

The 7 Day

RISE *in* LOVE

Challenge



Introduction:

"Welcome! I'm thrilled that you have joined me on this journey of *SELF LOVE* with an intention to bring more joy and positivity into your life, which ultimately... changes the world. This simple gift is designed with you in mind and packed with simple activities & positive affirmations to increase happiness and your overall state-of-being. Open your heart & open your mind... Let's dive into a world of positivity and happiness together!"

Key Benefits:

- Improved Mental Health: Joy and positivity can reduce stress and anxiety and improve overall mood, leading to better mental health.
- Increased Energy: Feeling joyful and positive can increase energy levels and motivation, making it easier to tackle daily tasks.
- Better Relationships: Bringing joy and positivity into daily life can improve relationships with others, as a positive attitude can be contagious and enhance the mood of those around us.
- Improved Physical Health: Positive emotions have been linked to better physical health, including a stronger immune system, lower blood pressure, and reduced risk of chronic illnesses.
- Enhanced Creativity and Problem-Solving Skills: Being in a positive and joyful state of mind can increase creativity and critical thinking, allowing for more effective problem-solving.

Getting Started:

"Incorporating joy and positivity into daily life can have a profound impact on overall happiness, well-being, and success so take charge. Believe you can impact the change you wish to see in your life. Hold yourself accountable & *engage fully* in this workshop to experience the power of joy and positivity in your daily life."

Now let's begin...

Opening Statement:

Observe how you're feeling right now as you enter this challenge...

- Write down **1** sentence that best describes that feeling.

- Write 1 sentence that describes what you'd like to gain from this challenge.

Immersive Activities:

Here are **7 daily** micro-activities for you to do **each day** starting **today**. It may seem simple, but stick with it, stay on track and commit to yourself. *Small actions create big changes*. Be sure to check off the accountability chart after completing each activity. (see last page for details)

- **Gratitude.** Each day, write down (or type in your phone) a minimum of 5 things you are grateful for. This can be whatever first come to you. Do your best to **FEEL** deeply into the gratitude as you're writing.
- **Movement.** For 7 days straight, spend a minimum of 30 minutes moving your body, deepening your breathing and elevating your heart rate. Examples can be, dancing, taking a walk, yoga, working out, a free movement class on YouTube that feels new or exciting to you, etc.
- **Karma.** Once per day, do something fully with the intention of bringing kindness or joy into someone **else's** life. This can be a loved one, friend, or stranger. You may be surprised, but oftentimes helping others, helps you too. Example: Buy the coffee for the next person behind you in line at a cafe.

Immersive Activities (continued)

- **Nourishment.** Add **1** more 'healthy' component to your diet each day. Some examples could be: intently drinking 1 additional glass of water, having a fruit instead of going to the snack cabinet, saying no to that extra plate of food when you know you don't need it.
- **Breath.** The first thing we did when we entered this life is breathe, and we haven't stopped since. Take **2 minutes** each night before bed to **focus on breathing**. Slow down. Sometimes, when we imagine life without something like the gift of breath, it reminds us how grateful we truly are. Do your best to **let go** of the constant thoughts that come into your head during this 2 minute exercise.
- **Vibration.** Music is a vibe. **Tune in** to a 'Theta Waves' playlist on YouTube for at least *10 minutes* per day. This can be in the background while having a meal, before bed while getting ready, or even while laying on your phone..

Bonus:

- **Art.** We all have creativity within us. Often times there are unprocessed emotions within us that have never had the opportunity to release. Take a moment at least **ONE DAY** during this challenge to express yourself through the artistic medium that most excites you. This can take you 5 minutes or 5 weeks to finish this piece... All I can say is, let your heart lead.



Remember, be sure to do **each** of these Activities at **least 1 time** per day.
You deserve it, and you can do it. Your new life that awaits you, starts with simplicity.

Words of Affirmation

Positive affirmations are powerful statements that can help increase happiness and well-being by changing negative self-talk into positive, empowering beliefs.

By repeating positive affirmations regularly, they can help *shift your mindset, boost confidence, and increase overall positive emotions*. Positive affirmations have been shown to help with *stress reduction, improved self-esteem, and a greater sense of purpose and direction*. Incorporating positive affirmations into daily life can be a simple yet effective way to bring more joy and positivity into your life.

Read through this list of 10 affirmations, 1 time per day:

BONUS CHALLENGE: boldly speak the affirmations out loud, while looking into your eyes in the mirror.

- "I am worthy and deserving of joy and happiness"
- "I choose to focus on the positive and let go of negativity"
- "I am grateful for all the good things in my life"
- "I forgive myself for any harm I may have caused to others".
- "I forgive everyone for any harm they may have caused me and trust that I can and will discover the silver lining in every moment."
- "I am capable of creating joy in my life and spreading it to others"
- "I trust that I am part of something beyond myself and that my path of joy will continue to reveal itself."
- "I trust that I will break through the challenges that are present in my life and I am strong enough to do so."
- "There is no one in the world just like me. There never has been, and there never will be. I LOVE MYSELF."



I recommended that you make affirmations a daily habit, but don't take my word for it...

TRY IT. BELIEVE IT. FEEL IT.

My Accountability Checklist

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Gratitude							
Movement							
Karma							
Nourishment							
Breath							
Vibration							
Affirmations							
BONUS							

Congratulations!

"It's been an absolute pleasure to share this workshop with you. I hope that this workshop will be a starting point for a happier, more fulfilling life for each and every one of you. Remember, happiness and well-being are within your reach, and I wish you all the best on your journey towards a brighter future. May joy and positivity be a constant in your daily life.

If you enjoyed or benefited from this experience, I'll close with one last challenge, for you to share the link with a friend, loved one or someone who you feel would benefit from it. Maybe your simple invitation could shift their life trajectory for a better future".

With Love,
-dIdo



"Don't fight the darkness, be the light."