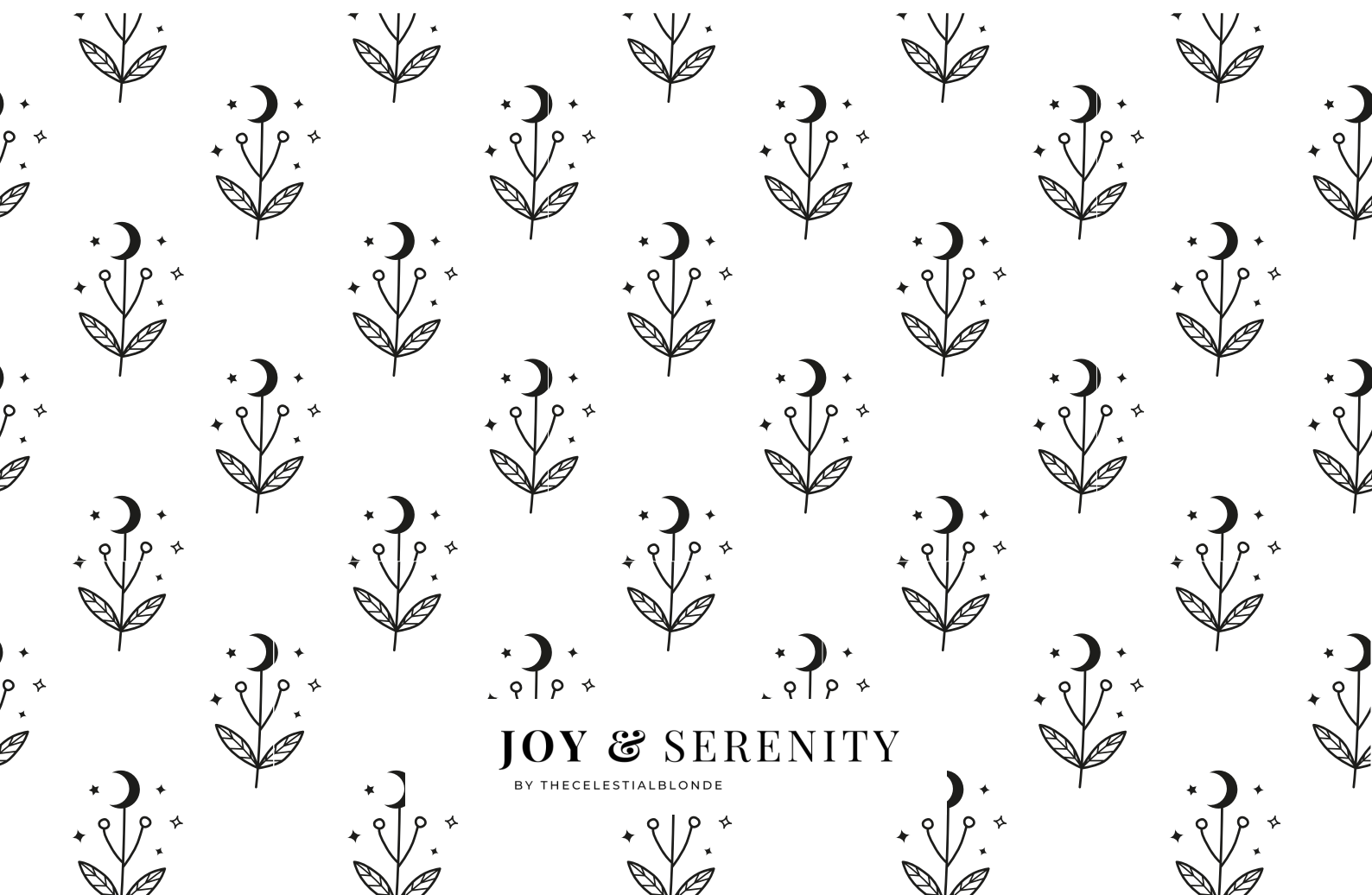


# DAILY HABITS

THE 21 DAY CHALLENGE



JOY & SERENITY  
BY THECELESTIALBLONDE



IT'S THE

*small changes*

THAT COMPOUND

OVER TIME INTO

MASSIVE

*Leaps.*



# DAILY HABITS

## THE 21 DAY CHALLENGE

### EMOTIONAL FREEDOM TECHNIQUE (EFT)

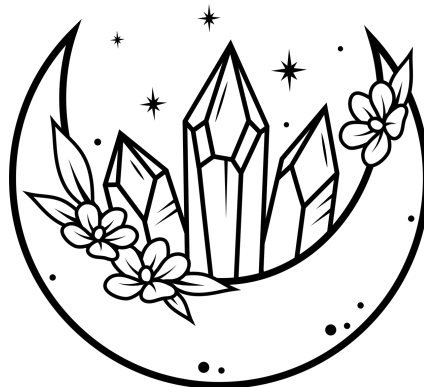
- choose something undesired you wish to release and run through the EFT recipe or simply tap on the points to encourage beneficial energy flow through your body

### SOMATICS: HEEL ROCKING AND HIP ROCKING

- heel rocking: when lying down on your back, flex and point the toes until you create a bobbling motion throughout your body
- hip rocking: when lying on your stomach, begin shifting your hips side to side
- do each of these for about a minute
- can be done on a mat or in bed

### 5 MINUTE SILENT MEDITATION

- get yourself into a comfortable position (preferably on your back with your hands by your sides in Savasana or with one hand on the heart and the other on the belly)
- set a time for five minutes
