breathe deeply. Bring your attention close to the breath, sensing, feeling, changing sensations of the inhale and exhale. Take this attention as close as you can to the breath.

And when your attention starts wandering, just bring it back to breathing/.

Once you've found a place of stillness, ground yourself further into your body. Step into awareness and notice how the breath comes and goes, how sensations of the body are felt, how sounds come and go. Let the sense of awareness be spacious, open, and receptive, noticing how everything comes and goes.

After you've achieved deeper grounding, begin to examine some of your judgments. Do you feel caught up in them? Notice the first judgemental thought that comes to your mind, look into this thought, belief, and visualise it as a cloud. And then, staying in awareness allow this thought, this cloud to become smaller and lighter, lighter and lighter and eventually let it dissolve without a trace. Watch it dissolve and disappear. Then you can recall another judgment or the thought. See if the thought feels any lighter or different. Once again take your time to visualise it becoming smaller and lighter until it disappears.

Continue with as many thoughts as you feel like and then imagine a place where those judgmental thoughts no longer have any impact on you, any power over you. Relax in this wonderful place, and take your time to enjoy the inner calmness and peace, just being with your free self.

And only when you feel you are ready, bring your awareness back to the room and smile.

## DAY 14 FINDING THE BALANCE

<b>Question of the day?</b>	<p><b>What balance in life means to me?</b></p> <p>Balance is about knowing when to push on and when to surrender. It is about knowing when to hold on and when to let go, it is about making choices aligned with our true self and choosing the life we want to live. Finding balance is not a destination, but rather a life-long process. Each of us has our own journey and balance means different things to different people with one common feature – when there is balance, there is calmness and clarity in both mind and body.</p>
<b>Affirmation of the day:</b>	<p><b>Mirror work:</b></p> <p>Stand or sit in front of the bathroom mirror.</p> <p>Look into your eyes.</p> <p>Take a deep breath and say these affirmations</p> <p><b><i>I like you and I love you today and every day.</i></b></p> <p>Take another deep breath and say,</p> <p><b><i>The tools I need to succeed are in my possession. Everything is working out for my highest good. Out of this situation, only good will come. As I say yes to life, life says yes to me. All areas of my life are harmonious and balanced.</i></b></p> <p>Look into your eyes. Use your own name as you say,</p> <p><b><i>I like you and I love you, [Name], today and every day.</i></b></p> <p>Throughout the day, each time you pass a mirror or see your reflection, wink to yourself and repeat the part of affirmation that comes to mind.</p> <p>Give your reflection a high-five before leaving the bathroom. Mean it.</p>
<b>Physical activity of the day:</b>	<p>40 jumping jacks, 30 alternative lunges, 30 crunches, 8 push-ups, 25-second plank</p> <p>Remember to warm-up, cool-down and stay hydrated during physical exercises.</p>

<p><b><i>Mind activity of the day</i></b></p>	<p><b>Balanced me.</b></p> <p>Take some time to sit down and consider a period when you felt balanced - when you loved the way you looked, felt good about yourself as a person, and were energised, focused, and determined. Make a list of everything that was happening in your life at that time.</p> <ul style="list-style-type: none"> <li>- What did you do with your days?</li> <li>- What was your daily routine?</li> <li>- What time did you get up this morning?</li> <li>- What kind of workout did you do?</li> <li>- What kind of food did you eat?</li> <li>- With whom did you socialize?</li> <li>- How much time did you dedicate to your work and what did you work on?</li> <li>- What were your interests and hobbies at the time?</li> <li>- What were the titles of the books you were reading or films you were watching?</li> </ul> <p>This is a list of things that help you maintain your equilibrium. Check it once again and see what could be useful in your current life. Think about today and your neat future? Which adjustments are you ready to make?</p>
<p><b><i>IF YOU ARE WITH SOMEONE:</i></b></p>	
<p><b><i>For your partner and/or older kids:</i></b></p>	<p><b>Today is all about using the “I-statements” and not attributing your own thoughts or feelings to your partner.</b></p> <p>Why start with ‘I’?</p> <p>Starting a sentence with ‘I’ helps us talk about difficult feelings, say how the problem is affecting us and stop other people from feeling blamed. It forces us to take responsibility for our own thoughts and feelings. Partners tend to experience this as less hostile, opening the possibility of further conversation and hope for a resolution. Create an intention to use I-statements during the day today and notice the changes.</p> <p>Examples of I-statements:</p> <p>Instead of <b><i>“You never tell me how you’re feeling”</i></b> say <b><i>“I would love to know how you’re feeling about this.”</i></b></p> <p>Instead of <b><i>“You don’t care about me or my feelings.”</i></b> say <b><i>“I feel frustrated when my feelings aren’t heard or acknowledged.”</i></b></p>



