

Dynasty One Week

EMPOWERMENT CHALLENGE

SUNDAY: MINDFUL MOMENTS

Activity: Incorporate brief moments of mindfulness throughout your day by closing your eyes, taking deep breaths, and grounding yourself in the present.

- + Listen to meditation or mindfulness podcasts.
- + Note three self-appreciation points.
- + Take a mindful walk, attentive to surroundings.

IG Moment: Take a photo of a serene spot where you practiced mindfulness.

MONDAY: GRATITUDE SNAPSHOTS

Activity: Utilize your smartphone to capture and appreciate snapshots of gratitude-inducing moments throughout your day, reflect on the positive aspects of your life during breaks or downtime.

- + Send a gratitude message to someone meaningful.
- + Create a gratitude collage with important images.
- + Express gratitude by messaging a loved one.

IG Moment: Share a photo of one of your gratitude snapshots along with a heartfelt caption.

TUESDAY: MENTAL HEALTH CHECK-INS

Activity: Use short breaks to do quick mental health check-ins, evaluating your emotions and state of mind, and using a journaling or voice recording app to record thoughts, feelings, and challenges, fostering self-care and enhancing awareness of your mental well-being.

- + Practice deep breathing exercises.
- + Listen to calming music or nature sounds.
- + Connect with a trusted friend or family member for a brief check-in and share your thoughts and feelings.

IG Moment: Take a photo of a calming and cozy self-care setup and share it with a caption emphasizing the importance of mental health check-ins.

WEDNESDAY: EMPOWERING AFFIRMATIONS

Activity: Reinforce positive self-beliefs by creating empowering affirmations on cards and placing them

around you, boosting confidence and self-confidence.

- + Create a goal-oriented vision board.
- + Write a letter to your future self.
- + Memorize and repeat a resonating affirmation.

IG Moment: Share a photo of one of your empowering affirmation cards with an inspirational caption.

THURSDAY: MINI SELF-CARE BREAKS

Activity: Prioritize your well-being. Incorporate mini self-care activities during moments of downtime.

- + Enjoy a nourishing snack or meal.
- + Write a self-love list for self-esteem boosts.
- + Do some quick stretching or yoga.

IG Moment: Capture a photo of your self-care moment and share it with a self-care caption.

FRIDAY: CULTIVATE POSITIVITY

Activity: Curate a positive social media experience by unfollowing or muting accounts that bring negativity and follow inspiring and uplifting accounts.

- + Share uplifting messages on social media.
- + Follow inspiring accounts aligned with your values.
- + Engage in meaningful conversations with followers.

IG Moment: Take a screenshot of a positive message that resonates with you and share it.

SATURDAY: REST AND RELAXATION

Activity: Take brief moments to rest and recharge. Find a quiet space, close your eyes, and focus on deep breathing, allow your mind to release stress and tension.

- + Create a cozy relaxation space.
- + Indulge in a soothing bath or skincare routine.
- + Disconnect, engage in joyful activities.

IG Moment: Instead of posting a photo today. Take a break from social media and don't use it for one day.

Words of Encouragement:

Believe in yourself and unleash your limitless potential to create a powerful and positive impact in the world.