

7-day Self-Love Challenge: Commitment and Guidelines

Agreements we make as a group in the 7-day Self-Love Challenge

We agree, as a group sharing this Challenge, to take care of ourselves. As the moderator for the 7-day Challenge, I am not qualified to offer psychological support.

I've created a private [Comments page](#) on which you can post your insights and comments about doing the meditation each day. This is visible only to people taking part in the challenge, and not the general public. We agree to respond with kindness and respect to each other.

By posting in this closed group, you agree to be mindful about what you reveal about yourself. Confidentiality is your personal responsibility. You have the option of sending your insights to me by email, if you prefer not to post on the private Comment page.

The Flow of the Challenge

- Today, Feb 28th, fill in your self-evaluation for the start of the challenge, which you'll find on page 1 of the Self-Evaluation & Insights Form.
- On March 1st, for 7 days, please do your best to **listen to the guided meditation** twice a day.
- I'll invite you to "make it real" by **staying aware of one aspect of the meditation during everything you do**, so you can notice if you experience anything different as you go through your day. *Read below: How do I "make it real"?*
- Each day, you can **keep track of any big or small differences you're noticing in the Daily Insights** – you'll find that on page 2 of the Self-Evaluation Form.

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- On the [Comments page](#), open only to participants of the 7-day Challenge, **you're welcome to share your insights from doing the practice, and any questions you have.**

You're also welcome to **email your insights to me:**

connect@christinelongaker.com.

Please note: For very practical reasons, I'm available to read your posts and emails **only during the dates of this Challenge.**

- From March 1-7th, in your email inbox, **you'll get a daily inspirational email** from me about how to understand different aspects of the meditation and how to use it in a variety of ways.
- Halfway through the week, **I'll post a response to everyone.**

At the finish line

- At the end of the last day, March 7th, you'll **go back to the Self-Evaluation Form to note any changes.**
- Finally, on the **Feedback Form**, **you can write your insights, stories, and feedback.** You can email them to me at connect@christinelongaker.com.
- Remember, you're just beginning to change a lifetime of patterns, so however it's going, be gentle with yourself. And appreciate that you're taking the first steps onto a new way of relating to yourself. This is a beginning of a journey back to your true self, and I sincerely hope you continue.
- One week after having received your feedback on the Challenge, **I'll be in touch again to share our collective impressions, and some additional thoughts** on how you might wish to go further in your journey.

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How do I “make it real”?

It doesn't matter how full your day is:

You're really, really free in your mind, and

Your mind has a lot of power!

Just after finishing a meditation, imagine the rest of your day: perhaps making breakfast, chatting with your family, driving to work, walking down a hallway, talking on the phone, sitting in a meeting with colleagues, or relaxing after dinner.

Imagine that you are remembering *one aspect* of the meditation in all these activities, perhaps silently repeating: “I am worthy of love, I’m okay”; or feeling a loving warmth coming into your body.

As you enter your day, challenge yourself to continue making the feeling real *as often as you can*. This is what’s going to bring about the change you’ve been longing for.

At the start, you’ll forget to “make it real”, because old habits take over. Explore different things that might help you remember, like putting a post-it note where you can see it, or setting your phone to buzz once an hour. If you team up with a friend on this 7-day challenge, you can text each other reminders.

Be creative, have fun, and *play with it!*

Remember, change is an ongoing opportunity!

Thanks for giving yourself a chance to begin this process of changing your feelings, and learning to be kind to yourself.