<p><b><i>For your younger children</i></b></p>	<p><b>Teach kids to strike yoga poses and keep their balance:</b></p> <p><b>Tree Pose</b> Stand tall with your feet together. Reach your arms out to the side. Move your right foot up your left leg turning your right leg out to the side as far as you feel comfortable. Raise your arms up towards the sky. Hold and breathe. Repeat on the left side.</p> <p><b>Star Pose</b> Stand with your feet wide apart. Reach your hands out to the side as far apart as you can. Remember to keep your body nice and tall. Breathe in and out.</p> <p><b>Cat Pose</b> Start on your hands and knees. Make sure to keep hands under shoulders and knees under hips. Arch your back up towards the ceiling. Look towards your tummy with your head. Relax. Repeat.</p>
<p><b><i>Aaaaaaand..... breathe....</i></b></p>	<p>Find a comfortable place to sit where your body is completely supported, you can even lay down for this meditation. Close your eyes and just allow your thoughts to gently come in and out of your mind.</p> <p>Once your mind has settled down a bit, ask yourself, how I can be more balanced? Take a mental note of what thoughts come into your mind first.</p> <p>Then observe these thoughts without judgment and then allow them to drift away, relax your mind and body by noticing your breath coming in and flowing out. Once you are satisfied with the information you have received on how your life could be more balanced, quieten your mind again.</p> <p>Now bring your attention to your body. You are going to bring the energy of balance into your body to help your subconscious mind to awaken when you are acting in an unbalanced way.</p> <p>Imagine yourself balancing on a tree branch high up in the air, see yourself balancing there with your arms outstretched, feel a slight breeze, hear the leaves of the tree flutter and dance around you. Smell the fresh air.</p>

Feel your feet firmly grounded to the tree branch, once you feel this grounding imagine you are lifting one of your legs up into the air behind you, you are balancing on one leg and your arms are still stretched out on the sides of your body as if you are flying. Feel how centred, grounded, and strong that leg is.

Feel how balanced your body is how balanced you are. You can still feel the winds slightly blowing all around you and you feel completely connected to this tree branch like you are a part of this tree and your balance to completely still. Once you are done bring your leg back down to the tree branch allow your arms to come back down to your sides.

Imagine bringing your hands to the heart centre and feeling the energy of balance running through your whole body from your firmly grounded feet on the tree branch to the top of your head.

Now imagine climbing down from the tree and once you are on the ground, project the inner feeling of balance through your whole self, for both your body and mind and express gratitude for this experience. Then gently come back into the room.

## DAY 15 LETTING THE FLOW IN

<b>Question of the day?</b>	<p><b>What brings me into the state of flow?</b></p> <p>“Flow” also known as the 'zone' is a state of consciousness where we are so involved in whatever we are doing – a hobby, a relationship, or life in general, that we don't have enough attention left to notice any anxiety, distress, or mental chatter. That's the time when we feel fully immersed in a feeling of energised focus, and enjoy the full involvement in the process of the activity.</p>
<b>Affirmation of the day:</b>	<p><b>Mirror work:</b></p> <p>Stand or sit in front of the bathroom mirror.</p> <p>Look into your eyes.</p> <p>Take a deep breath and say these affirmations</p> <p><b><i>I open up and allow an infinite stream of well-being to flow freely through me and into my life. s I open my heart and mind to all that is good I attract great and wonderful experiences to me. Everything in my life flows perfectly and with ease.</i></b></p> <p><b><i>I like you and I love you today and every day.</i></b></p> <p>Take another deep breath and say,</p> <p>Look into your eyes. Use your own name as you say,</p> <p><b><i>I like you and I love you, [Name], today and every day.</i></b></p> <p>Throughout the day, each time you pass a mirror or see your reflection, wink to yourself and repeat the part of affirmation that comes to mind.</p> <p>Give your reflection a high-five before leaving the bathroom. Mean it.</p>
<b>Physical activity of the day:</b>	<p>12 burpees, 10 sit-ups, 15 tricep dips, 25 butt kicks, 25 toe touch crunches</p> <p>Remember to warm up, cool down and stay hydrated during physical exercises.</p>

<p><b><i>Mind activity of the day</i></b></p>	<p><b>Letting the flow in</b></p> <p>Choose one thing that is a routine daily activity and make it into your ‘letting the flow in’ practice. Make it something simple It may be brushing your teeth, eating lunch or doing your push-ups.</p> <p><b>Step 1.</b> Before you begin the activity, pause, then take three deep slow conscious breaths. Let the mind be fully engaged in the breath for that time and nothing else.</p> <p><b>Step 2.</b> Focus all of your attention on the present moment. Pretend for the moment that past and future do not exist. Take awareness to your sense perceptions. Be fully present in the now.</p> <p><b>Step 3.</b> Slowly, with deliberate movements, go about your activity. Make it into a meditative practice but with an intensity of focus.</p> <p><b>Step 4.</b> Remain alert and keep the mind fully attentive to what you are doing at that moment only– not allowing it to slip off into unconscious mind chatter. Be completely absorbed in the activity as if you had just been born into this world. You will find that the activity ‘comes alive’ when you practice it with mindfulness. If your mind does slip off into ‘autopilot’ simply guide it back to being intensely engaged in what you are doing.</p> <p>Can you challenge yourself to stay fully ‘present’ for the entire activity?</p>
<p><b><i>IF YOU ARE WITH SOMEONE:</i></b></p>	
<p><b><i>For your partner and/or older kids:</i></b></p>	<p>Challenge your child or partner to the “Flow” activity engagement as above. Explain to them the definition of flow as you understand it and then exchange information about your experience of the mindful activity later.</p>
<p><b><i>For your younger children</i></b></p>	<p><b>Offer mindful colouring</b></p> <p>This is a simple way to relax and get in the flow. There are so many amazing colouring books available and if you didn’t bring any and have no printer access, just draw some random doodles and patterns on a sheet of A4 paper and let your child colour away with all his imagination. This is a great way to help kids relax or to fill in the waiting time anywhere.</p>

**Aaaaaand.....  
breathe....**

A good way to begin is to practice resting in the flow, as in this meditation.

