

AWAKEN TO SELF LOVE: A 21 DAY COACHING GUIDE

PRACTISING

SELF LOVE



21 TASK IDEAS
to love yourself again

dream life lounge



Hi lovely! Welcome to 21 self loving task list.

This is a self paced workbook where you have the complete freedom to use this as a daily source of inspiration or get on to to do a 21 day challenge with these. Alternatively, if you have got your hands to this workbook with 'Awaken to Self Love': A 21 Day Coaching Guide, you can make this your companion to support your coaching practice for the next 21 days.

MEET YOUR INSTRUCTOR



Shivani Baghel

Hi! I am a spiritual and mindset coach who's awakened to her purpose of guiding amazing souls like you through love. My self love journey has guided me to create this tool you are holding right now. May this transform and awaken you the way it did for me.



Promise To You

Doing these self loving tasks for 21 days will elevate you and activate the power of self love within you. Slowly, these tasks will become habits. As this happens, you experience shifts , miracles and transformations within and without. Get ready!

daily tasks

21 self love tasks

01.

REPETITION: Grab your journal and write down 22 times twice a day (22x2) the following statement: *I COMMIT TO LOVE & ACCEPT MYSELF TODAY*. This will strengthen your commitment to your practice and to your inner self love journey. Repetition is proven to be a strong medicine to reprogram your mindset.

02.

LOVE THROUGH EYES: It's really vulnerable to look into someone's eyes. And even more, when its your own! Today, walk to the mirror and just look into your eyes for a full minute. Let your feelings rise up. Continue staring and then say I LOVE YOU.

03.

SALT WATER THERAPY: Run a bath or just get some hot water for a foot soak adding some epsom/himalayan salt. And then, no book, no journaling, no movie, just being in this presence visualizing the salt water cleansing your energy. Once you are done, flush this water away as if you are actually flushing out all the negativity .

04.

BODY TALK: Our pain speaks to us through our bodies. Breathe in and feel into each place where you feel tension and pain. Hold that space in your body and say - "I love and accept you (your name). Move from one place to next. Hold each place, breathe into that space and repeat. You can keep a journal and write down your experiences post this.

05.

ACCEPT YOUR SCARS: Stand naked in front of the mirror today and just look at that place you absolutely don't like to bring your attention to. Maybe you have shame or embarrassment here. Today just acknowledge its presence and send it love with your palms saying - "I love and accept myself anyway".

daily tasks

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06.

DANCE IT UP: Sometimes energy needs no word or tactic but just surrendering to the flow. Just move and flow with the music today and shake off the stuck energy. You can also go a step ahead and record it for yourself or to share with your friends - because why not?

07.

MINDFUL PIVOTING: Today's task is to be mindful of your thoughts. Every time a self hatred thought comes up, I want you to PIVOT by tapping the back of your hand or stretching a rubber band on your wrist. Stop yourself in the tracks and say : "But I choose love for myself anyway".

08.

MASSAGE GOODNESS: Our temples, our jawlines, our eyelids, our forehead - they are all energy points. Today pour in some oil on your palms and go on to massage your face lovingly with affirmations. As you do this, think about the kind of energy you'd want to transfer to your self, how a mother massages the baby with love saying sweet words..

09.

LOVE LETTER: I am sure you'd have fantasized about receiving a love letter atleast once. Write one to yourself! "Dearest beautiful (your name),I am in absolutely love with everything you do. Everything about you moves me so deeply. I love how you... "Once it's done, fold it and shove it under your pillow. Next morning read it and feel 'being loved'.

10.

SLOW DOWN: Head to your kitchen, pick up that coffee/tea/lemon/whatever and brew or juice it SLOWLY. Soak in every step. Revel in the joy of creating something. Move along as you enjoy the most basic activity of your day. Smell it, be here, present. Then relish its taste slowly as you enjoy YOUR creation. .

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11.

BEING: Can you simply light a candle tonight and just be with your self and your thoughts, your feelings, the sensation in your body? No judgements, no struggle to do something, no guilt to get out, no rush to move on, but just being here, feeling it all? Just observing yourself BEING.

12.

EMBODY THE ARTIST: Get your color pencils and sketch pens out today. Art is therapy and creating makes us remember our power. It releases subconscious fears and rage on the page. Plug in your fav music and intuitively doodle/draw/colour/paint . You can definitely decode your art piece once you are done or just enjoy the shift!.

13.

PLAYLIST: Make a self love playlist. Music is not just entertainment but a tool of healing too. Today i want you to create a playlist exclusively FOR yourself. It's got music which elevates you, makes you feel super good, makes you believe in your super power and gets you relaxed and inspired to step up. Come back to it often!

14.

START SOMETHING: Loving yourself means listening to the voice of love over fear and following with your heart's desire. Start something today. It could be a new routine, Yoga class, a podcast, a youtube channel, an Instagram page, a blog . .

15.

NATURE LOVE: Nature is an extension of our soul energy. Leaves, flowers, animals, store universal energy of love. Spend time embracing and nourishing yourself with an element of nature (a stone, smoke, fire, water, leaves, trees, or a pet). Touch it, embrace, feel through its energy.

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16.

MOTHER YOURSELF: Ask yourself today, "What do i really need right now?" You will be surprised at what comes up. The answer could be healthy food, water, love, attention, support, hug... This is you being a mother to your own self. You can journal or ask out loud.

17.

RAW BEAUTY: Today i challenge you to take a picture of you without makeup, post it somewhere and write down all the things you love about yourself. Alternatively, you can also simply step out today without makeup. This would quite be a challenge if you've never done this, but liberating nonetheless.

