



Dear you,

Welcome to the 21-day challenge!

This 21-day programme is designed to spice you up and inspire you to make your next step in life. Have a great time!

The programme includes 21 challenges and 21 podcasts that you can listen to and get inspiration from.

Every day you will receive the daily podcast and a card with a challenge to complete in the next 24 hours. We give you the instruction and the minimum amount of time you will need for the challenge and you can decide when and how to complete it.

Day 1: I Open

Today we come together to start a 21-day process. As a physical expression of this act, we invite you to take a new notebook and spend a few minutes making it #YOURS. (write, draw, paint... up to you)

This notebook is your private space for reflection, for putting down your thoughts and insights. Writing in this space will allow you to keep track of the process.

For today we ask you to reflect on the following questions and write your answer in the notebook:

- What brought you here, really?
- What is NOW opening for you?

Time: 20 min.



Day 2: I Impact

The world inside me is reflected in the world outside. The world outside me is reflected in the world inside.

Choose one little daily action with a physical impact that you will do every day during that programme, as your anchor. Here are the steps:

- Find out one action that brings you closer to your own sustainability and you can do it every day. Make a small switch in your daily life, related to what you eat, your lifestyle, your home or even your language.
- Keep this little change for the next 20 days and observe how it affects you back. Write your observations in your notebook.

Examples: I will make my bed every morning. I will do a 7 min yoga before going to sleep. I will eat an apple every day for breakfast. I will go to school on my bike. I will not use plastic. I will take a 15 min. walk every day, etc.

Time: 15 min.



Day 3: I am Now

I am NOW. The past will not come back. The future is not predictable. I am not the one I was yesterday and tomorrow I won't be the same as now.

Today we have a present for you. An imaginary timer. Imagine you have 24 hours left to live on this planet. From this moment on.

We challenge you:

- Write down all the things that you would do if those are your last 24 hours. With the resources that you have now.
- Complete your list!

Share in the group how you feel without any censorship. We are ALIVE! Today!

Time: up to you.



Day 4: I Glow

Today we challenge you to invest at least 20 min. of your life to take care of your appearance. Dedicate time to connect with your body, to touch and hug yourself. Notice which parts of your body you take care of and if there are some parts that you neglect.

From the outside to the inside, how are you going to love yourself in an action? Is there a morning routine or weekly habit that could be your physical expression of self-love?

Examples: mindful shower, self-massage, taking care of the hair or the nails, putting cream on the skin, putting on my favourite clothes and accessories, and even buying something I really like.

Time: 20 min.



Day 5: I Unfold

Today we challenge you to look yourself through the eyes of the people around you.

Connect at least 7 people who are part of your life in one way or another (friends, colleagues, parents etc.). Ask them to tell you:

- 3 things they find special in you
- 3 things they would advise you to work on

Collect the feedback and thank them all for their time. Share in the group how you see yourself if you look at the mirrors in the eyes of the people around you!

One recommendation: pick people from different spheres of your life. Ask your best friends, and also your parents. Ask people you work with on a specific project, but they don't know you that well. Ask your sports mates and people who know you since you were a child. Play with it and if you feel strange asking... just tell them you are part of a weird challenge :)

Time: 40 min.



Day 6: I am Gold, baby! Solid, Gold!

Today we challenge you to connect with your #Golden Energy! This is the state where you feel the best version of yourself!

When you feel that you reach 100% Golden Energy state:

- Put your favourite song #ON and dance your 100% dance
- Dare to record yourself and share your golden dance in the group!

Time: 10 min.



Day 7: I am Pleasure

What is your relationship with pleasure? Do you allow yourself to feel pleasure?

Today we challenge you to give yourself 15 minutes of pleasure and you define what pleasure is for you.

Those 15 minutes are without your phone and Social media, without distractions. Only for yourself.

Time: 15 min.



Day 8: I Express

Today we challenge you to create a post for a social media of your choice.

Take your time and create a quality post. Here are the requirements:

- Make the post for something you deeply care about.
- Dare to share your feelings about the topic in this post.
- Research and tag organisations, companies or brands that share your point of view.

After clicking the "publish" button, read the next part of the challenge.

Now that you have published your post, reflect on the following questions:

- How do you express yourself? What kind of visuals and language do you use?
- To whom are you actually speaking?
- What is there in your post that is STILL not said?

Time: 1h.



Day 9: I Give and I Take

Today we challenge you...

- Pick one book from your library that you really like. If you are not into books, pick a magazine or an object.
- Find a person to whom you want to gift this object. We invite you to challenge yourself and go for a person who is a little bit outside of your zone of comfort.
- Ask this person to give you something back and to do it the same day. It is important that on the same day you give and you receive.
- What you receive matches what you give. If you give a book, ask for a book. If you give a flower, ask for a flower.

Time: 20 min.



Day 10: I Am Mindful

Today we challenge you to take a look at one major aspect of your life... Your eating habits.

Write in your notebook a reflection on your relationship with food. What in your eating habits do you like and what is that you would like to change or add?