Settle into a posture for sitting meditation, feeling the connection of your body to the floor, cushion, or seat. At any time during this practice, especially if you feel disconnected or disembodied, come back to being grounded, anchoring your experience. Begin paying attention to breathing, noticing how each breath—indeed, each *moment* of each breath—is a unique experience, not the same as the previous one or the next.

Open awareness now to the whole body. As sensations rise into consciousness and pass through, recognise that they are all impermanent, continually transforming in intensity, location, and quality. Let them be experienced, moment by moment, and allow them to pass through, as best you can, without attachment or rejection. Now bring awareness to thoughts. With a friendly interest, observe the patterns of thinking that are running through the mind, like clouds passing across the sky of the mind, making up its weather. Like the weather, these patterns are always changing, depending on atmospheric conditions. Realise that the thoughts you had a year ago, five years ago, a decade ago—each of which may have seemed extremely important back then—are now mere memories, and that thoughts appearing in the mind right now will share that fate.

Finally, open up your mindfulness to every aspect of conscious experience—sensations, sights, sounds, tastes, smells, and thoughts. Let go into the space within and around you, remaining alert and present to whatever comes. Allow the play of experience to happen by itself, resting in the flow, moment by moment. When you notice attention wandering to a particular place, acknowledge the wandering and open out to the whole panorama of experience once more.

When you are ready take a deep breath and come back to your room with a smile.

<https://www.mindful.org/mindful-life-flux/>

## DAY 16 RELEASING THE ANGER

<b>Question of the day?</b>	<p><b>What (or who) am I really angry about?</b></p> <p>Anger is something we feel. It is there for a reason and as any other emotion deserves to be. Setting aside. We all have a right to everything we feel—and certainly, our anger is no exception. Take a moment to journal about things and/or people that make you angry and what is your usual way to respond.</p>
<b>Affirmation of the day:</b>	<p><b>Mirror work:</b></p> <p>Stand or sit in front of the bathroom mirror.</p> <p>Look into your eyes.</p> <p>Take a deep breath and say these affirmations</p> <p><b><i>I choose now to release anger and reclaim my happiness. I am a powerful and peaceful person. can express my anger in a respectful way. I transform my anger into constructive solutions.</i></b></p> <p><b><i>I like you and I love you today and every day.</i></b></p> <p>Take another deep breath and say,</p> <p>Look into your eyes. Use your own name as you say,</p> <p><b><i>I like you and I love you, [Name], today and every day.</i></b></p> <p>Throughout the day, each time you pass a mirror or see your reflection, wink to yourself and repeat the part of affirmation that comes to mind.</p> <p>Give your reflection a high-five before leaving the bathroom. Mean it.</p>
<b>Physical activity of the day:</b>	<p>12 burpees, 10 sit-ups, 15 tricep dips, 25 butt kicks, 25 toe touch crunches</p> <p>Remember to warm up, cool down and stay hydrated during physical exercises.</p>

<p><b>Mind activity of the day</b></p>	<p>Think of a person that makes you angry. One of the best ways to deal with anger is to talk openly. When you feel like screaming at someone, then the anger has been building up for a long time. Often it is because you feel you cannot speak openly to the other person. There are several ways you can release that inner anger, choose the one you prefer:</p> <ol style="list-style-type: none"> <li>1. Look into your eyes in the mirror (if it is hard to look in the eyes, just gaze at yourself). See yourself and/or the person you are angry with. Remember the moment when you became angry and let that anger come through you. Begin to tell this person exactly what you are so angry about. Out loud. Express all the anger you feel.</li> <li>2. Write this person a letter, expressing your feelings and sharing openly about the way you believe that person wronged you. There is no need to send this letter, yet notice the change in your thoughts and feelings once you finished.</li> </ol>
<p><b>IF YOU ARE WITH SOMEONE:</b></p>	
<p><b>For your partner and/or older kids:</b></p>	<p>Think of a time when you were angry with each other and use these 3 positions to look at that situation from different perspectives:</p> <p><b>1st position:</b> see and share what happened from your own point of view.</p> <p><b>2nd position:</b> <i>dissociate</i> from yourself, take a pause, maybe move to another place in the room and imagine you are I your partner's or child's body. Look at the same situation from <i>their</i> point of view.</p> <p><b>3rd position:</b> take a pause again, change position physically and take a look at the same situation as if you were an <i>independent observer</i> who was passing by and could watch the interaction between positions 1 and 2.</p> <p>Let your partner or child do the same and exchange your findings.</p>

