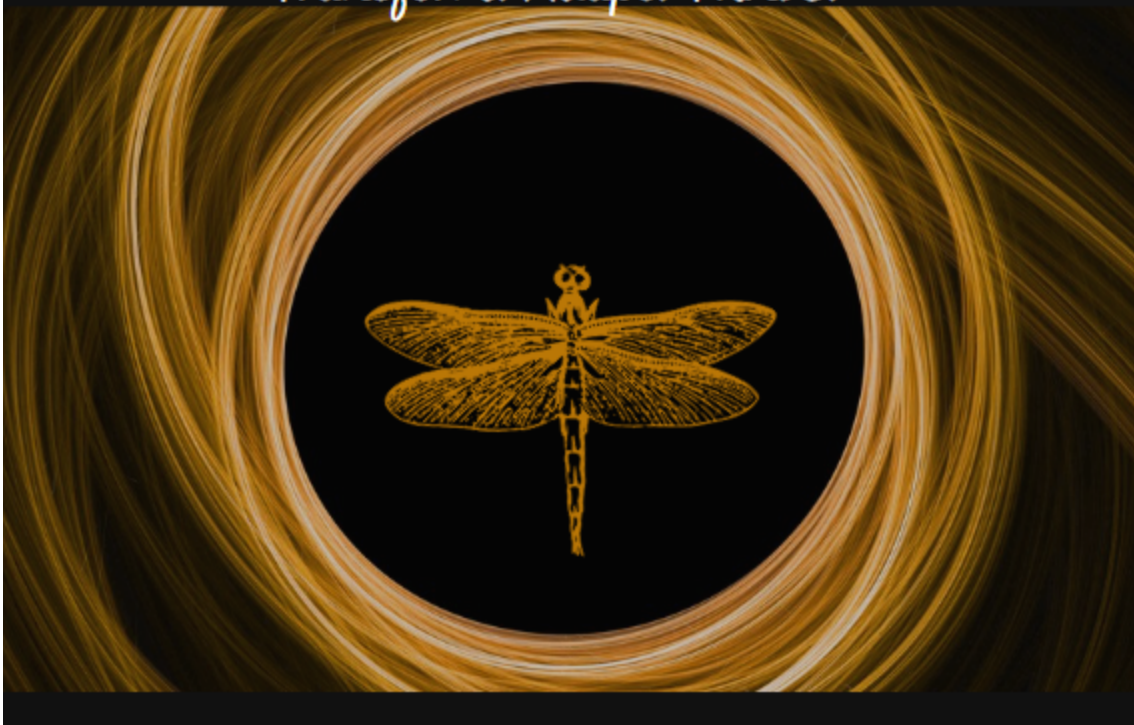


The Dragonfly Collective

Transform. Adapt. Thrive.



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☀️ 21-Day Awakening Program

An awakening is often described as a deep shift in awareness — a moment or series of moments where you begin to see yourself, your relationships, and the world through a new lens. It may feel like clarity breaking through confusion, an urge to release old patterns, or a powerful inner call to live more authentically. *The Dragonfly Collective* programs are meant to support your growth as you begin to awaken and help you tap into your deepest truths while releasing all that does not serve your highest good.

Signs you may be experiencing an awakening include:

- Feeling detached from old habits, beliefs, or roles that once defined you.
- A heightened sensitivity to energy, emotions, or the needs of others.
- Questioning relationships, jobs, or environments that no longer align with your values.
- A desire for deeper meaning, purpose, or connection with something greater than yourself.
- Cycles of discomfort, breakdowns, or breakthroughs that push you toward growth.

This program is designed to help you move through your awakening with structure and support. Over 21 days, you will explore themes that connect to energetic flow through the chakras, your sense of empowerment, your core values, and your relationships.

