



21 Days to Love Your Body Experiment!

Create a Healthy and Happy Relationship with Your Body, Yourself and Your Life!

This information is solely my opinion based on my experience. Any time you make a change to your diet, your lifestyle, or your thinking, you should consult with a medical doctor first. I am not a doctor and everything that I write, say, and share is purely my opinion and point of view based on my experiences.

Did you know that you have a relationship with your body?

Whether you consciously communicate with your body or unconsciously send it messages, you are either strengthening your relationship or hurting it.

You are either creating a body that is at ease or that is at dis-ease.

What you think effects your body.

Are any of these familiar to you?

- Depression
- Anxiety
- Tension
- Anger
- Frustration
- Pain in the body

What if learning how to communicate with your body, yourself and your life created so much more ease in all areas of you and your life?
It feels good to feel good!

Did you know that you also have a relationship with yourself and a relationship with your life?

What happens when you build a healthy relationship with your body, yourself and your life?

Your whole world changes!

For the better!

You feel more vibrant!

You feel more alive!

You feel more joyous!

You feel healthier!

Your relationships with other people get better!

Your work and career happens with more ease!

Abundance flows in your life with more ease!

You become more present in your own life and life is FUN!

All of that by strengthening your relationship with your body?

Absolutely!

And here's why:

We are not our bodies, but we are spirits in our bodies. When we learn how to treat our home with respect and love, we become aware of gifts that we never even knew were possible. The same happens when we learn how to nurture and treat our own spirit.

How to use this book:

It takes 21 days to break a habit, so let's break the old ways of thinking and create new ones that will add more joy into your life.

Please give yourself a thank you for loving you enough to gift yourself this program. You are one of those people that values themselves!

This book has 21 sections; each section corresponds to a day and an assignment. The assignments are simple, just read them and you will be given a new awareness to practice or journal about. That's it. There is nothing more for you to do. Just follow the instructions and carry on with your life. When we make small shifts in our thinking, huge changes occur in our lives.

Day 1:

On a scale of 1-10, what would you rate your contentment with your relationship with your body? Yourself? Your life?

What does it feel like to be in your body?

Put your hand over your face for a minute and feel you inside of your body.

Notice who you are and who you be inside of your body.

What does it feel like to live in your body?

In your journal, describe what your body feels like; tired, vibrant, achy, strong...

Describe where you have pains and what that feels like.

Describe what feels good about your body and what that feels like.

Describe what your body does for you and how it contributes to your life.

Purpose: To create awareness of your spirit in your body.

Question: What does it feel like to live in my body?

Day 2:

Hello dear and special Beings!

Welcome to day two of 21 Days to Create a Healthy and Happy Relationship with Your Body, Yourself and Your Life!

Today...

Notice your body.

Noticing is looking at something without judgment.

Today as you go about your business, notice your legs moving, your feet in their shoes, your hands as they type, your feet as they step, your breasts as you put a bra on...

Notice the different parts of your body.

Just notice without judgment.

Notice without wrong or right about any part of your body.

Just observe your parts.

Purpose: Creating awareness of the body that is not you, but the body that your spirit lives in. Noticing your earthly home.

Question: What do I notice about my body?

Day 3:

Happy third day you beautiful Beings! What a gift it is to BE you!

Yesterday you noticed different parts of your body.

Today notice again the different parts of your body, but this time every time you notice a body part, think of how that part contributes to your life and your being.

Then thank that part of your body.

Just send it love and some gratitude.

Your body is conscious.

Your body LOVES to receive gratitude.

Notice how your body feels when you thank it.

Notice how you feel when you thank it.

Continue this throughout the day.

Make time today to BE with your body in a quiet place and to notice it and thank it.

Purpose: Communicating with the body through gratitude.

Gratitude is a healing energy.

Day 4:

Dear Beings,

You are such a gift in this world!!! Did you know that? I bet deep inside you have always known that YOU are special and unique! That's right!!! You ARE special and full of gifts to offer the world. You are so special and deserving of the highest vibrational energy!

Gratitude!

The Gratitude Touch is a way to honor your spirit and your physical body.

This can be done anywhere, but doing this first thing in the morning while still lying in bed may contribute to you and your day the most.

With your eyes closed, touch each part of your body, just noticing that part and how it contributes to your life.

With your hands on that part of your body, thank it.

Do this for your head, your hair, your ears, your eyes, your nose, your mouth, your intestines, your armpits, your heart, your ribs, etc...