<p><b><i>For your younger children</i></b></p>	<p><b>Wrap up tightly in a blanket</b></p> <p>Check with your child if he would like to try it first as not all kids like it, but those that do, love it!</p> <p>Just wrap a blanket around your child tightly like if they were a little baby and then you can agree on whether you leave them to relax and find the way out by themselves or you can help them to unwrap.</p>
<p><b><i>Aaaaaaand..... breathe....</i></b></p>	<p><b>4-7-8 Breathing</b></p> <p>The 4-7-8 breathing technique was developed by Dr. Andrew Weil. It can be used as a natural way to calm down and release anger anytime anywhere.</p> <p>You can do it as often as you want. Only do it for four cycles in a row in the beginning. After you get used to it, you can work up to eight cycles. You may feel lightheaded at first, but this will pass.</p> <ol style="list-style-type: none"> <li>1. Find a comfortable place to sit with your back straight.</li> <li>2. Place your tongue against the back of your top teeth and keep it there.</li> <li>3. Exhale completely through your mouth around your tongue, making a whoosh sound. Purse your lips if it helps.</li> <li>4. Close your lips and inhale through your nose for a count of four.</li> <li>5. Hold your breath for a count of seven.</li> <li>6. Exhale completely through your mouth making a whoosh sound for a count of eight.</li> </ol> <p>This completes one cycle. Repeat for three more cycles</p>



## DAY 17 BEING VULNERABLE

<b>Question of the day?</b>	<p><b>What does “being vulnerable” mean for me?</b></p> <p>We are all born vulnerable, not able to do pretty much on our own, without the help of other people. Yet, as we grow older, we start stigmatising vulnerability. We all must be strong, able to multitask and constantly wear masks of happiness and success. There is no place for vulnerability here. Yet deep down we often remain vulnerable. As researcher and storyteller Brené Brown shares in a TED talk that has been watched over 30 million times, vulnerability can be the origin of creativity, innovation, change, joy, faith and connection. If we accept it as part of us.</p>
<b>Affirmation of the day:</b>	<p><b>Mirror work:</b></p> <p>Stand or sit in front of the bathroom mirror.</p> <p>Look into your eyes.</p> <p>Take a deep breath and say these affirmations</p> <p><b><i>I like you and I love you today and every day.</i></b></p> <p>Take another deep breath and say,</p> <p><b><i>I have the courage to be vulnerable. Sharing my true self is brave and I'm proud of myself for my courage. I have needs like everyone else. My needs deserve to be met as much as anyone else's. People won't love me less for asking for help.</i></b></p> <p>Look into your eyes. Use your own name as you say,</p> <p><b><i>I like you and I love you, [Name], today and every day.</i></b></p> <p>Throughout the day, each time you pass a mirror or see your reflection, wink to yourself, and repeat the part of affirmation that comes to mind.</p> <p>Give your reflection a high-five before leaving the bathroom. Mean it.</p>

<p><b>Physical activity of the day:</b></p>	<p>30 mountain climbers, 8 push-ups, 30 crunches, 20 walking lunges, 30-second wall sit</p> <p>Remember to warm up, cool down and stay hydrated during physical exercises.</p>
<p><b>Mind activity of the day</b></p>	<p>Our behaviour and how we feel are strongly connected. Taking care of our physical health and behavioural habits is crucial to tolerating stress and managing emotions.</p> <p>According to Brené Brown, improving how we see our vulnerability—acknowledging our risks and exposure to them—can positively influence our adherence to a healthy lifestyle (Brown, 2015).</p> <p>Make a three-column list for further insights into your physical vulnerability and the steps you can take to treat yourself with more care.</p> <p>In the first column write about your current habits and the way you feel about them. And in the second column write what you can do to change your habits to those you are happier with. Think of the following habits:</p> <p><b><i>Diet, Sleep, Exercise, Physical illness and stress, Addictions</i></b></p> <p>Reflect.</p>
<p><b>IF YOU ARE WITH SOMEONE:</b></p>	
<p><b>For your partner and/or older kids:</b></p>	<p>Invite your partner or child to open dialogue about vulnerability. Are there things you haven't shared before as they might show your vulnerable side? Can you speak about them openly now? How does it make your partner or child feel?</p>
<p><b>For your younger children</b></p>	<p><b>Jump high</b></p> <p>Challenge your child to a jumping contest to see who can jump highest, longest, fastest, or slowest. This is another great way to get in some exercise to help your child blow off stress and relax.</p>

***Aaaaaaand.....  
breathe....***

It is something about looking into the eyes that sometimes makes us feel vulnerable and almost naked. It is time to embrace this feeling. Today's meditation can be done in two ways, depending on whether are alone or with a partner and if the latter, whether you want to do it together. .

Option one is to invite your partner to join you and start by sitting comfortably across from each other. For five minutes, gaze gently and deeply into each other's eyes, letting any thoughts or worries to pass easily by returning your concentration to your partner's eyes. If this is too much, try the same meditation but this time look into your own eyes in a mirror for five minutes and begin to let go of your guard and connect with your raw and unprotected self. Notice the change of state when you finish and return back to the room.

