

WEEK I

## Day 1

Meditation focus:

Dear God,  
please help me dedicate myself to you -  
to do the work,  
to quiet my mind,  
that I might serve You best.

Tapping script for the week

I want by body to serve me well, keep healthy and fit, and full of energy.  
I need my mind to be here and focused on what I want to feel and how I will achieve it.  
I need my heart to be positive, feel the feelings and enjoy being me any time.

I need my body to do the work that I'm doing, helping people, helping myself  
I know how important it is to be healthy and loving myself and full of energy  
I want to do big things and therefore I want to generate a lot of energy

I wander why I wasn't so good at loving myself before,  
I wander why I didn't keep up my good routine,  
it doesn't matter why actually  
the main thing is  
I forgive myself for taking a break  
and now I am back on track with looking after myself

I know how important it is for me now  
I know I want to generate much bigger energy level  
and for that I get to look after my body  
giving my body a very special attention  
I know doing that will affect my career and my relationships  
And I deserve to have a huge breakthrough  
I know I will have it  
I am sure

And sometimes when I feel insecure or tired  
I will forgive myself for that  
and just keep up the good routine I established

I don't have to think about it  
I am just doing it  
and results are showing up  
for me  
for my highest good

and for the highest good of everyone.

Take a deep breath...and let it go...enjoy

Visualization:

I am healthy and fit and full of energy doing my work (imagine yourself in detail doing your work and feeling great and full of energy)

## **Day 2**

Meditation focus:

I have everything I want  
I am in control  
I am empowered  
and blessed

Tapping as on the script (if you feel like it add more statements to it, expressing your feelings, positive and negative, but finishing with a statement of hope for a better change for you, for your highest good, and highest good of everyone).

Visualization:

You are telling yourself about how good and strong you feel, and how you are so happy for yourself, saying, "Well done, I am so proud of you!"

## **Day 3**

Mediation focus:

I do those things that are loving to myself.  
I release anything that is not for my highest good.  
I appreciate, value, and accept myself for who I am.

Tapping as on the script (adding, if you wish, statements about any reservations or feelings you noticed after attending to self love in your meditation, ending with hope to love yourself with ease all the time one day in the future)

Visualizing:

3 week from now you are congratulating yourself on achieving so much, on keeping up the self-love routine and experiencing a real positive shift.

## **Day 4**

Meditation focus:

I appreciate, accept, support, and validate who I am with my thoughts, feelings, and words.

I love myself without reservation.  
I laugh and play.  
I have smile in my heart.

Tapping the script (adding statements about knowing how to play and laugh, how to have fun, expressing hope, you will have plenty of opportunities to do so, and that you are totally ready and open to all those opportunities to show up.)

Visualization:  
You are dancing and having fun with a group of fun friends.

## **Day 5**

Meditation focus:  
I join a higher flow of energy as I choose inner piece.  
I don't have to do or achieve anything to be who I already am.  
I do what I do because I can.

Tapping:  
the same + reassuring yourself on doing all you are doing only because you CAN (something like,  
I am grateful for what I have achieved and how far I had gone  
I've done pretty well for myself and I am taking action to do even better.  
I have great ambitions and I honor myself for that.  
This is great.  
I know that I have value.  
I know that now I get to do and give more,  
I know that I can receive more,  
as life is all about giving and receiving.  
And I am good at that.  
I am learning about it.  
I am in a process.  
For my higher good  
and higher good of everyone.)

Visualization:  
You are 80 years old, sitting in a nature (place that you love, peaceful and inspiring) and you feel so good about yourself, you feel intense sense of gratitude for your heart, mind and your body, you smile and you put your hand on your heart and you say thank you out loud.

## **Day 6**

Meditation focus:  
I let go of my worry as I step into my real nature.  
I am entitled to be free, beautiful inside and outside

I have a strong fit body, full of energy and joy.

Tapping:

the same + Expressing emotions about your natural state of inner and outer health and beauty, ending with hope and gratitude.

Visualization:

You are a child and you are doing something very exiting (one of your positive childhood memories, or an invented event), you are smiling and feel full of energy and excitement about your future.

*Please take this as a lightly as you can. Make it general if you have to (the point is to get used to seeing yourself smile as a child) Use your imagination.*

## Day 7

Meditation focus:

I love feeling good.

That is who I really am.

I love feeling good.

That is who I really am. I know that.

Tapping:

the same + feelings about being sure of knowing you are really a happy person, and is given this life to enjoy yourself and bring joy and happiness to others.

Visualization:

Your Awesome sexy future self is treating you with a smile, she is asking you how are you doing and you show her how much you'd progressed over this week. She is very proud of you.

## WEEK II

## Day 8

Meditation focus::

You say out loud:

I love my life.

I am glad to be here.

I have so much that I want to do.

Journalling:

Write down how you feel about yourself right now (can be as simple as rating yourself 1/10 or you can really be specific and name the feelings that you experience at the moment of writing into your journal - focus on the present moment, not generally).

Expand on what is it that want to do, focusing on physical activities, ending with feeling open to do all of those things in the nearest future.

