

21 DAY CHALLENGE

Increase Your Comeback Rate



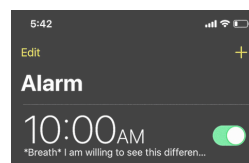
THOUGHTS = BEHAVIOUR/ACTIONS = YOUR REALITY

The more your thoughts are aligned with love, positivity and success – the more your reality (circumstances, people, places, things) will begin to match that.

Challenge yourself to come back to empowering thoughts as quickly and as often as possible.

INSTRUCTIONS

1. Every morning, set an hourly alarm with a reminder to breath and to silently say your mantra, *I am willing to see this differently*. Every time the alarm goes off, set it for the next hour so you're reminded hourly. (suggestion: you can try the 4-7-8 breathing method – breath in for a count of 4; hold for a count of 7, exhale slowly for a count of 8).



2. At the end of every day, answer the questions listed on the next page.

3. Put an X for every day that you follow-through. We love the *Don't Break The Chain* method, where you try to have as many X's in a row as possible (picture a long chain XXXXXXXX). Don't get discouraged if you miss a few. Just get back on track, and challenge yourself to build a new, longer chain of Xs.

Example

Day 1	Day 2	Day 3	Day 4
X	X	X	X



21-DAY CHALLENGE

Before you begin your day:

Set an hourly alarm to **Breath** - *I am willing to see this differently*, or whatever affirmation, mantra, reminder speaks to you.

Before you end your day, grab a notebook and answer the following questions:

In what ways did I remain stuck in fear today?

What am I really scared of?

In what ways did I succeed today in coming back to more positive, empowering thoughts?

The negative thought I had about [EX OF A - THOUGHT] could be replaced by [A + SPIN TO THAT THOUGHT].

Day 1	Day 2	Day 3	Day 4
Day 5	Day 6	Day 7	Day 8
Day 9	Day 10	Day 11	Day 12
Day 13	Day 14	Day 15	Day 16
Day 17	Day 18	Day 19	Day 20
Day 21			



We hope this challenge serves you.

If you want to check out our full guides around building a roadmap to success and manifesting your goals, check it out [here](#).

If you have any questions, please don't hesitate to reach out at **contact@cwiettime.com**

A reminder: you are exactly where you need to be. Your desires are divine, and you deserve what your heart and soul yearn for. You are a creator that can bring into form all that you want.

We feel honoured to be inspiring, empowering and transforming you along your journey.

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