## DAY 18 CHOOSING LOVE

<b>Question of the day?</b>	<p><b><i>Can I choose love today?</i></b></p> <p>There is a simple principle that proves to be working. how you start your day is often how you live your life. So why not try to start your day with loving thoughts. This sets a positive tone for the rest of your day, no matter where you are. Start by simple: <b><i>"Good morning, world. I love you. This is a wonderful day. All is well and I have time and energy for everything I need and plan to do today."</i></b></p>
<b>Affirmation of the day:</b>	<p><b><i>Mirror work:</i></b></p> <p>Stand or sit in front of the bathroom mirror.</p> <p>Look into your eyes.</p> <p>Take a deep breath and say these affirmations</p> <p><b><i>I like you and I love you today and every day.</i></b></p> <p>Take another deep breath and say,</p> <p><b><i>I love life and life loves me. I am thankful and grateful for the good in my life. I deserve a peaceful and loving life. I am breathing slowly and deeply, filling myself with calmness and love. I invite happiness and joy.</i></b></p> <p>Look into your eyes. Use your own name as you say,</p> <p><b><i>I like you and I love you, [Name], today and every day.</i></b></p> <p>Throughout the day, each time you pass a mirror or see your reflection, wink to yourself and repeat the part of affirmation that comes to mind.</p> <p>Give your reflection a high-five before leaving the bathroom. Mean it.</p>
<b>Physical activity of the day:</b>	<p>25 butt kicks, 15 tricep dips, 12 burpees, 20 squats, 30 toe touch crunches</p> <p>Remember to warm up, cool down and stay hydrated during physical exercises.</p>

<b><i>Mind activity of the day</i></b>	Take some time to sit down, maybe in the evening with a glass of wine and make a list of things that you love about the world around you. We are so used to concentrating on negative aspects of life that it becomes hard to retrieve all the beautiful wonders that are around us. What fills you with love? Who fills you in love? Take your time.
<b><i>IF YOU ARE WITH SOMEONE:</i></b>	
<b><i>For your partner and/or older kids:</i></b>	<p><b><i>"You never told me that"</i></b></p> <p>Take some time to sit down with your partner, maybe in the evening with a glass of wine (not relevant with children, of course) and make a list of things that you love about each other. Take your time. Chat in between entries but do not share what is in there until you finish. Set an hour for that. Think of all the little, quirky things that come to your mind that you love (and used to love but now it is hard to remember) about your partner. Exchange and share your lists and see how often you would hear: "You never told me that". With children just do it when you both have time and desire to write things out. Don't be surprised if your list will be much longer than your teen's one.</p>
<b><i>For your younger children</i></b>	<p><b><i>Go upside down</i></b></p> <p>For centuries, yogis have understood the calming power of bringing the head below the level of the heart, otherwise known as inversion. Help your child to relax by doing exactly that: bend over to touch toes, practice a headstand, try a flip. Inverting the body has a restorative effect on the autonomic nervous system, which controls the body's response to stress</p>
<b><i>Aaaaaaand..... breathe....</i></b>	<p>Another mirror exercise today</p> <p>The partner you have in this exercise is yourself. You can try it right now using a mirror to look into your eyes as you ask yourself to become aware of the emotions and feelings you have.</p> <p>Now close your eyes and orient your perception towards your heart, becoming aware of its love, compassion, empathy, and humility. Then open your beautiful eyes and see yourself with your own sweet heart. Can you feel the difference?</p> <p>The one thing you shifted was your perception towards the field of love, from your head to your heart. I encourage you to take a few minutes each day to practice this exercise, honouring your own self and putting your attention on having love and compassion for yourself and the world around you.</p>

**DAY 19 CHANGING THE WORLD BY CHANGING YOURSELF**

<b>Question of the day?</b>	<p><b><i>What is the one thing I can start doing today?</i></b></p> <p>You are going to go back to the big world soon. Maybe some parts of you have changed. Maybe there are changes happening within and that might be noticeable to others when they see you again. There is one thing to keep in mind – long-lasting change is not easy, and while we are gaining some things, we also must let some things go. Yet, facing and embracing the transformation is an amazing journey to self.</p>
<b>Affirmation of the day:</b>	<p><b><i>Mirror work:</i></b></p> <p>Stand or sit in front of the bathroom mirror.</p> <p>Look into your eyes.</p> <p>Take a deep breath and say these affirmations</p> <p><b><i>I like you and I love you today and every day.</i></b></p> <p>Take another deep breath and say,</p> <p><b><i>I am a powerful person with the ability to create the transformation I most want in my life. I choose life I want. I choose freedom and kindness and I welcome the opportunities the world presents me with.</i></b></p> <p>Look into your eyes. Use your own name as you say,</p> <p><b><i>I like you and I love you, [Name], today and every day.</i></b></p> <p>Throughout the day, each time you pass a mirror or see your reflection, wink to yourself and repeat the part of affirmation that comes to mind.</p> <p>Give your reflection a high-five before leaving the bathroom. Mean it.</p>
<b>Physical activity of the day:</b>	<p>30 jumping jacks, 20 step-ups, 15 sit-ups, 20 ab bikes, 25 alternating lunges</p> <p>Remember to warm up, cool down and stay hydrated during physical exercises.</p>

