

The background of the image features a soft, light-colored surface. In the top left corner, there are several dried, brown leaves with visible veins, some overlapping. In the bottom right corner, a portion of a grey, textured notebook is visible, with a gold-colored pen resting on it. A large, semi-transparent, light pink rectangular box is centered over the image, serving as a backdrop for the text.

DAY 2

Self Love Challenge

There's nobody more important in this world than you!

WWW.ISRA.CO.IN

Heal Your Life Workshops

This is your unique opportunity to become an **Internationally Licensed Heal Your Life Trainer** and learn from the experts!

This 7 day residential certification will give you the full manual, tools and the practice to lead intensely powerful transformation workshops, which have impacted millions of lives across the world. Based on the powerful philosophy of Louise Hay, these workshops are currently conducted in 72 countries!

Residential Course (20-27 July 2025)

Know More: <https://www.isra.co.in/heal-your-life-workshop-leader/>

INTERNATIONAL CERTIFICATION





02 Celebrating your journey

What have you overcome, to be who you are today?

Hardships can bring unexpected gifts if we're open to learning and growing from them. How you have grown from your challenging experiences? What STRENGTHS have you developed as a result of it? How are you using those strengths in your life today? How have those difficult experiences, made you emotionally richer as a person?

This is an important exercise to help you see, how you have grown from every experience. sometimes we only tend to remember the trauma, but forget the silver lining. This exercise will remind you of that. **And the fact that you can TRUST yourself, no matter what.**

Use the space on the next page, to journal your thoughts.

Don't hold back! :-) That's the beginning of self-love.

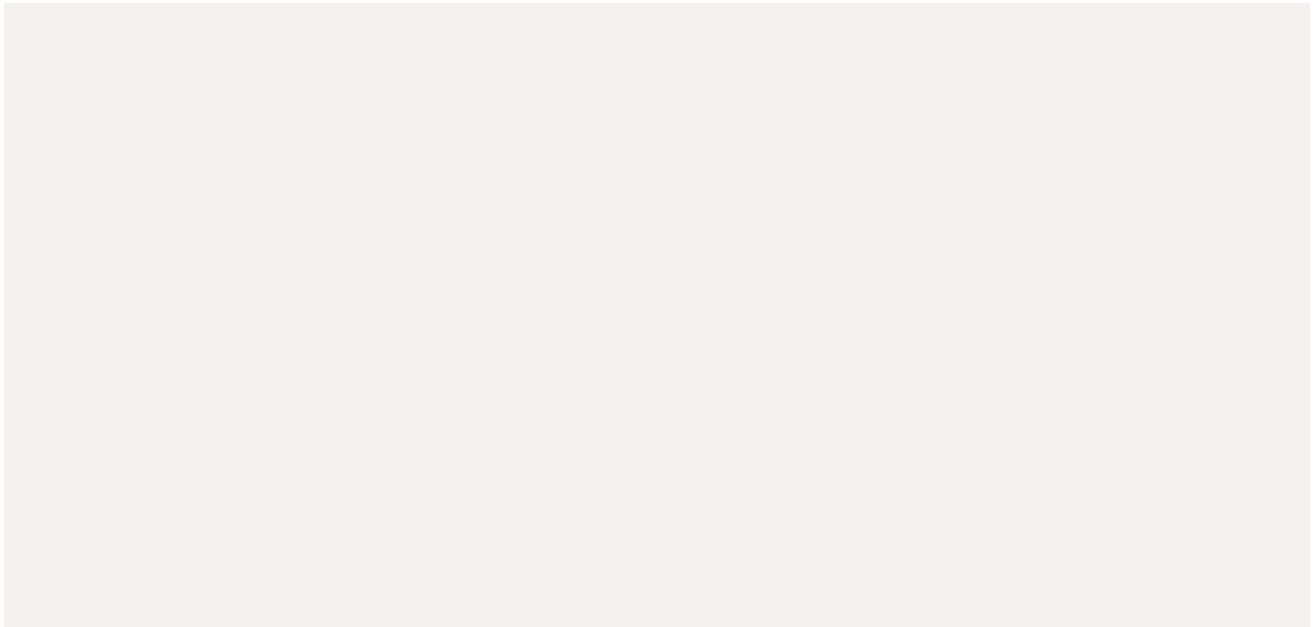
Journal your thoughts here...

Describe 2-3 difficult moments of your life and how they impacted you.

*Write down the **strengths** have you developed as a result of those experiences.
How are you using those strengths in your life today?*

Your Thoughts here...

Describe how those difficult experiences have made you **emotionally richer** as a person.



Here are some **affirmations** to repeat to yourself now.

I trust and believe that everything is always working out for my highest good.

I am strong, confident, and capable.

Everything is happening in perfect timing. I release worry and choose to trust.

I am kind and compassionate toward myself.

I trust my inner knowing in the face of uncertainty.

All my experiences help me be the best version of myself.

I make the best and most out of everything that comes my way.

All is well in my world. And so it is.

www.isra.co.in

ISRA as a company, owes its inception to two young entrepreneurs who share a passion for creating mentally and emotionally healthy communities globally, and a burning desire to facilitate positive transformations.

At ISRA, our purpose is to offer highly relevant and great quality content, based on principles of behavioural science, in a format that is richly experiential.

All our programs, digital and in-person, are designed to initiate a powerful shift in the way we think and behave. It is essentially about encouraging people to operate from a deep sense of purpose, relatedness, meaning & fulfilment.

SNEHA & SHASHANK