Each day includes:

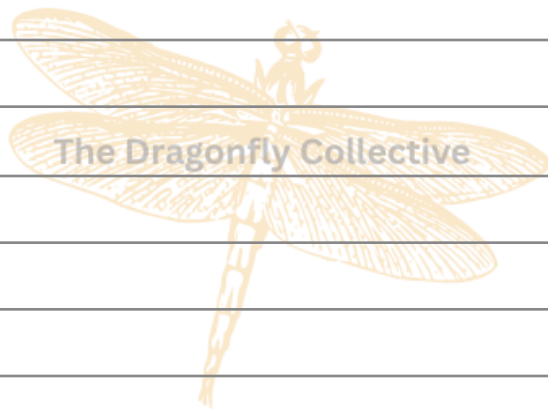
- Daily Theme connected to awakening, chakras, and empowerment.
- Daily Affirmation to anchor your energy and intention.
- Meditation or Mantra Practice for reflection and energetic alignment.
- 5 Journaling Prompts to deepen self-awareness and integrate the theme.

Week 1: Awakening the Chakras

This first stage is about establishing energetic flow and awareness. By aligning the chakras, you create the stability, clarity, and openness needed to continue your awakening journey. We begin by understanding and connecting with the chakra system — the body's energetic centers. Each chakra represents a different aspect of life: survival, emotions, empowerment, love, truth, intuition, and spiritual connection. Awakening and balancing these energy points builds a strong foundation for deeper self-discovery.

Learn to:

- Ground yourself in your Root Chakra, creating safety and stability.
- Explore emotions and creativity through your Sacral Chakra.
- Ignite confidence and willpower in your Solar Plexus Chakra.
- Open to love and compassion with your Heart Chakra.
- Find your voice and express your truth through your Throat Chakra.
- Awaken intuition and inner wisdom with your Third Eye Chakra.



Day 2 – Sacral Chakra: Flow & Emotional Awakening

The Sacral Chakra is the seat of emotions, creativity, and pleasure. Awakening in this area means allowing yourself to feel, flow, and honor emotional truth.

Affirmation:

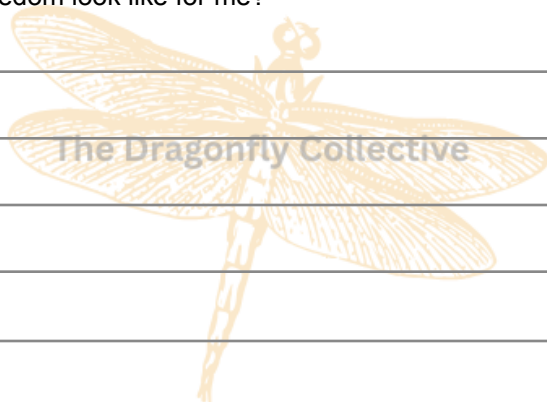
“I honor my emotions and creativity. I flow with life.”

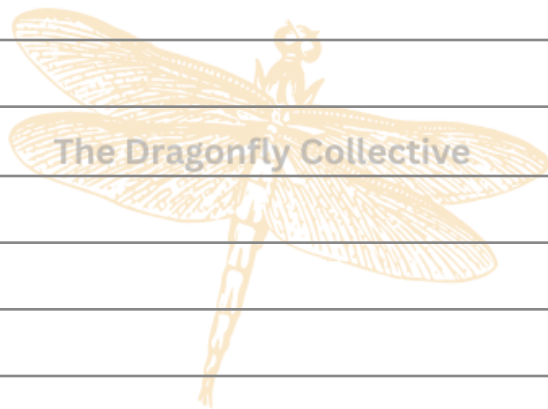
Meditation/Mantra Practice:

Place your hands on your lower belly. Breathe deeply into this area, imagining a warm orange light glowing brighter with each inhale. On each exhale, imagine releasing any blockages to emotional expression or creativity. Repeat: *“I allow my emotions to flow.”* Stay with the rhythm for 5–8 minutes.

Journaling Prompts:

1. How do I currently express my emotions—openly, or do I hold back?
2. What creative outlets help me feel alive?
3. What relationships or activities feel “in flow” right now?
4. What emotions am I avoiding, and why?
5. What would emotional freedom look like for me?





Day 3 – Solar Plexus: Empowerment

The Solar Plexus governs confidence, personal power, and willpower. Awakening here means stepping into your inner strength and trusting your choices.