<p><b><i>Mind activity of the day</i></b></p>	<p><b><i>Ripple effect of kindness:</i></b></p> <p>One of the simplest yet powerful ways to change yourself and the world is to choose acts of kindness. One at a time. Think of a few acts of kindness you could start implementing in your life to facilitate change and transformation.</p> <p>You can start practising them soon enough and for now, make a list of people you know, or have known, who are kind. Note what makes them kind in your eyes. What is it about them? Their words? Their actions? Their beings?</p> <p>Note as well that they are not in the business of taking advantage of others.</p> <p>What can you learn from them?</p>
<p><b><i>IF YOU ARE WITH SOMEONE:</i></b></p>	
<p><b><i>For your partner and/or older kids:</i></b></p>	<p><b><i>Be the change you want to see:</i></b></p> <p>Write about little things you could do – simple, easy values-guided actions -- to enhance your relationship. Following are a few ideas to get you started. Although we’re focusing here on the three core values of connecting, caring, and contribution, obviously these are not the only important values in a relationship, so please add others of your own.</p> <p><b>Words:</b> What can you say to your partner that promotes a deeper sense of connection or shows him that you care? How about “I love you,” “I’m here for you,” “Let me know how I can be of support,” or “I appreciate having you in my life”? Even simple phrases such as “Thank you,” “I’m sorry,” or “Please forgive me” can go a long way if said genuinely. Consider text messages, cards, and e-mails as well as the spoken word.</p> <p><b>Gestures:</b> What actions can you take that contribute to your partner’s health, well-being, and vitality? This might include anything from cooking dinner, fixing the car, or organising a night out, to helping your partner with her chores or tasks, or giving small gifts.</p> <p><b>Physicality (for partner primarily):</b> How can you facilitate connection and caring physically? Consider hugging, kissing, holding hands, stroking hair, sitting together on the couch, and so on.</p>

<p><b><i>For your younger children</i></b></p>	<p><b>Blow out a candle.</b></p> <p>A great way of teaching and practising deep breathing, relieving the stress in mind and body.</p> <p>Light a candle for your child to blow out. Then re-light it and move it further and further away, so that kids have to take deeper and deeper breaths to blow it out.</p> <p>And then you can just sit and quietly observe a little dancing flame.</p>
<p><b><i>Aaaaaaand..... breathe....</i></b></p>	<p><b>‘Ha Breath’</b></p> <p>For inviting positive changes and uplifting your mood</p> <p>Stand with the feet placed shoulder-width apart and with your knees bent. Place your hands on your lower abdomen and inhale through the mouth, expanding the diaphragm.</p> <p>Exhale quickly through the mouth, making a ‘Ha’ sound loudly. Repeat rapidly for two minutes. As you breathe the Ha breath, you’re also infusing your brain with oxygen, and releasing endorphins</p>



## DAY 20 FOLLOWING YOUR HEART

<b>Question of the day?</b>	<p><b>What does my heart really want me to do?</b></p> <p>There is a method to understand whether we're being led by our ego or our heart is to ask whether we feel superior or inferior to others. If we feel either, it's likely that our ego is in charge, and we're stuck in a cycle of comparison, fear, and a never-ending demand for approval. The only way to escape this cycle is to follow our heart. This concept of following our heart is referred to as many things – quantum physics calls it energy, religion calls it spirit and psychology calls it intuition. Are you ready to follow your heart?</p>
<b>Affirmation of the day:</b>	<p><b>Mirror work:</b></p> <p>Stand or sit in front of the bathroom mirror.</p> <p>Look into your eyes.</p> <p>Take a deep breath and say these affirmations</p> <p><b><i>I like you and I love you today and every day.</i></b></p> <p>Take another deep breath and say,</p> <p><b><i>As I follow the path of my heart, I discover my true treasure. I release my unnecessary attachments to people, things, or situations in the world. My growth is my top priority. When I am being true to the best in me, the rest of my life falls into place.</i></b></p> <p>Look into your eyes. Use your own name as you say,</p> <p><b><i>I like you and I love you, [Name], today and every day.</i></b></p> <p>Throughout the day, each time you pass a mirror or see your reflection, wink to yourself and repeat the part of affirmation that comes to mind.</p> <p>Give your reflection a high-five before leaving the bathroom. Mean it.</p>

<p><b><i>Physical activity of the day:</i></b></p>	<p>40 mountain climbers, 20 squats, 10 push-ups, 30 butt kicks, 25 toe touch crunches</p> <p>Remember to warm up, cool down and stay hydrated during physical exercises.</p>
<p><b><i>Mind activity of the day</i></b></p>	<p>Dedicate the next two days to doing the following activity:</p> <p>In your journal, describe what your ideal life would look like. Think of things that are life-giving, that bring you peace and joy, even if you have not experienced them in a long time. It may help you connect to the time in your life when you felt the healthiest and the most balanced and to think about what contributed to that.</p> <p>Now describe specifically what an ideal day would be like for you. Even if it is very different from what your life looks like right now. Go through that day from morning until the evening, what will be the colours, smells and sounds of that wonderful day.</p> <p>Make a list of things you can start doing to head in the direction of your life. Pick one thing you can do right now and do it.</p> <p>Tear out or photograph this page and put it somewhere safe. Return to it regularly to remind you of your dream life.</p> <p>Feel free to edit your goals and intentions, if/ when they change. Even if it seems like your dreams are not coming true, keep taking one step at a time in the right direction. It is all about small steps in the end of the day.</p>