- clear your mind by focusing on your breath



# DAILY HABITS

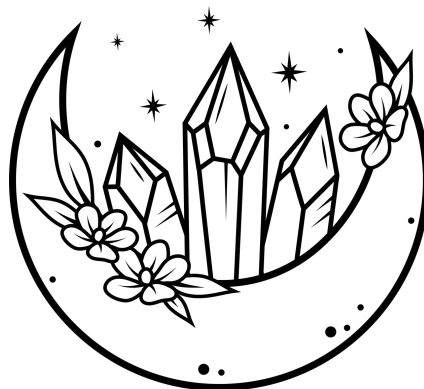
## THE 21 DAY CHALLENGE

### LYMPHATIC HOPS

- stimulate the lymph flow and detox by bouncing on the soles of your feet for one minute
- you can do actual jumps/hops if that's safe for your body to do, otherwise simply lift the heel up and then bring it back down to perform the bounces
- a minute is the minimum, you can over time bring it up to two minutes for a full flush of the lymphatic system

### EVENING AFFIRMATIONS & VISUALIZATION

- affirmations are optional but highly, highly recommended
- if you're doing affirmations, pick one to three of them and just silently repeat them in your head to yourself - and remember, if you can evoke emotions along with the words, they will hold more power
- for evening visualization, dream up a scenario you would want to experience in your life
- immerse yourself in the scene as deeply as is available to you and let the scene play out (on a loop if needed) until you fall asleep