Affirmation:

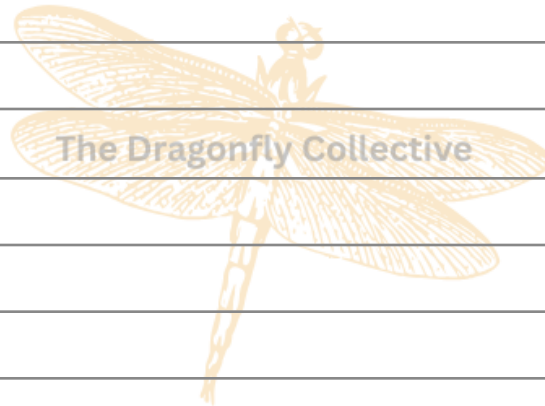
"I stand in my power and trust my inner strength."

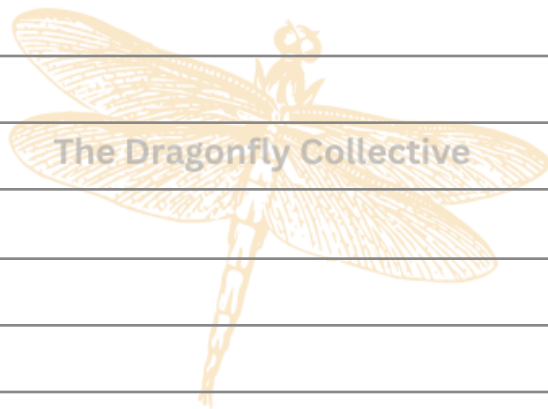
Meditation/Mantra Practice:

Sit upright, hands on your stomach. Visualize a golden sun radiating from your core. With each inhale, feel it expand; with each exhale, release self-doubt. Repeat: *"I am powerful."* Continue for 5–10 minutes.

Journaling Prompts:

1. When do I feel most confident and strong?
2. Where in life do I give away my power?
3. How can I reclaim authority over my own choices?
4. What does healthy empowerment mean to me?
5. What courageous action can I take this week?





Day 4 – Heart Chakra: Awakening Through Love & Compassion

The Heart Chakra is the bridge of connection—self-love, compassion, forgiveness, and empathy. Awakening your heart chakra opens you to self-love, that protects you from losing yourself in other's emotions or expectations.

Affirmation:

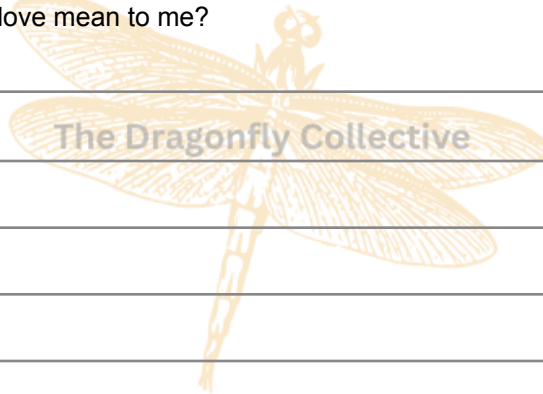
"I give and receive love, with openness and balance."

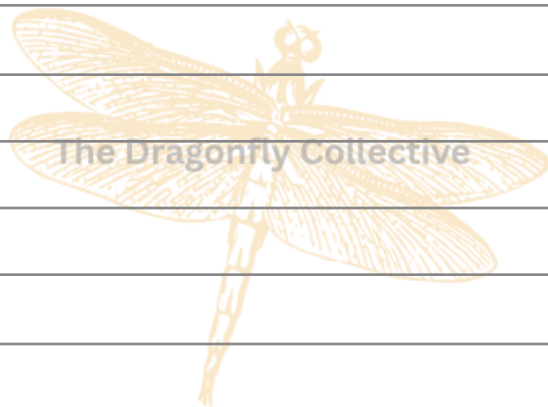
Meditation/Mantra Practice:

Place hands over your heart. Inhale deeply, imagining green light filling your chest. Exhale, allowing love and compassion to flow outward. Silently repeat: *"I am love."* and rest in this space for 5–10 minutes.