Do you check where does your food come from? Do you cook yourself sometimes? Do you have a favourite recipe?

The challenge for today is to enjoy 20 minutes of mindful eating. This means that you dedicate your time to only eating (no phone, no talks, no distractions). Open your sensations to the taste of each ingredient, the texture, the smell, the colours of your meal...

Bring awareness to your body and mind while eating. Are there any sensations in your body? To what per cent do you feel relaxed? What kind of thoughts are coming to you? Can you let them come and go, without holding them?

Time: 30 min.



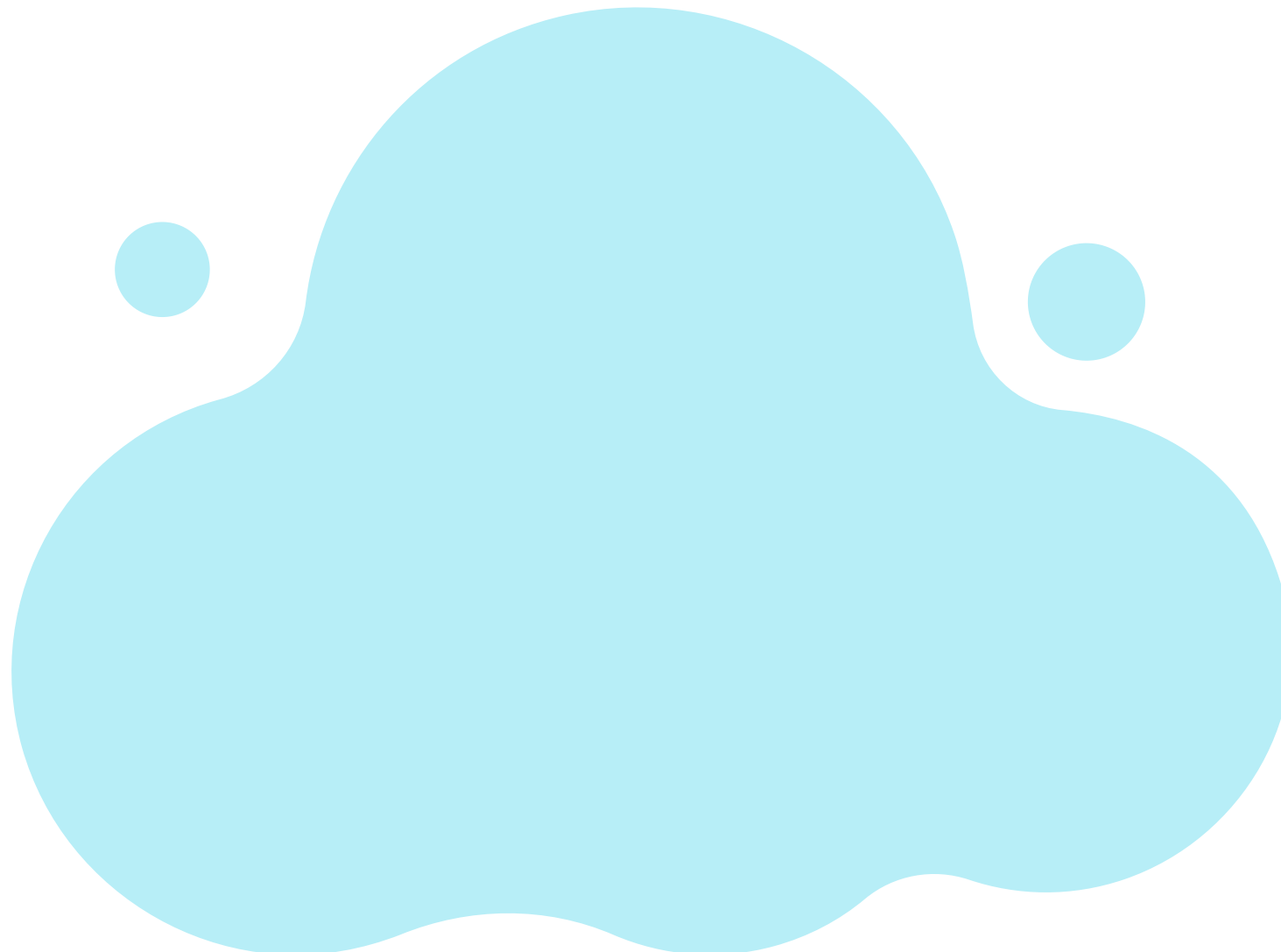
Day 11: I Breathe

Today we challenge you to dedicate 10 minutes of your time to mindful breathing.

You can do the exercises in this video or find your own way to connect with your breath.

Mindful breathing has many positive effects on your mind and body. It also affects positively the mental and physical health. It also gives you the chance to empty your head from thoughts and enjoy moments of contemplation.

Time: 10 min.



Day 12: I Love

Today we challenge you to experience love.

A favourite author of ours says that love is a verb. We create with who we are and what we do.

