

A New You 21 Day Challenge



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21 Day Meditation, Affirmation, Journaling Challenge

Join A New You Self Care Center in their 21 Day Meditation, Affirmation, and Journaling Challenge. Psychologists say that doing something for 21 days helps it to become a part of your daily routine. It simply becomes a habit and betters our mind, body, and soul.

This 21 Day Challenge will provide you affirmations to try each day, suggested meditations, and journaling prompts. It will also provide space for you to add any spiritual practice such as Yoga, Qigong, etc.

This is a very simple practice. Find about 15 to 30 minutes a day to practice each of these exercises.

I begin ending each night with writing how I want to see my next day. I write it in my journal and then go to sleep and let it settle into my subconscious. I then wake in the morning and grab my journal and begin to think about what I want to meditate on for the day. Possible things are being grateful, looking at things from a different point of view, or what we wish to manifest.

Then after meditating I begin to write my affirmations and then journal for my day. This really helps set my day. I then do yoga either in the morning or before I go to bed depending upon the purpose that I wish to experience during the practice.

With this challenge, I would like to meet again on Friday, January 29 at 7:00pm on Zoom. If you would like to be part of this challenge just email me at anewyousefcare@gmail.com or visit www.anewyousefcare.com/a-new-you-21-day-meditation-affirmation-journaling-challenge

So, take a moment and print this out and use it as a free journal for the next 21 days. And after the 21 days visit here for more free journal prompts and meditations. <https://anewyousefcare.com/free-meditation-journaling-and-self-care-class/>

Day 1 Meditation, Affirmation, Journaling Challenge

Morning Meditation: Begin this challenge by spending 5 minutes thinking in silence and thinking about what benefits you wish to get out of this challenge.

Affirmation: I am determined to achieve my dreams in the new year.

Write this 3 times each below

- 1.
- 2.
- 3.

Journal Prompt: Make a list of 3 things that you want to let go of the past year and then share what you wish to bring into the new year.

Day 2 Meditation, Affirmation, Journaling Challenge

Morning Meditation: Begin this challenge by spending 5 minutes thinking in about areas where you want to gain strength and determination.

Affirmation: This is my year that I will stay strong in my life .

Write this 3 times each below

- 1.
- 2.
- 3.

Journal Prompt: Make a list of 3 areas where you want to grow strong and how you can do this.

Day 3 Meditation, Affirmation, Journaling Challenge

Morning Meditation: Begin this challenge by spending 5 minutes thinking in silence and thinking about how you will show love to yourself and others.

Affirmation: I choose love for the new year.

Write this 3 times each below

- 1.
- 2.
- 3.

Journal Prompt: Make a list of 3 ways that you can show love to yourself and 3 ways that you can show love to others.

Day 4 Meditation, Affirmation, Journaling Challenge

Morning Meditation: Begin this challenge by spending 5 minutes thinking in silence and thinking about ways in which I can change my thinking when I begin to think negatively and how I can change it to a positive thought.

Affirmation: I choose to think positive thoughts in the new year.

Write this 3 times each below

- 1.
- 2.
- 3.

Journal Prompt: Spend some time writing about how you talk to yourself and how you would change that tone and talk more positive. Our thoughts create our world, so why not treat ourselves the way we do others and make our world better?

Day 5 Meditation, Affirmation, Journaling Challenge

Morning Meditation: Begin this challenge by spending 5 minutes thinking in silence and thinking about nothing. Just be present. Each time your mind starts to wander, recognize it, and let it go then bring yourself back to the meditation.

Affirmation: I am fully present in every moment.

Write this 3 times each below

- 1.
- 2.
- 3.

Journal Prompt: How are some ways that I can be more present in the moment? Doing one thing at a time? Stopping and observing my surroundings?

Day 6 Meditation, Affirmation, Journaling Challenge

Morning Meditation: Begin this challenge by spending 5 minutes thinking in silence and envision you exploring new knowledge. This may be career, academic, or spiritual.

Affirmation: I am ready to gain new knowledge this year.

Write this 3 times each below

- 1.
- 2.
- 3.

Journal Prompt: Throughout our life we need to continue to learn. So, explore various ways in which you may gain new knowledge this year.

Day 7 Meditation, Affirmation, Journaling Challenge

Morning Meditation: Begin this challenge by spending 5 minutes thinking in silence and thinking about how confident that you are and how you will make this self confidence empower you.

Affirmation: Self-confidence is my superpower.

Write this 3 times each below

- 1.
- 2.
- 3.

Journal Prompt: Make a list of 3 things that you are confident about yourself. Name 3 things that you are not confident in. How can you change this to something that you are confident in?

Day 8 Meditation, Affirmation, Journaling Challenge

Morning Meditation: Begin this challenge by spending 7 minutes thinking in silence and thinking about how you define love and envision love coming to you.

Affirmation: I am loved, and I let love in.

Write this 3 times each below

- 1.
- 2.
- 3.

Journal Prompt: Journal about how you see love in yourself and then how you are going to let love into you in the new year.

Day 9 Meditation, Affirmation, Journaling Challenge

Morning Meditation: Begin this challenge by spending 7 minutes thinking in silence and thinking about how you define being worthy and what is good and joyous.

Affirmation: I am worthy of all that is good and joyous.

Write this 3 times each below

- 1.
- 2.
- 3.