Journaling Prompts:

1. How do I currently show love to myself?
2. How do I show love to others?
3. Where do I need more compassion in my life?
4. Who am I ready to forgive—myself or others?
5. What does unconditional love mean to me?





Day 5 – Throat Chakra: Speaking Your Truth

The Throat Chakra awakens authentic communication. Speaking your truth builds integrity, clarity, and freedom in relationships.

Affirmation:

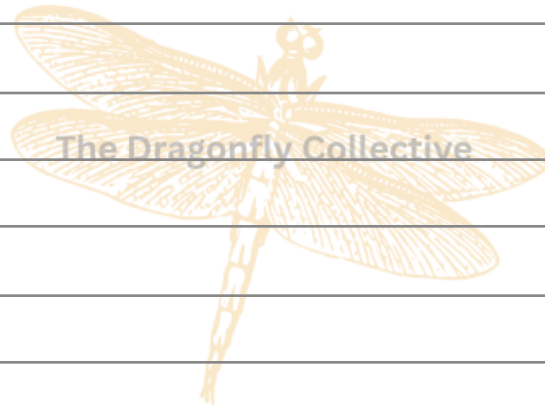
"My voice matters. I speak my truth with confidence and love."

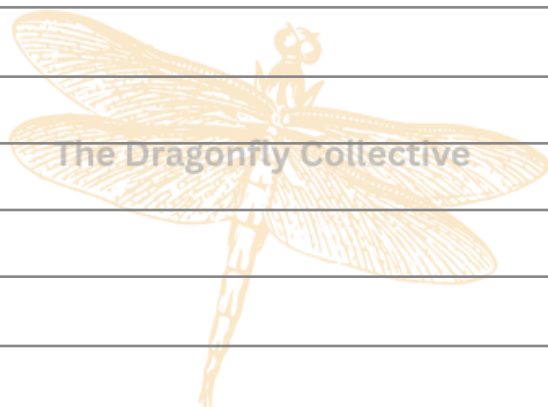
Meditation/Mantra Practice:

Sit tall and breathe deeply. As you inhale, imagine blue light at your throat. On each exhale, softly chant: *"HAM"* (the throat chakra sound). Continue for 5 minutes.

Journaling Prompts:

1. Where in my life do I feel unheard or silenced?
2. What truths am I holding back?
3. What fears do I have about speaking honestly?
4. How can I express myself more clearly and lovingly?
5. What do I most need to say right now?





Day 6 – Third Eye: Awakening Intuition & Vision

The Third Eye Chakra is your inner guidance system. Awakening sharpens intuition, clarity, and vision beyond appearances.

Affirmation:

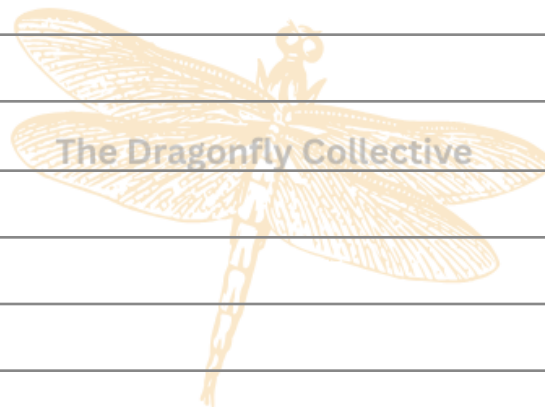
"I trust my inner wisdom and see clearly with my intuition."

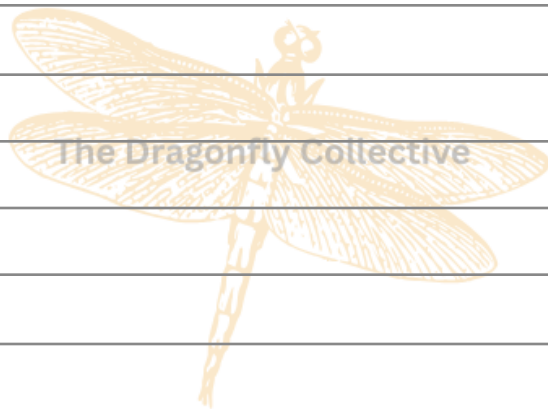
Meditation/Mantra Practice:

Close your eyes, focus on the point between your brows. Imagine indigo light glowing brighter with each breath. Silently repeat: *"I see."* Sit in stillness for 5–8 minutes, allowing intuitive impressions.