Visualization:

you are doing one of those activities and feel extremely joyful and grateful, laughing and smiling and telling your friends how you feel.

## **Day 9**

Meditation focus:

read the affirmations and let them soak in.

It is natural for me to feel well.

Even if I don't know what to do in order to feel great, my body does.

I have trillions of cells with individual consciousness, and they know how to achieve their individual balance.

My body knows what to do.

Well-being is natural to me.

Journalling:

Write down all the occasions you fit and healthy body helped you achieve all you wanted. List 10-20 things when your mind helped you find great solutions, and when your intuition guided you to the best outcome. (You can make a list or write free-style).

Visualization:

You feel how your energy is expanding with every breath you take and with every exhale. As you inhale you breath is a wonderful strong energy of the Universe. And when you exhale you feel how your own energy is expanding.

Take 10 of those expanding breaths.

(You can combine this exercise with your nature walk - important is to be in a friendly environment when you are doing this exercise outside). You can replace or use it in combination with your other Expanding Breath Technique.

## **Day 10**

Meditation focus:

I can easily expand my energy level whenever I want to.

I am good at filling myself up with the energy of the Universe.

I know I have an unlimited amount of energy available for me to live happily and do my work.

Thank you.

Journalling:

Write about your experience with the energy expansion exercise. Go into detail and describe how you feel physically and emotionally. Do you feel more connected (to the Universe, to yourself?)

**Visualization:**

See and feel yourself filling up with the energy of the Universe with every breath.  
Repeat your Expanding Breathing 10 times or more, visualizing the energy as a color (colors), light, feelings or else.

## **Day 11**

**Meditation focus:**

I feel like treating my body today as I am so grateful for all it does for me, for my highest good and highest good of everyone.

**Journalling:**

List all the things you can do to treat your body this week. Name at least 7.

Choose 2 you can do today.

Make sure to act on the rest 5 during the next 3 days.

**Visualizing:**

You feel empowered and sexually attractive and full of energy.

You are admiring yourself in a mirror and inviting somebody else to join you in that admiration.

## **Day 12**

**Meditation focus:**

I am relaxing into my natural well-being. All is well. It really is!

**Journaling:**

Make a list of 100 things you are grateful for in your life (it only going to take 3 pages :-)  
(You can repeat this exercise every day, if you wish, as it is one of the most powerful in changing your feelings and creating a positive shift within).

**Visualizing:**

At your wedding you are making a speech and telling everybody about your spiritual journey and how it brought you to your husband to be. Everybody listens with great interest.

## **Day 13**

**Meditation focus:**

My body is naturally smart. It knows what to do. I give myself permission to let go and relax into my well-being.

**Journalling:**

Research one person (known spiritual teacher, somebody's work you admire), learn about their every day routine, health habits, work schedule, so on. Write what you learned and what you can use for yourself.

**Visualization:**

The moment of appreciation, reward for your work. You are feeling happy and physically very strong and fit. You accept your reward and know you are on this earth, in this body for a reason.

## **Day 14**

**Meditation focus:**

Anything that I can imagine is mine to be or do or have. My body is the way I can experience all this joy.

**Journalling:**

Write about all the things you want to be, do and have. You can make a list or write freely, describing your experiences. Keep it positive, daring and exiting.

**Visualization:**

You are doing one of the things you had written about in your journal. You are truly enjoying every moment of it.

**WEEK III**

## **Day 15**

**Meditation focus:**

I deserve all I want to be, do and have simply because I choose to be here. It is easy for me to feel worthy, deserving and valuable. I am happy.

**Journalling:** (you can also create a vision board, movie, or an image file in addition to your journalling)

Explore the ways your future may turn out. Write down at least 3 possible scenarios. All of them are positive, but have different nuances, maybe you it is a location, or number of children if any, number of relationships, kind of jobs, friends, so on. Write down from a perspective of an old healthy wise woman (in her 80s) using past tense.

**Visualization:**

You are standing in a big open space and you are free to go any way you wish. You use your heart to guide you. You trust yourself to choose the easiest and the most joyful path. As you walk on that path you see a clear sign in the sky saying “welcome”, you smile and continue walking with confidence. You don’t need to know what is the destination of your journey.

## **Day 16**

**Meditation focus:**

I create who I am, I create what I live, I am here to enjoy my life. That is the most important thing. That is my purpose.

Journalling: (you can also create vision board, movie, or an image file in addition to your journalling)

Write about joy. Compare it with something, give examples, use metaphors, describe your feelings, write a poem.

Visualization:

You are on your path and you see how obstacles that were there a moment ago disappear in front of your eyes before you even get to them. You have fun watching them disappear, evaporate, burn to dust, so on.) You know you are in control and you are smiling.

## **Day 17**

Meditation focus:

As I am choosing my thoughts, my emotions are guiding me. I always know what to do. I am on a right track.

Journalling: (you can also create vision board, movie, or an image file in addition to your journalling)

Visualization:

You feel how connected you are with the mother earth. You are grounded and feel happy to feel the weight of your body. You are enjoying having a physical body to experience all of your life.