There are so many parts that make your body whole and contribute to the gift of life you live. Acknowledge all of those parts.

Purpose: Communicating with your body through gratitude. Gratitude is healing energy.

Day 5:

Hello sweet Being!

What if just for today you are good enough?

What if just for today you are worthy of all good things and blessings?

Throughout the day ask yourself,

“What if just for today I am good enough?”

“What if just for today I am worthy and deserving of all good things?”

Purpose: To connect with the today, the present. Awareness that just for today you can do and be anything.

Day 6:

Today compliment people for who they BE, for who they are as people, and not for how they look.

For example,

“You are radiating joy!”

“I noticed that you are always so kind to others, and I appreciate that.”

“Thank you for being someone that makes time to spend with me.”

Purpose: Seeing people for the gifts they are.

Day 7:

Ask your body how it would like to move today?

Is it kind to force your body to do activities it resists and doesn't feel like doing?

Our bodies are meant to move, but not all bodies are meant to move in the same way or to do the same exercise.

What does your body like to do?

Ask it,

“Body, how would you like to move today?”

You will most likely find that you move your body more consistently every day when your body gets a choice in the form of movement it makes.

Purpose: Communicating with your body, listening to it, and honoring it.

Day 8:

Start celebrating everything!

Celebrate your toothbrush.

Celebrate your friends.

Celebrate the ground you walk on.

Life is so much more fun when the little things (which aren't really little) are celebrated.

Oh...and celebrate you!

Purpose: Life is so much more fun when celebrated.

Day 9:

What if there is nothing wrong with you?

What if you stopped judging you for today?

What if you are perfect just as you are and the only reason you have ever thought that anything was wrong with you was because society has sold everyone a ton of beliefs about what's right and wrong?

What if everything you think about you, is just a point of view and is neither right nor wrong?

What if all of those thoughts you have are just points of views?

Notice your thoughts and respond with, "That's an interesting point of view."

Purpose: Judgment versus truth.

Day 10:

Ask your body what it wants to wear.

If you are already out the door and dressed today, then make sure to do this one first thing tomorrow morning.

Have you ever been pulled towards wearing something, but you didn't know why?

Your body is conscious. It knows what will feel good on it today, what colors it needs to wear in order to heal, etc...

So each morning ask, “Body, what would you like to wear today?”

You’ll hear the answer in a form of a knowing, an intuition, or a pulling.

Notice how you feel wearing what your body wants to wear.

Purpose: Communicating with your body, listening to your body, honoring your body.

Day 10:

Wear what feels good.

We are beings full of choice.

Why would you choose to wear anything that feels too tight, too small, ugly, old, etc..?

Only choose to wear clothes that make you feel comfortable and fabulous.

Ask your body, “Does this feel good on you? Do you want to wear this?”

Purpose: Honoring your body and your spirit.

Day 11:

There is no time like the present.

How often do you say you’ll start something tomorrow or work on something tomorrow? How often do you add something you want to do to a list?

If there is something that you have been procrastinating on or your feel stuck somewhere, identify one action step that you can take now and then do it now. Just one step now.

Purpose: Power in the present.

Day 12:

Ask your body what it would like to eat?

How you nourish your body can be an act of kindness towards it.

Literally:

Ask, “Body, what would you like to eat?”

You will receive the answer in the form of a knowing, a feeling, or a pulling.

If you are unsure about what you are feeling, you can ask,

“Is this my body that requires this food or is it my mind that wants it?”

Purpose: Communicating with your body, listening to your body, and honoring your body.

Day 13:

Listen to your thoughts today.

What tape plays in your head?

Are you playing kind words to yourself or unkind words?

Whenever you notice any form of unkindness, ask yourself,

“Is that kind? How can I change that thought to a kinder one?”

Then do it! Change the thought.

Purpose: To become aware of the thoughts that are running through your head.

Day 14:

As human beings, we are like walking antennas, picking up information from everywhere and everyone. Have you ever had a feeling about something and then you were right? You picked up on that energy and information. Most of what we think and feel doesn't even belong to us. We pick it up. For everything you think and feel, ask if it is yours or if it is from somewhere else.

If it's not yours, then return it to where it came from. You don't have to literally know who you picked up your thoughts from. Just acknowledging them will do the trick.

Purpose: Awareness of where our thoughts come from.

Day 15:

Judgment creates separation. Notice today where you judge yourself, where you put yourself down, where you have limiting beliefs and ideas about what you can and cannot do.

Ask yourself, "Is this true?"