# DAILY HABITS

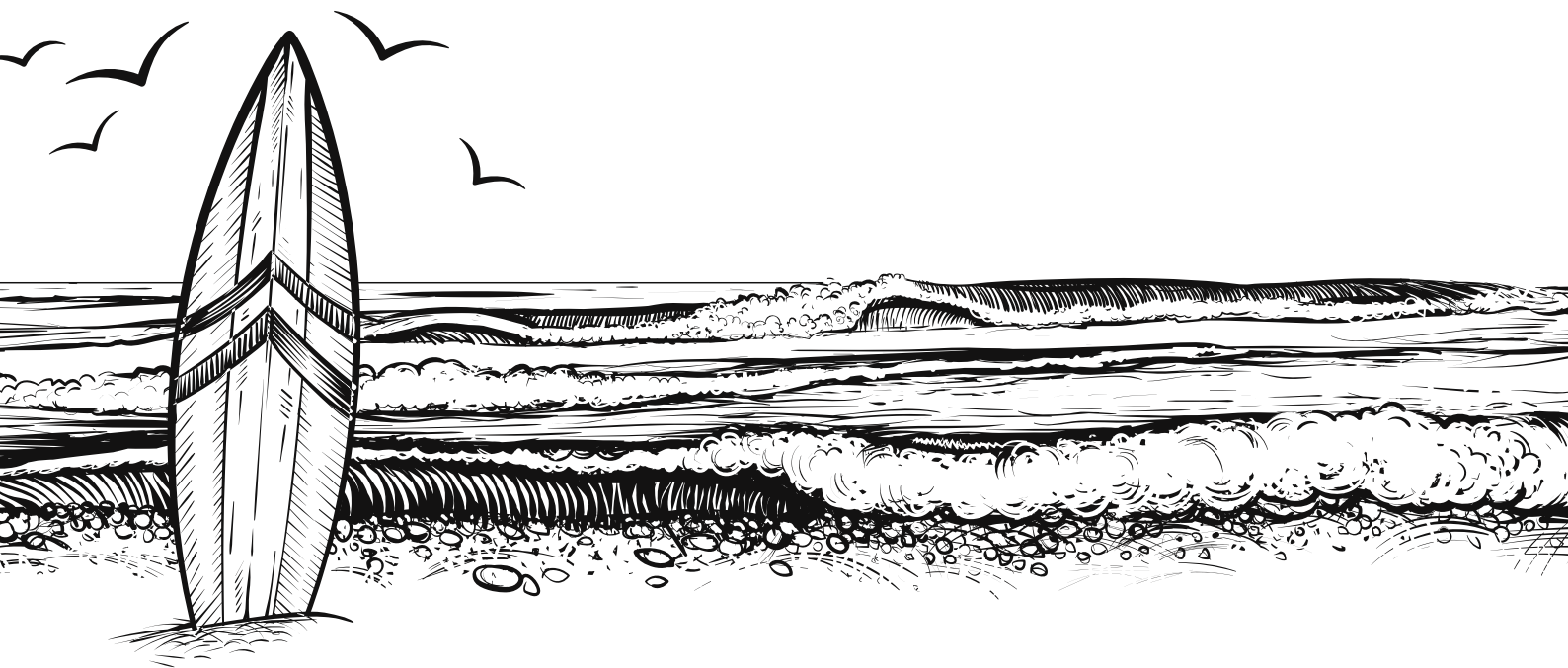
# THE 21 DAY CHALLENGE

[illegible]



