



Flip The Script: Conversations with Myself

Take this 21-day challenge to find out how amazing you are.

1 Rewire yourself: Write down 5 non-positive thoughts you had about yourself recently. Then rewrite the same thoughts using more positive wording.	2 Find the humor in your mistakes: Recall one of your most embarrassing moments. Say it aloud in front of a mirror and then laugh. Genuine, happy laughs.	3 Introspection: “What is the nicest thing I’ve ever done for someone else. Why did I do it? How did it feel?”	4 Create a playlist of songs that make you feel beautiful, complete, and happy. What do these songs have in common?	5 Make a decision without thinking. Just follow your first instinct! How did it go? How do you feel? What did you learn about the experience?	6 Sketch out the best part of your day. Turn it into a comic strip, or a short illustrated story. Have fun with it! Really savor the moment.	7 Find the naked truth. Before getting dressed, look at yourself in the mirror and give yourself 5 genuine compliments. Remember to smile.
8 Replace “sorry” with “thank you”. “Sorry, I’m late” becomes “Thank you for your patience”. How did it feel?	9 Write a short story starring you as a hero. Remember to include your favorite things about yourselves and a positive ending.	10 Explore new music that makes you feel amazing, use the day 4 challenge as a guide. Dance and sing along, learn the lyrics. Give this gift to yourself.	11 Do something extra for yourself. Give yourself a foot massage, put on a face mask, sit in a candle lit room and play some soft music. What did you learn from this experience?	12 Introspection: “What is the nicest thing I’ve ever done for myself. Why did I do it? How did it feel?”	13 Draw a picture of yourself living your wildest, funniest, or happiest dream. The crazier, the better!	14 Have an honest conversation with yourself. Address your dreams, your fears, struggles, hopes, joy, thoughts. Everything. Allow yourself to feel. End the conversation with a compliment for yourself.
15 Say NO to at least 3 small requests (or one big request)! Own your decision. Be firm, offer no explanation, and if you need to apologize, replace it with “thank you”	16 Take yourself on a date. Enjoy spending time with yourself. Treat yourself to your favorite food, watch a movie, go for a walk. Smile, laugh, breathe deeply.	17 Share your story with a friend: Tell your friend about yourself, about the parts of you that you have tucked away. Allow yourself to be honest with them so that you can be honest with yourself. How did this make you feel about yourself? Repeat the exercise from Day 1 (in relation to this exercise).	18 Introspection: “When do I feel my most complete? What activities am I doing? How can I replicate this feeling of completeness in other aspects of my life?”	19 Do something wild! Find a way to step out of your comfort zone. Write down your experience. Acknowledge every aspect. For every negative aspect, write 3 positive aspects.	20 Help a stranger: Do something nice for someone for no reason at all! How does it make you feel? What did you learn? What did you gain?	21 Say it out loud. Every time you see your reflection, take a moment to smile at yourself and say “I love you”. Exclaim it, whisper it, mouth it to yourself. Just find a way to say it!

Don’t forget, you’re doing this for yourself! You deserve the best. You are the best. It’s time to unlock your potential.

For more information, be sure to check anupanas.com