18.

BEAUTY REFLECTIONS: Your mirror is a sacred place for your beauty. Every time you see it, you think you are seeing flesh but your invisible aura is also reflected. With today's task, have some positive vibes and tons of love reflected back at you! Grab a bunch of sticky notes, write some love notes for yourself, tape them on the edges of your mirror.

19.

CREATING SPACE: Today is so easy that it's almost difficult! Today i want you to go to bed an hour earlier. Off your phone, disconnect and get on bed. See what do you feel guided to do as you sit on your bed. Journal? Breathe? Music? Let your intuition guide you.

20.

VISION BOARD: This vision board is not so much about the things you want in your life but who do you want to be? Your future self Values, Qualities, Appearance, Position. You can also look out for people whose life you'd love to live or your inspiration models. Add them in!

daily tasks

21.

HABIT SHIFT: If you really want to make long lasting changes, change your routine. What is it that you have learnt over the past few days and has inspired you to make a habit? Meditation? Journaling? Hugging yourself? Affirmations? Brewing tea? Commit to it and add to your Calendar and make it a part of your routine.

What were your favorite tasks?

Which one of these will become a habit?

daily tasks

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How does it feel doing things for myself?

Do I want to do more of this?

MAKE LOVE A HABIT!

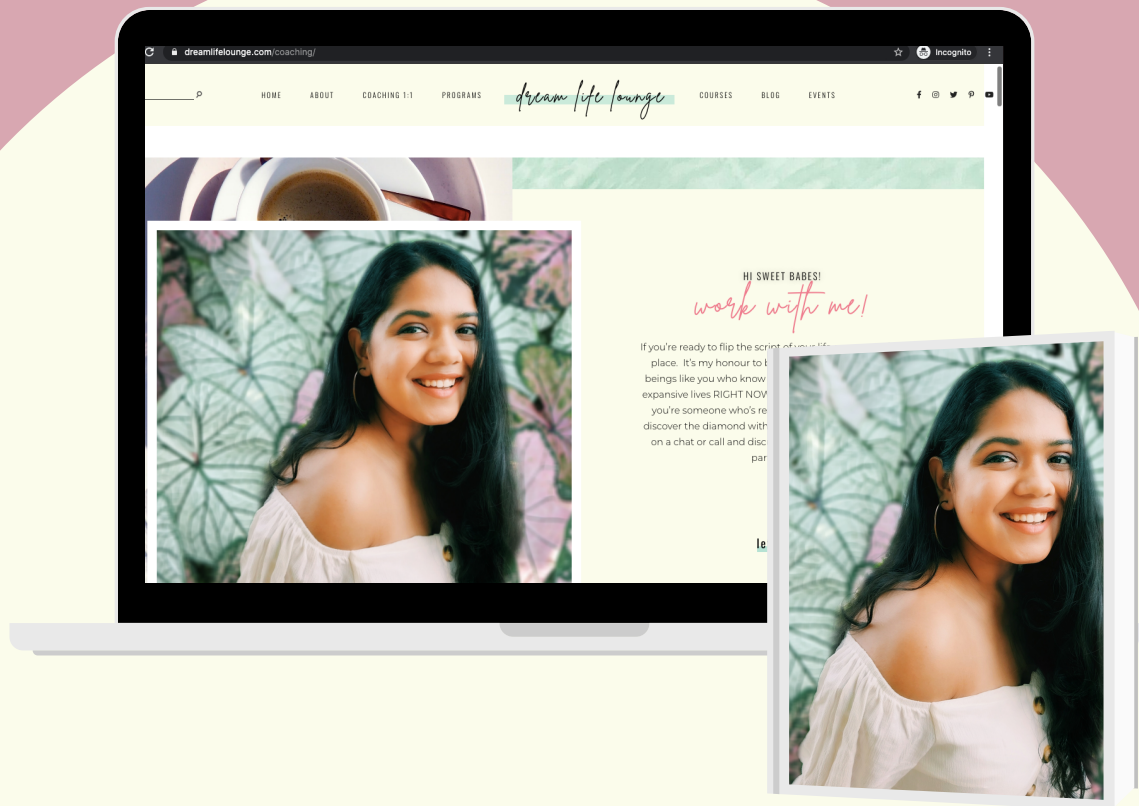
Don't stop here! I want you to integrate self love in your life fully. Make a commitment and add few of your favorite tasks to your calendar for the coming months.

I'd love to support you in this commitment! When you do these self loving tasks, give yourself a shoutout using *#awakentoselflove* and tag *@dreamlifelounge* on your IG stories or posts, so that I can support you, hold you accountable and share your wins!

work with me

LET ME HELP YOU ELEVATE

your life



If you're interested to uplevel your vibe a notch, I am inviting you to work with me up close and personal for some serious shifts and transformations. We can work through everything that's blocking you from living your biggest, boldest, beautiful life that you're so worthy of!

I AM READY TO LIVE
MY DREAM LIFE

*"Self Love is the beginning
and end of it all."*

If you love this workbook and have experienced shifts and miracles with it, the best you can do is to spread the love and hook a friend with this ebook course. It will also help to support me and my commitment to create more self help tools like these. I am praying for miraculous transformations for you and i hope to connect with you on my socials. - Shivani Xx

THANK
YOU,
BEAUTY!



This workbook is an extension of the Awaken To Self Love: A 21 Day Coaching Guide and shouldn't be circulated .