# DAILY HABITS

PRE-CHALLENGE ASSESSMENT

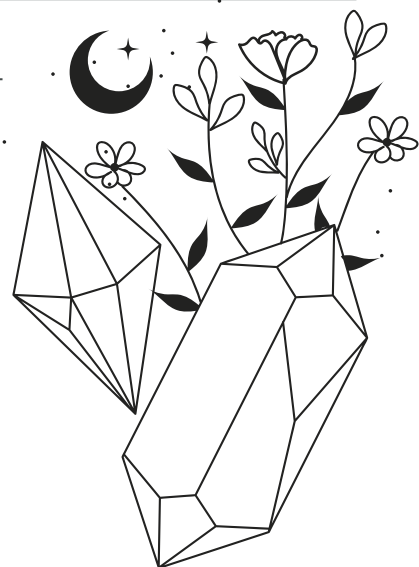


# DAILY HABITS

## PRE-CHALLENGE ASSESSMENT

1

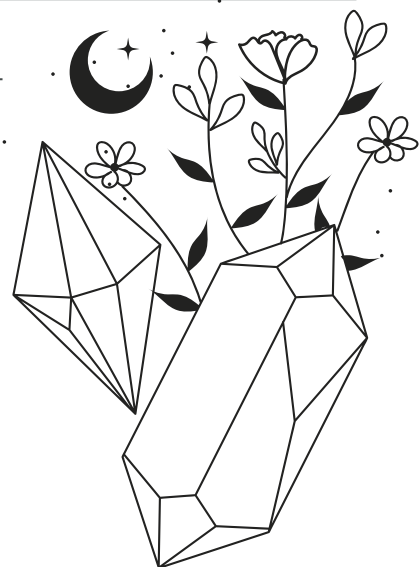
How do you feel on a daily basis? Emotionally? Physically? Do you find yourself getting stressed, irritable, anxious? Are your energy levels high or low? Is your mind always on, chatting away?



# DAILY HABITS

## PRE-CHALLENGE ASSESSMENT

How many hours of sleep do you normally get? Do you sleep well or are you restless, maybe waking up throughout the night? Do you suffer from nightmares or unpleasant dreams? Do you wake up tired, lacking energy, or in a bad mood?

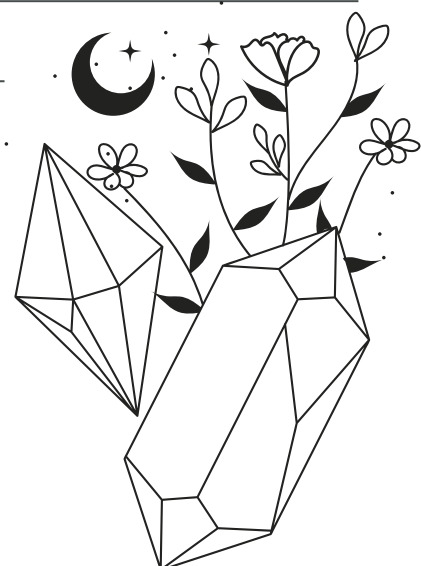




# DAILY HABITS

## PRE-CHALLENGE ASSESSMENT

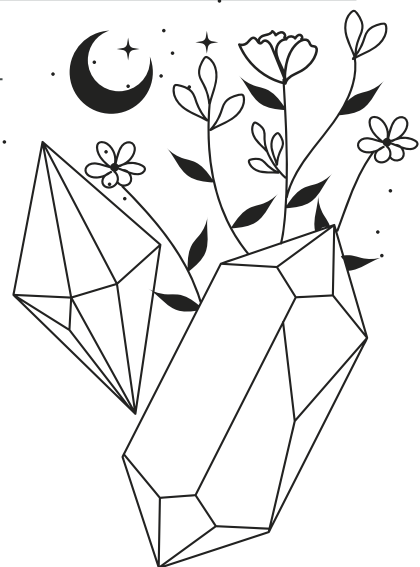
Is there anything else that's bothering you? Anything you're struggling with or would like to change? Remember, you can always bring any issues you have but desire to no longer experience into your EFT practice, so it can be very beneficial to make a note of them here.



# DAILY HABITS

## PRE-CHALLENGE ASSESSMENT

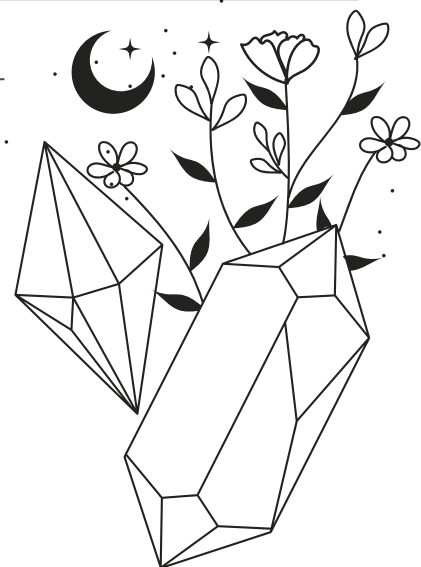
If anything was possible, what would you want to experience in your life? Who would you be? What would you have? What would your life look and feel like?  
Is there something you really desire right now? What would make this life the best life you've ever lived?