Journal Prompt: Journal about what you wish to attract to you that is good and joyous.

Day 10 Meditation, Affirmation, Journaling Challenge

Morning Meditation: Begin this challenge by spending 7 minutes thinking in silence and thinking about my purpose in life. My Kundalini teacher says if you have a mind then you have a mission. If you breath, then you have purpose.

Affirmation: My purpose unfolds along the journeys of this year.

Write this 3 times each below

- 1.
- 2.
- 3.

Journal Prompt: Journal about what your purpose in life is- think about what your passion is and makes you truly happy.

Day 11 Meditation, Affirmation, Journaling Challenge

Morning Meditation: Begin this challenge by spending 7 minutes thinking in silence and thinking about how you want to transform your life this year.

Affirmation: This is the year that I transform my life.

Write this 3 times each below

- 1.
- 2.
- 3.

Journal Prompt: Journal about how you plan to transform your life this year.

Day 12 Meditation, Affirmation, Journaling Challenge

Morning Meditation: Begin this challenge by spending 7 minutes thinking in silence and thinking about how you define your spirituality and how you will bring spirituality into the new year.

Affirmation: I will relax into divine guidance.

Write this 3 times each below

- 1.
- 2.
- 3.

Journal Prompt: Journal about how you see your spiritual path unfolding in the next year. What are some things that you would like to learn about to strengthen your spirituality?

Day 13 Meditation, Affirmation, Journaling Challenge

Morning Meditation: Begin this challenge by spending 7 minutes thinking in silence and thinking about a trip that you would like to make this year.

Affirmation: I will travel and explore the world that I am a part of. And find more of who I am.

Write this 3 times each below

- 1.
- 2.
- 3.

Journal Prompt: Journal about where you would like to travel and the experiences that you would like to have. This can be a place in your town or state that you haven't been. It doesn't have to be expensive. How do you feel when you think about going to this place? What will it bring to you and your life?

Day 14 Meditation, Affirmation, Journaling Challenge

Morning Meditation: Begin this challenge by spending 10 minutes thinking in silence and thinking about a valuable thing that you have learned in your life.

Affirmation: I am an important part of the world and I am always learning and changing for the best.

Write this 3 times each below

- 1.
- 2.
- 3.

Journal Prompt: Journal about the valuable thing that you learned in life and how it has helped you change for the best.

Day 15 Meditation, Affirmation, Journaling Challenge

Morning Meditation: Begin this challenge by spending 10 minutes thinking in silence and thinking about what the happiest version of yourself looks like to you.

Affirmation: I love who I am. I am happy with who I am.

Write this 3 times each below

- 1.
- 2.
- 3.

Journal Prompt: Journal about the happiest version of yourself. What does it look like and how will you get there?

Day 16 Meditation, Affirmation, Journaling Challenge

Morning Meditation: Begin this challenge by spending 10 minutes thinking in silence and thinking about how strong and clear your mind is. Letting go of that which doesn't serve you.

Affirmation: My mind is strong, focused, and clear in the next year

Write this 3 times each below

- 1.
- 2.
- 3.

Journal Prompt: Journal about how you will keep your mind strong and clear and away from that which will make you weaker.

Day 17 Meditation, Affirmation, Journaling Challenge

Morning Meditation: Begin this challenge by spending 10 minutes thinking in silence and thinking about what abundance of prosperity and wealth that you will bring to you this year.

Affirmation: I am attracting an abundance of prosperity and wealth in the next year.

Write this 3 times each below

- 1.
- 2.
- 3.

Journal Prompt: Journal about how you will bring in the abundance of prosperity and wealth this year.

Day 18 Meditation, Affirmation, Journaling Challenge

Morning Meditation: Begin this challenge by spending 10 minutes thinking in silence and thinking about how you are empowered and free of attachments of the world and negative thoughts.

Affirmation: I am empowered and free.

Write this 3 times each below

- 1.
- 2.
- 3.

Journal Prompt: Journal about how you will continue being empowered and free of attachments of the world and of negative thoughts.

Day 19 Meditation, Affirmation, Journaling Challenge

Morning Meditation: Begin this challenge by spending 10 minutes thinking in silence and thinking about who you invite into your life and how they help bless your life.

Affirmation: I attract positive people into my life

Write this 3 times each below

- 1.
- 2.
- 3.

Journal Prompt: Journal about 3-5 people that are a part of your life. Are they uplifting or do they take power away from you? What do you wish to do with these relationships? Think about positive types of people that you would like to invite into your life.

Day 20 Meditation, Affirmation, Journaling Challenge

Morning Meditation: Begin this challenge by spending 10 minutes thinking in silence and thinking about discovering interesting and exciting new paths that you wish to pursue.

Affirmation: Each day I discover interesting and exciting new paths to pursue.

Write this 3 times each below.

- 1.
- 2.
- 3.

Journal Prompt: Journal about what exciting and interesting new paths that you wish to pursue. What are they and how do you want to do this?

Day 21 Meditation, Affirmation, Journaling Challenge

Morning Meditation: Begin this challenge by spending 15 minutes thinking in silence and thinking about how you have become a confident person who can bring what you wish into your life. What is your next development of who you are?

Affirmation: I am far more powerful and contain more potential than any circumstance or situation.

Write this 3 times each below.

- 1.
- 2.
- 3.

Journal Prompt: Journal about how you will continue what you have learned in this 21-day challenge.