Journaling Prompts:

1. When have I followed intuition and been glad I did?
2. What signs or synchronicities have been showing up recently?
3. Where do I feel unclear or conflicted in my life?
4. What is my inner voice telling me right now?
5. How can I strengthen my trust in intuition?





Day 7 – Crown Chakra: Awakening Higher Consciousness

Your Crown connects you to higher states of awareness, spirituality, and unity. Awakening here opens you to wisdom beyond the self.

Affirmation:

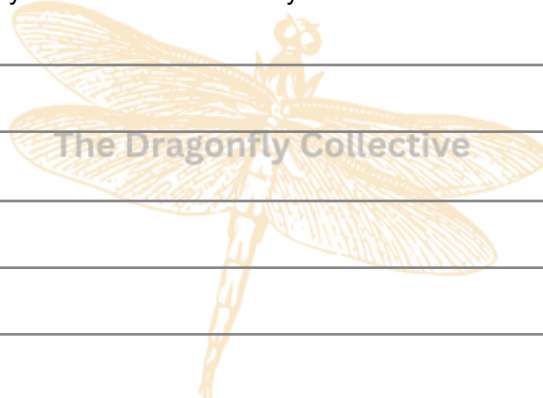
“I am connected to universal wisdom and divine guidance.”

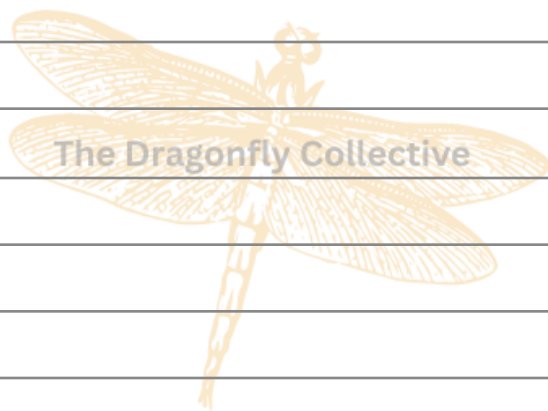
Meditation/Mantra Practice:

Sit quietly with your spine straight. Imagine white or violet light streaming into the top of your head. On each inhale, feel yourself connecting to something greater. Repeat: *“I am one with All.”* for 5–10 minutes.

Journaling Prompts:

1. What does spirituality mean to me right now?
2. When do I feel most connected to something greater than myself?
3. How has my awakening expanded my perspective of life?
4. What practices help me feel connected (meditation, prayer, nature, etc.)?
5. What wisdom do I feel ready to receive and embody?





Week 2: Awakening Into Self-Empowerment & Core Values

This week the awakening journey shifts inward. After aligning your energy through the chakras in Week 1, this stage asks you to look deeply at your relationship with *yourself*. You'll begin to build the inner foundation of an awakened life: a strong sense of self, values you won't compromise, and the courage to walk your own path. Awakening is about expanded awareness and the courage to live authentically in alignment with your truth.

In this phase, you will:

- Strengthen self-love and radical acceptance of who you are.
- Explore courage and confidence as anchors of personal empowerment.
- Identify the masks you wear and what it means to live authentically.
- Clarify your core values and bring integrity into daily choices.
- Reflect on purpose and how to hear the whispers of your inner calling.
- Learn the art of surrender — trusting the process without needing to control it.
- Anchor your journey in gratitude, cultivating a mindset of abundance.

Day 8 – Awakening Self-Love & Acceptance

Awakening invites you to embrace yourself fully — the light and the shadow. Self-love is not vanity; it is radical acceptance and compassion for all parts of you.