# DAILY HABITS

## PRE - CHALLENGE ASSESSMENT

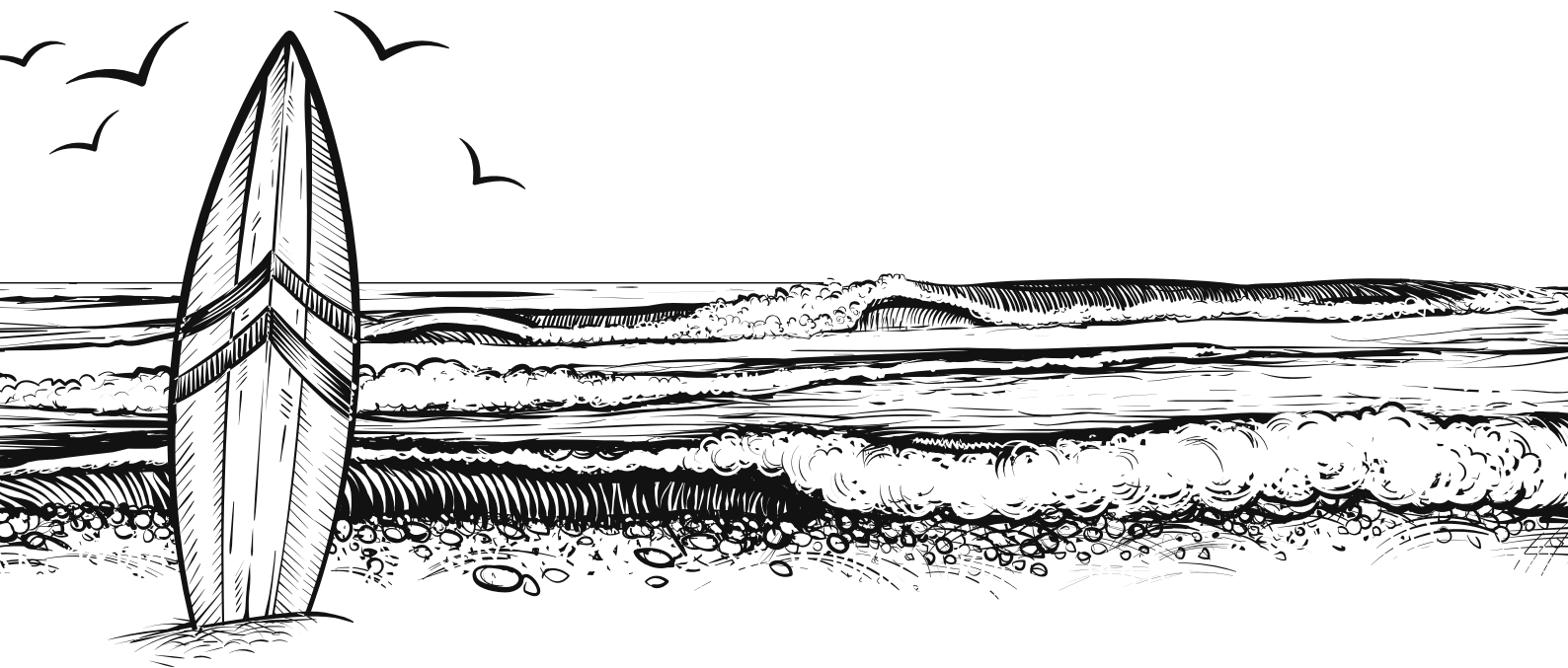
This step is optional - but highly recommended. Create affirmations from the answers that came up for you under #4 to have on hand for your evening practice. Make sure to write them in present form or use transitional statements to work with your current belief system: "I have high energy levels throughout the day" *or* "I'm willing to believe I can have high energy levels throughout the day."