99.99 % of the time whatever you are judging yourself for and making yourself wrong for, is not true. It is conclusion or belief that you have come to because you bought a point of view from somewhere or someone at some time. Ask, "Where does this judgment come from?"

Then return it to sender with consciousness.

Purpose:

Awareness of who our thoughts belong to and where they come from.

Day 16:

For a happy life, express gratitude. The heart cannot be unhappy and grateful at the same time.

Today, take the time to just notice your surroundings. The light fixture on the ceiling, the picture on the wall, the water running from the shower, the person who bags your groceries, etc.... notice everything, and send thanks to it for the contribution it is to your life.

Purpose: Practicing gratitude

Day 17:

What if the purpose of life is to have fun?

Just...what if?

What would your life look like if that is the case?

Who would you truly be?

Today, ask yourself, "What if the purpose of life is to have fun?"

Purpose: Awareness of possibilities

Day 18:

Love and grace are high healing vibrations.

Love heals, literally.

Where in your life can you give yourself more love?

Where can you give others more love?

Purpose: Awareness of giving love.

Day 19:

Kindness is one of the greatest gifts that you can ever give to yourself or another human being.

Where in your life can you be kinder to you?

Where in your life can you be kinder to others?

Purpose: The gift of kindness.

Day 20:

Do you honor yourself?

When you honor yourself, you have so much more of you to give.

Want to create some magic in your life?

Find a day where you have no obligations. Start that day with asking yourself, "What can I do to honor myself today?"

Then follow that energy all day long.

Throughout the day ask yourself, "What else can I do to honor myself today?"

If you find yourself feeling like you should do something, ask yourself, "Is this what I would truly like to do?"

Take everything as it comes on this day, with no planned path. Follow your heart, follow you, and follow your knowing.

Watch the magic show up in your life when you honor you!

Purpose: To honor oneself, self-love

Day 21:

Trust that every day God and the Universe provide for you what you need.

EVERY DAY you are taken care of.

God is holding your hand.

The Universe has your back.

There are gifts everywhere. We are surrounded by gifts.

Do you see them?

Throughout the day ask, “What’s the gift in this?” in response to everything.

Whether your judgment on the situation is good or bad, ask, “What’s the gift in this?”

You don’t have to try and figure out the answer, you’ll just know when you know.

Purpose: Awareness of support and gifts.

YES! You’ve reached 21 days! It takes 21 days to break a habit. So, if you have completed all the assignments, I bet you have noticed some cool shifts happen in your thinking and the way you respond to life. I’d love to hear about them. You can email me at Lchristinaduskis@gmail.com and let me know about them. I love hearing your stories.

Bonus: Day 22

Questions are your best friend!

When you come to conclusions about what is or what is not, you cut off any other possibilities.

Answers create limitations and questions create possibilities.

What else is possible in situations in your life that if you were to let go of the judgments and conclusions that you have made about them, would open your world to new possibilities and opportunities?

Question everything.

When you have decided someone is wrong, ask yourself, “Are they really? Is that truth? Or have I just decided they are so that I can be right?”

When you feel stuck in a situation, ask, “What would it take to change this?”

When you are feeling down, ask, “What can I do to honor myself right now? What can I do to nurture me right now?”

You don’t have to search for the answers, just ask the questions. The rest will take care of itself.

Purpose: The power of questioning

Bonus: Day 23

Journal exercise:

If you could go back to a younger version of yourself and tell yourself any words of advice about life, what would you say?

Think ahead 20 years from now. Twenty years from now, after all that you have learned and grown through, what would you say to you now about this time in your life?

Purpose: Awareness of the present

Bonus: Day 24

Gratitude Journal

Gratitude and love are the highest forms of vibration that you can vibrate at. Expressing gratitude daily will create miracles in your life, as well as contribute your joy, happiness and health.

Get a journal, and every day write down 10 things that you are grateful for.

Every day! Do it! 😊

Purpose: Gratitude creates happiness and abundance

Bonus: Day 25

Journal entry

What are taking away from the 21 day experiment to Creating a Happy and Healthy Relationship with Yourself, Your Body, and Your Life? What ahas have happened for you? What have you learned about yourself? What has shifted for you? What are you going to continue practicing?

Thank yourself for loving you enough to take the time to do this and to invest in yourself. You are a truly a miracle and a beautiful being!

Thanks for playing!

XOXO

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To learn more about Your Body Relationship visit

www.lemuelachristina.com.

You can find the book *Your Body Relationship* available on

www.amazon.com.