We challenge you to give the magic forward by making it special for someone. Create a surprise or a gift, make a donation or go to volunteer for an organisation.

Invest at least 30 minutes in making the day special for another human being.

Challenge yourself, do something new, creative... something that you wouldn't normally do.

Examples: visiting your grandma, buying a warm meal for a homeless person, donating money to a good cause, helping your friend with their homework.

Time: 30 min.



Day 13: I Budget

Today we invite you to reflect on your relationship with money.

The challenge is to have a conversation with another person about money. It could be your friend, parent, teacher, etc. Take some time after that and reflect in your notebook.

Questions to support you in the conversation:

- How do you budget?
- How much money makes you feel safe? How much money makes you feel free?
- How much would you like to earn in the future?
- What do you invest in?
- From whom or where did you learn about money?

Time: 20 min.



Day 14: I Am Nature

Today we challenge you to connect with nature. Challenge yourself!

- stay barefoot for at least 15 minutes on the grass
- go swimming in a lake nearby
- go biking
- do a long walk in the park
- water your plants
- hug a tree
- lay on the beach

It is up to you how to do that, we invite you to connect with nature in your own way.

Let yourself contemplate! Look at it as it reveals itself to you! What is the metaphor you see between you\your life and nature?

We invite you to keep this time clean from social media, work and thoughts for the past and the future...

Time: 20 min.



Day 15: I Declutter

Today we challenge you to experience the art of decluttering.

By letting go of an object, you generate energy that comes back to you. By letting go, you create space for something new to appear.

We challenge you to declutter your space. Use your intuition and sense which are those objects, clothes, notebooks, and memories that you can let go of, while maybe keeping the memory.

Create new space in your life for new experiences to come!

In the process, find your own way to let go of things. Maybe you burn some old love letters, donate your clothes, or exchange old books for new ones? Find your own ritual of letting go...

When decluttering, sometimes we also practice letting go also the happiness, the dear moments, the favourite clothes... This is a sign that a period of transformation is here. Embrace it!

Time: 30 min.



Day 16: I am Grateful

Today we challenge you to write a list with a minimum of 40 items with everything you are Grateful for!

Maybe you are grateful that some people are part of your life, or some events have happened, or your favourite brand? Write everything that makes you feel grateful!

Find a way to celebrate! Maybe you want to call one of the people on the list and express your gratitude? Maybe you want to dance and sing on the street? Maybe just a cup of tea? Find a way to celebrate that goes a little bit beyond your zone of comfort and leaves a sensation of goosebumps on your skin.

Time: 20 min.



Day 17: I am in my Element!

Today we challenge you to find a way to connect with something you really love to do!

Maybe you want to go skating or for a walk, biking or bake a pie? No matter what is this action that connects you with your element, go for it!

Can you dedicate 100% of your attention to it? Leave aside phones, distractions, thoughts about the past or the future, social media ...

How does it feel to do what you love? Let this feeling come to your body! Remember it!

We invite you to share in the group what did you do that day.

Time: 40 min.



Day 18: I Harvest!

Today we challenge you to dive into the land of #Daydreaming!

- Watch this [TED Talk](#) about visual expression and daydreaming.
- You guessed it, now is the time for you to draw your own dream. Follow the instructions in the TED video.

Time: 40 min.



Day 19: I Spread

This challenge is "criminal" 😊 . Today is the first day we advise you against your mother: GO talk to a stranger!

- Find one new person - on the street, in a shop or in another place.
- Ask them if they would mind listening to your dream.
- If they agree, share with them the dream you draw yesterday.
- Ask them about their dream.

Time: 20 min.



Day 20: 1 Step

Today we challenge you to take an action and do one small step toward the direction, you want to take.

What is the first small step you can do that has a physical impact?

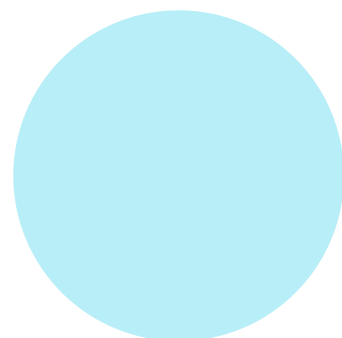
Daydreaming, planning, it is all great. Now make a step that has an impact on the physical universe!

Ex: send an email to the people you want to talk with, make a phone call, buy tickets for this one place you want to go, apply for a new job

Action with a physical impact is every action that actually impacts reality. It creates resonance and transforms the world we live in.

Do your impact!

Time: up to you.



Day 21: I Move

We are celebrating with you coming to the last day of this process!

We invite you to reflect on your experiences in the past 20 days. What stays with you? What was your magical moment? and most of all...

What in you want to move?

Where is this movement leading you? What are you inspired by?

We challenge you to choose one song that is your song for success. When you hear this song, you move! You do! You are not in your head anymore. This is your reminder and anchor.

Share in the group your song for success.

Have a wholesome journey! Be #weird and dream BIG!

Time: 15 min.

