

The background of the image features a light beige surface. In the top left corner, there are several dried, light brown leaves. In the bottom right corner, a portion of a grey, textured notebook and a gold-colored pen are visible. A large, semi-transparent light beige rectangle is centered on the page, serving as a backdrop for the text.

DAY 7

Self Love Challenge

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

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07 The power of affirmations

It's time for CREATION!

The more time you spend on thinking about what you DON'T want, the more of it you create. It's that simple.

What you put your attention on, grows and becomes permanent in your life. So let's move away from the negative and put our attention on positive affirmative thoughts, which have the power to change our lives.

So here are the **instructions** for your self-love challenge for today:

1. Set aside at least **20 minutes** where you can write without being interrupted.
2. Pick a place where you feel relaxed and comfortable. Put on some **music** if that helps.
3. Decide whether you want to use a pen and paper or a computer. Different people feel more **comfortable** with different mediums, so use whatever feels best to you.



07 The power of affirmations

4. Use the **sample affirmations** as a reference. When you are just starting out, writing affirmations can seem a bit daunting. So we have made it super easy for you! Use the sample affirmations, on the next page, to help you get started.

5. **Start writing.** Take a leap of faith and write what resonates with you. There's no right or wrong way to do this. You can also use coloured pens, illustrations, stickers or anything else to make your affirmation sheet more personalised. This is your moment of joyful creation. :-)

6. **Say it out loud.** Once you finish writing the affirmations say it out aloud. Notice how you feel. Repeat it again.

7. Repeat these affirmations every day for the next **21 days** and see the magic unfold.

Sample affirmations

- My good is constantly coming to me, so I relax and enjoy my life.
- I choose thoughts that make me feel loved and supported.
- I trust the Universe to take care of me.
- Every decision I make is the right one for me.
- I now create wonderful relationships. I choose to open up and let the love in.
- I listen to my body and give it what it needs on every level. I experience a deep level of healing.
- I let go of all fear and doubt, and life becomes simple and easy for me.
- As I move through the layers of other people's opinions and beliefs, I see within myself a magnificent being, wise, and beautiful. I love what I see in me.
- I release all resistance to money, and I now allow it to flow joyously into my life.
- This is a day of delightful surprises. I eagerly await each moment.
- My self-esteem is high because I honour who I am.
- I am gentle with myself, knowing I am doing the best I can with the knowledge and understanding I have.
- I deserve the very best. I accept this for myself now.
- I accept miracles. I accept healing. I accept wholeness. And most of all, accept MYSELF.
- I have unlimited potential. Only good lies before me.
- I AM SAFE. All is well in my world!

Your affirmations

Start writing here. Affirmations are like planting seeds in the soil of your mind.

Poor soil, depleted growth. Rich soil, abundant growth.

The more you choose to think thoughts that make you feel good, the quicker your life starts to change.

Use your affirmations daily!

Repeat your affirmations out loud everyday, as often as you can.

Say your affirmations while looking into the mirror.

Write it, sing it, visualise it, believe in it.

Repeatedly saying the affirmations builds new neural pathways in your brain, which strengthens positive thought patterns.

Develop a practice of saying these affirmations regularly and consistently, as it will help you break out of your old thought patterns.

**I change my life when I change my thinking.
I am Light. I am Spirit.
I am a wonderful, capable being.
And it is time for me to acknowledge
that I create my own reality with my thoughts.
If I want to change my reality,
then it is time for me to change my mind.**

— Louise L. Hay

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INTERNATIONAL CERTIFICATION



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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