<p><b><i>For your partner and/or older kids:</i></b></p>	<p><b><i>IF YOU ARE WITH SOMEONE:</i></b></p> <p>It is time to reflect on the past 3 weeks Look back over the last 20 days and reflect on the way your relationship has been in these past three weeks and which values you shared. Which actions enhanced and enriched your relationship? Which actions had the opposite effect? There is no such thing as a “right” or “wrong” value. Make a three-column table: In the left-hand column write the values (common values that many couples share are suggested below, in the middle column), in the middle column write the actions that enhanced your common values, and in the third column write about the actions that were not consistent with your couple values.</p> <p><b>Relationship Values</b>  Connection  Caring  Contribution  Respect  Fairness  Acceptance Assertiveness  Sensuality  Having fun  Kindness  Teamwork Support/encouragement Trust  Honesty  Exchange notes and discuss.</p>
<p><b><i>For your younger children</i></b></p>	<p><b>Play memories game</b></p> <p>Encourage your children to reflect on the events of the days that passed, to calm down and to reflect on things that happened. It is a great activity to do before going to bed. Set aside a few minutes and tell about the sequence of your daily events, paying special attention to things you really enjoyed or things that made you nervous and then invite your child(ren) to share their memories.</p>

***Aaaaaaand.....  
breathe....***

### **Alternative Nostril Breathing**

Alternative Nostril Breathing helps calm and focus the mind and relax the body. This type of technique encourages deep, slow breathing which sends messages to the body to come into a calm state and relaxes the nervous system, which may bring the blood pressure down.

It helps to improve oxygen and is said to oxygenate both sides of your brain, which will improve brain function and allow you to be in a state of calm focus.

- Start by sitting in a comfortable position.
- Place your left hand on your left knee.
- Lift your right hand up toward your nose.
- Exhale completely and then use your right thumb to close your right nostril.
- Inhale through your left nostril and then close the left nostril with your fingers.
- Open the right nostril and exhale through this side.
- Inhale through the right nostril and then close this nostril.
- Open the left nostril and exhale through the left side.
- This is one cycle.
- Continue for up to 5 minutes.
- Always complete the practice by finishing with an exhale on the left side.

**DAY 21 LIFE STARTS NOW**

<b>Question of the day?</b>	<p><b><i>What will my life story sound like?</i></b></p> <p>We are the author of our life stories. We create it from the meanings we make from every aspect of our lives. We are to choose how our story will sound like and what actions we will take to support it. Use the time you had in quarantine for a new understanding of how these struggles have transformed you and go out there, creating your true life story from now on!.</p>
<b>Affirmation of the day:</b>	<p><b><i>Mirror work:</i></b></p> <p>Stand or sit in front of the bathroom mirror.</p> <p>Look into your eyes.</p> <p>Take a deep breath and say these affirmations</p> <p><b><i>I like you and I love you today and every day.</i></b></p> <p>Take another deep breath and say,</p> <p><b>MY LIFE IS NOW and I AM READY TO LIVE IT.</b></p> <p>Look into your eyes. Use your own name as you say,</p> <p><b><i>I like you and I love you, [Name], today and every day.</i></b></p> <p>Throughout the day, each time you pass a mirror or see your reflection, wink to yourself and repeat the part of affirmation that comes to mind.</p> <p>Give your reflection a high-five before leaving the bathroom. Mean it.</p>
<b>Physical activity of the day:</b>	REST DAY

***Mind activity of  
the day***

Reread the dream life and ideal day exercise from yesterday. Make any edits as you feel necessary and choose the next thing from the list (add another one) that you can do in the direction of your “dream life”

In your journal, describe what your ideal life would look like. Think of things that are life-giving, that bring you peace and joy, even if you have not experienced them in a long time. It may help you connect to the time in your life when you felt the healthiest and the most balanced and to think about what contributed to that.

Now describe specifically what an ideal day would be like for you. Even if it is very different from what your life looks like right now. Go through that day from morning until the evening, what will be the colours, smells and sounds of that wonderful day.

Make a list of things you can start doing to head in the direction of your life. Pick one thing you can do right now and do it.

Tear out or photograph this page and put it somewhere safe. Return to it regularly to remind you of your dream life.

Feel free to edit your goals and intentions, if/ when they change. Even if it seems like your dreams are not coming true, keep taking one step at a time in the right direction. It is all about small steps at the end of the day.

And remember, LIFE IS NOW

<p><b><i>For your partner and/or older kids:</i></b></p>	<p><b><i>IF YOU ARE WITH SOMEONE:</i></b></p> <p>It is time to Look forward Look forward to the next week/ three weeks/ a month and reflect on the way your relationship could be growing and being nurtured and which values you want to share more. Which actions could enhance and enrich your relationship? Which actions would be likely to have the opposite effect? There is no such thing as a “right” or “wrong” value. Make a three-column table: In the left-hand column write the values (common values that many couples share are suggested below, in the middle column), in the middle column write the actions that could enhance and enrich your relationship, and in the third column write about the actions that will not be consistent with your couple values.</p> <p><b>Relationship Values</b></p> <p>Connection Caring Contribution Respect Fairness Acceptance Assertiveness Sensuality Having fun Kindness Teamwork Support/encouragement Trust Honesty</p> <p>Exchange notes and reflect.</p>
<p><b><i>For your younger children</i></b></p>	<p>Do the happy dance together. You did it! You all did it! Chose the favourite song (first your child’s, then. Yours) and let yourself get lost in the happy dance like no one is watching. It is a brilliant way to release the fatigue and nurture positive excitement of coming out of the quarantine.</p>
<p><b><i>Aaaaaaand..... breathe....</i></b></p>	<p><b>Meditation in action.</b></p> <p>You have been practicing for many days by now, it is time to take your ability to be present in the moment to the big world. Over the next few days, weeks and years. As you walk focus on your breath, as you eat be aware of any mental chatter, and as you interact notice where your mind is wandering. Instead of getting pulled in the directions of anxiety, desire and fear, do your best to stay in your meditative space so that you can see each experience as an opportunity to grow.</p>

