

# ■ 21-Day Feminine Integration Challenge ■

A daily guide to embody the High-Value Woman, Feminine Energy, and Goddess/Queen/Divine Light.

## Daily Affirmations

- I am worthy of the highest love and respect.
- I am safe to be soft, open, and radiant.
- I am a queen, a goddess, a divine light in this world.

Day	High-Value Woman	Feminine Energy	Goddess/Queen/Divine Light
1	Write your top 5 boundaries in relation to	Take a slow walk and notice beauty	Share an empowering truth
2	Decline something that drains you	Light a candle and enjoy the moment	Speak with authority
3	Spend 30 min on skill/finance	Dance to music	Uplift someone
4	Organize a space	Wear something soft or flowy	Write your life throne vision
5	Commit to bedtime	Enjoy favorite food mindfully	Help someone selflessly
6	Say 'no' without apology	Wear perfume you love	Speak words as gifts
7	Do something solo	Take a hot bath	Walk with slow confidence
8	Revisit your boundaries	Create something	Compliment deeply
9	Protect a time block for yourself	Spend time in nature	Share gratitude
10	Avoid gossip	Mindful breathing 5 min	Take a graceful photo
11	Keep promise to yourself	Cook with love	Speak your vision
12	Ignore low-effort attention	Move sensually	Smile warmly at a stranger
13	Invest in learning	Wear a radiant color	Encourage someone's dream
14	Spend time with uplifting people	Journal emotions	Bless your space
15	Hold standards without fear	Rest without guilt	Enter a room as if crowned
16	Speak needs directly	Laugh deeply	Share wisdom
17	Remove one negative habit	Play with your style	Lead with calm authority
18	Refuse to chase	Receive a compliment	Reflect on your legacy
19	Manage money with discipline	Move gracefully to music	Speak up for someone
20	Stand firm on a decision	Journal 5 gratitudes	Wear your most confident outfit
21	End one toxic pattern	Do something purely for pleasure	Celebrate yourself