

7 and 7 Self-Empowerment Exercise

- Each day of the week is an item that we can't live without, starting from the most crucial item for survival to the not so crucial and so on and so forth.
- This exercise has been developed to help you change your vibration to a more positive and higher level of energy.
- As you go through the list, pay close attention to any feelings that arise when you recite any of the statements. Observe if these feelings represent a positive or negative definition within you that you may not have been aware of.
- If you say something and don't believe it, you might feel odd when saying it. This is a test of truth for you.
- Any resistance needs to be explored, identified, and brought to the surface so you can release it from your belief system.
- Follow the script for each day of the week. You can do this exercise for as long as you want but the best results come by doing it for a minimum of 7 weeks consistently. Enjoy the journey!

Monday: Air

Looking in the mirror, take a deep breath before each statement. Then say...

- a. "I am a child of creation"
- b. "I am unique"
- c. "I am worthy"

Note: Repeat each affirmation 1-3 times in the morning and before you go to sleep



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Tuesday: Water

Looking in the mirror, take a sip of water before each statement. Say...

- a. "I am Happy"
- b. "I am Grateful"
- c. "I am Refreshed"

Note: Repeat each affirmation 1-3 times in the morning and before you go to sleep

Wednesday: Food

Looking in the mirror, have a bite of food you enjoy. After swallowing the food before each statement, say...

- a. "I am abundant"
- b. "I am nurtured"
- c. "I am fulfilled"

Note: Repeat each affirmation 1-3 times, in the morning and before you go to sleep

Thursday: Love and Encouragement

Looking in the mirror, One Self-hug with each statement. Say...

- a. "I am supported"
- b. "I am guided"
- c. "I am loved"

Note: Repeat each affirmation 1-3 times, in the morning and before you go to sleep



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Friday: Freedom

One complete spin, arms outstretched before each statement. Look into the mirror and say...

- a. "I am Awake"
- b. "I am powerful"
- c. "I am Free"

Note: Repeat each affirmation 1–3 times, in the morning and before you go to sleep

Saturday: Passion

- 1. Say your favorite word in the mirror 3 times
- 2. Hear your favorite sound and listen to it for 3 seconds
- 3. See your favorite image physically or internally for 3 seconds

Note: Repeat each affirmation in the morning and before you go to sleep.

Sunday: Dream and connect

Say each line with your eyes closed 3 times each...

- a. "I am rested"
- b. "I am connected"
- c. "My life is a dream come true"

Note: Repeat each affirmation in the morning and before you go to sleep.