***Thank you for letting us be the part of your 21-day journey!***

***With love, AMindset***

***For any of your counselling/ therapy/ coaching needs, do not hesitate to contact us at:***

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***Phone/WhatsApp: +852 9496 9014***

***[www.amindset.hk](http://www.amindset.hk)***

***AMindset offers FREE online counselling for those in quarantine - [see here](#)***

***Or visit: [www.amindset.hk/quarantine](http://www.amindset.hk/quarantine)***

***List of materials used:***

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***Other physical activities you can try:***

Beginner yoga <https://www.yogawithuliana.com/21-day-beginner-yoga-challenge/>



Sources: [www.pinterest.com](http://www.pinterest.com)

DAY		EXERCISES	CIRCUITS
MON	LEGS & GLUTES	25 Squats 20 Walking Lunges 40 Jumping Jacks 10 Squat Jumps 10 Reverse Lunges with Jump (each leg)	4 Circuits: Rest for 60-90 seconds Between
TUES	ARMS & ABS	15 Burpees 10 Push Ups 15 Jackknife Crunches 40 Mountain Climbers 25 Leg Raises	4 Circuits: Rest for 60-90 seconds Between
WED	TRICEPS & OBLIQUES	40 Russian Twists 40 Hip Dips 15 Tricep Dips 30-Second Plank 40 Mountain Climbers	4 Circuits: Rest for 60-90 seconds Between
THUR	LEGS & CARDIO	40 Butt Kicks 40 Jumping Jacks 40 High Knees 10 Squat Jumps 20 Walking Lunges	4 Circuits: Rest for 60-90 seconds Between
FRI	ARMS & ABS	30 Hips Dips 25 Leg Raises 10 Push Ups 40 Russian Twists 45-Second Plank	4 Circuits: Rest for 60-90 seconds Between
SAT	TOTAL BODY WORKOUT	15 Burpees 25 Squats 10 Squat Jumps 40 Mountain Climbers 10 Push Ups	4 Circuits: Rest for 60-90 seconds Between
SUN	REST		



CARDIO	
WK	CHOOSE ANY 2 DAYS PER WEEK
1	Brisk walk for 15 minutes
2	Brisk walk 10 minutes then jog for 5 minutes
3	Brisk walk 8 minutes then jog for 10 minutes

Follow this WEEKLY PLAN for 3 WEEKS, for a total of 21 days.

Day 1 core day	Day 2 leg day	Day 3 arm day	Day 4 core day	Day 5 leg day	Day 6 arm day	REST DAY
8 sit-ups 8 bicycle 8 leg raise 10 sec plank 10 jumping jacks 10 burpees ☐ x3	10 squats 10 lunges 10 fire hydrant 10 wall sit 10 jumping jacks 10 burpees ☐ x3	5 pushups 5 shoulder tap 5 triceps dips 16 punches 10 jumping jacks 10 burpees ☐ x3	8 sit-ups 8 bicycle 8 leg raise 10 sec plank 10 jumping jacks 10 burpees ☐ x3	10 squats 10 lunges 10 fire hydrant 10 wall sit 10 jumping jacks 10 burpees ☐ x3	5 pushups 5 shoulder tap 5 triceps dips 16 punches 10 jumping jacks 10 burpees ☐ x3	
Day 8 core day	Day 9 leg day	Day 10 arm day	Day 11 core day	Day 12 leg day	Day 13 arm day	
12 sit-ups 12 bicycle 12 leg raise 20 sec plank 15 jumping jacks 15 burpees ☐ x3	15 squats 15 lunges 15 fire hydrant 15 wall sit 15 jumping jacks 15 burpees ☐ x3	10 pushups 10 shoulder tap 10 triceps dips 30 punches 15 jumping jacks 15 burpees ☐ x3	12 sit-ups 12 bicycle 12 leg raise 20 sec plank 15 jumping jacks 15 burpees ☐ x3	15 squats 15 lunges 15 fire hydrant 15 wall sit 15 jumping jacks 15 burpees ☐ x3	10 pushups 10 shoulder tap 10 triceps dips 30 punches 15 jumping jacks 15 burpees ☐ x3	REST DAY
Day 15 core day	Day 16 leg day	Day 17 arm day	Day 18 core day	Day 19 leg day	Day 20 arm day	
15 sit-ups 15 bicycle 15 leg raise 30 sec plank 20 jumping jacks 20 burpees ☐ x3	20 squats 20 lunges 20 fire hydrant 20 wall sit 20 jumping jacks 20 burpees ☐ x3	15 pushups 15 shoulder tap 15 triceps dips 40 punches 20 jumping jacks 20 burpees ☐ x3	15 sit-ups 15 bicycle 15 leg raise 30 sec plank 20 jumping jacks 20 burpees ☐ x3	20 squats 20 lunges 20 fire hydrant 20 wall sit 20 jumping jacks 20 burpees ☐ x3	15 pushups 15 shoulder tap 15 triceps dips 40 punches 20 jumping jacks 20 burpees ☐ x3	REST DAY