Affirmation:

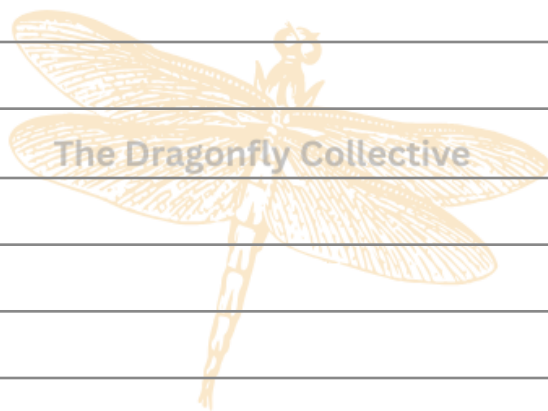
"I love, accept, and honor myself exactly as I am."

Meditation/Mantra Practice:

Sit quietly with your hands over your heart. Breathe in deeply, repeating: "*I am worthy.*" Exhale and release self-judgment. Continue for 5–8 minutes.

Journaling Prompts:

1. What do I appreciate most about myself?
2. Where am I hardest on myself, and why?
3. What beliefs keep me from fully loving who I am?
4. How can I show myself more compassion this week?
5. If I loved myself unconditionally, what would change?



Day 9 – Awakening Courage & Confidence

Confidence emerges when you trust yourself. Courage is not the absence of fear, but moving forward despite it. Awakening calls you to claim your inner bravery.

Affirmation:

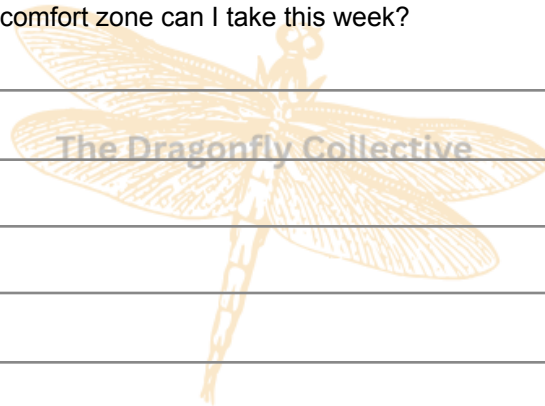
"I am courageous, confident, and capable of creating change."

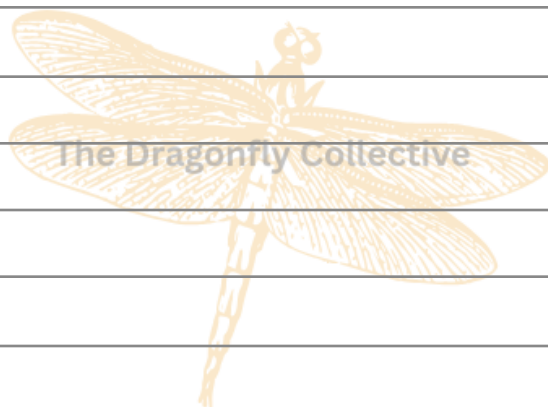
Meditation/Mantra Practice:

Sit tall and visualize a golden flame in your Solar Plexus. With each inhale, the flame grows brighter. With each inhale, silently repeat: *"I am strong."* With each exhale, silently repeat: *"I release all that no longer serves me."* Continue for 5–10 minutes.

Journaling Prompts:

1. What fears are holding me back right now?
2. When in the past have I shown great courage?
3. What would I do if I trusted my own strength completely?
4. What does confidence feel like in my body?
5. What step outside my comfort zone can I take this week?





Day 10 – Awakening Authenticity: Living Your Truth

Awakening brings a longing to live authentically. Authenticity means aligning your actions with your true self, not with others' expectations.

Affirmation:

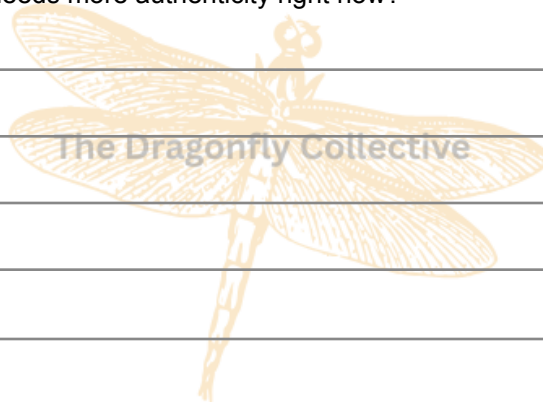
"I live my truth freely and authentically."