# DAILY HABITS

POST-CHALLENGE ASSESSMENT

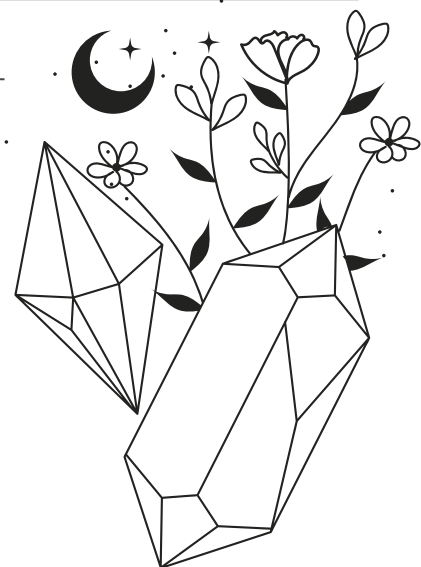


# DAILY HABITS

## POST-CHALLENGE ASSESSMENT

1

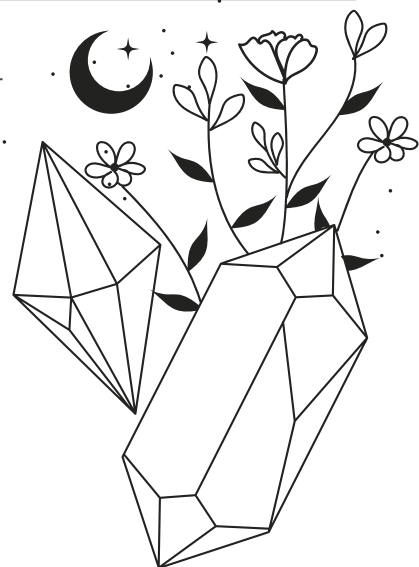
How are you feeling now that you have implemented new habits into your daily routine? Do you find yourself to be calmer, less anxious? Do you have more energy in your day or perhaps find it easier to do all of the tasks you have on your schedule? Do you find that things don't irritate you quite as fast? Does your mind feel clearer?



# DAILY HABITS

## POST-CHALLENGE ASSESSMENT

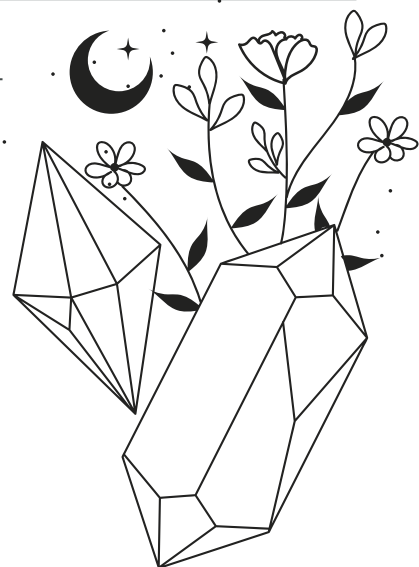
Do you notice any shifts in your sleep? Has your sleeping position changed? Is your sleep deeper, calmer? Have your dreams shifted? Do you feel more regenerated in the mornings than you did before starting the challenge? How do you feel when you wake up? Have you perhaps noticed any changes in general in your mornings?



# DAILY HABITS

## POST-CHALLENGE ASSESSMENT

Use this space to write down anything else that comes to mind, any observations or notes you might have about the challenge or the shifts you have experienced as a result of implementing simple new habits into your life.



*Remember:*

THE CHANGES YOU ARE  
EXPERIENCING  
ARE ONLY THE  
**BEGINNING**



IF 21 DAYS CAN CREATE SUCH  
A DIFFERENCE,  
THEN JUST IMAGINE  
WHAT A YEAR

*could do...*





# JOY & SERENITY

BY THECELESTIALBLONDE



[joy-and-serenity.com](http://joy-and-serenity.com)



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