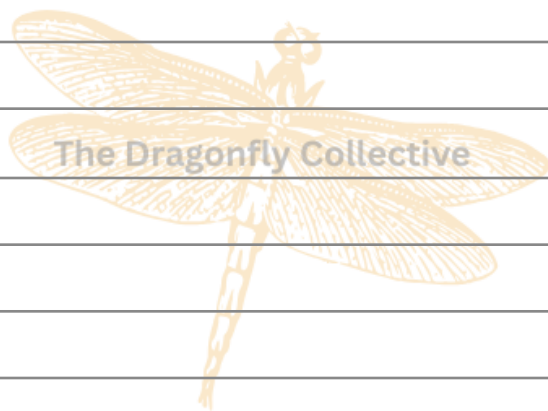
Meditation/Mantra Practice:

Breathe deeply into your throat area. With each inhale, say silently: *"Truth."* With each exhale, release any masks or false roles. Continue for 5–8 minutes.

Journaling Prompts:

1. Where am I not being fully authentic in my life?
2. What masks do I wear to please others?
3. What does living my truth look like to me?
4. Who supports me in being my authentic self?
5. What one area of life needs more authenticity right now?





Day 11 – Awakening Integrity: Aligning with Core Values

Integrity means living in alignment with your deepest values. Awakening often brings clarity about what you will no longer compromise.

Affirmation:

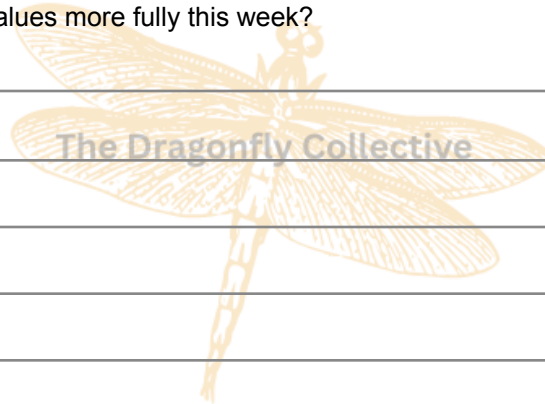
"I live in integrity with my values and highest truth."

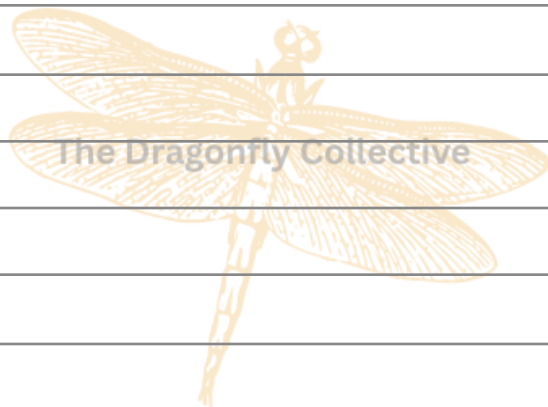
Meditation/Mantra Practice:

Sit quietly and reflect on one core value. Inhale while silently repeating that value (e.g., *"I value compassion."*). Exhale and feel it expand in your body. Continue for 5–8 minutes.

Journaling Prompts:

1. What are my top three core values?
2. Where in my life am I living in alignment with them?
3. Where am I out of alignment, and what needs to shift?
4. What does integrity mean to me personally?
5. How can I honor my values more fully this week?





Day 12 – Awakening Purpose: Discovering Inner Calling

Awakening stirs the question: *Why am I here?* Purpose is not always about a career; it is about meaning, contribution, and alignment with soul truth.

Affirmation:

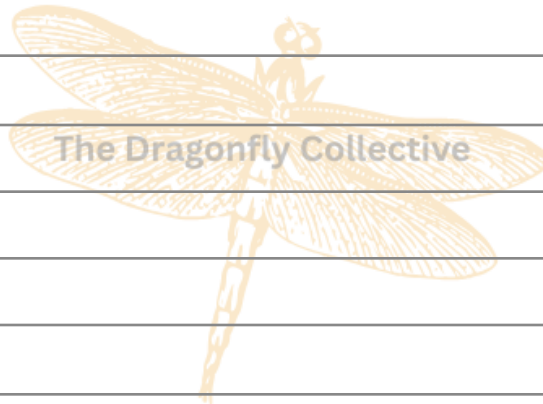
“I am open to discovering and living my purpose.”

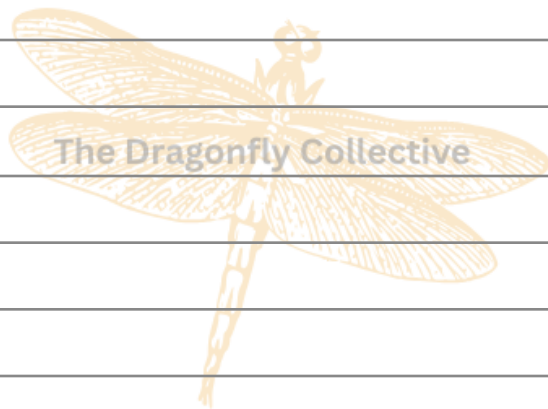
Meditation/Mantra Practice:

Sit quietly and place a hand on your heart and another on your Solar Plexus. Ask silently: *“What is my soul calling me toward?”* Breathe deeply, allowing impressions to arise without judgment.

Journaling Prompts:

1. What activities make me feel most alive?
2. What gifts do I naturally bring to others?
3. How have I felt “called” in the past?
4. What small step could I take toward living more purposefully?
5. If I followed my soul’s calling, what might my life look like?





Day 13 – Awakening Trust: Releasing Control & Surrendering

Awakening requires surrender. Trusting life means releasing the need to control outcomes and allowing flow to guide you.

Affirmation:

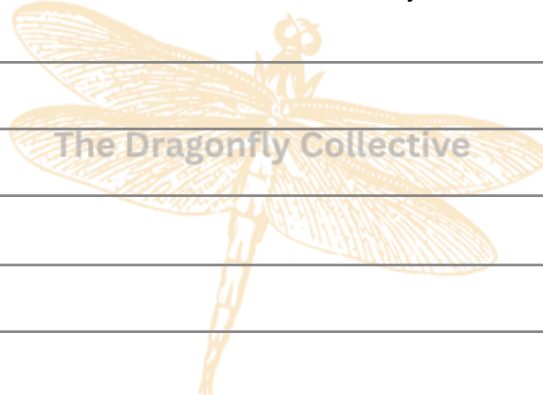
“I trust the process of life and surrender with peace.”

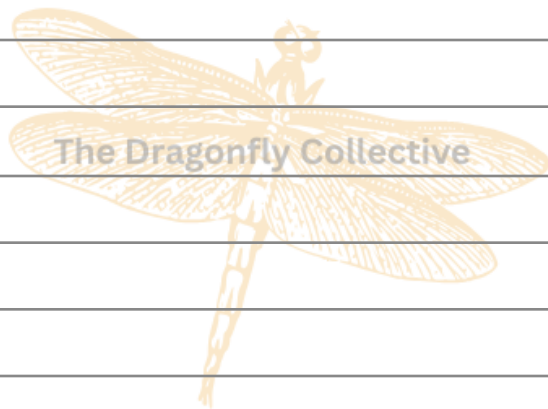
Meditation/Mantra Practice:

Close your eyes and imagine floating on gentle waves. With each inhale, silently repeat: “I trust.” With each exhale, release resistance. Continue for 5–10 minutes.

Journaling Prompts:

1. Where am I holding on too tightly in my life?
2. What would surrender look like in this situation?
3. What does trust feel like in my body?
4. Who or what do I need to let go of controlling?
5. How might life surprise me if I allowed it to unfold naturally?



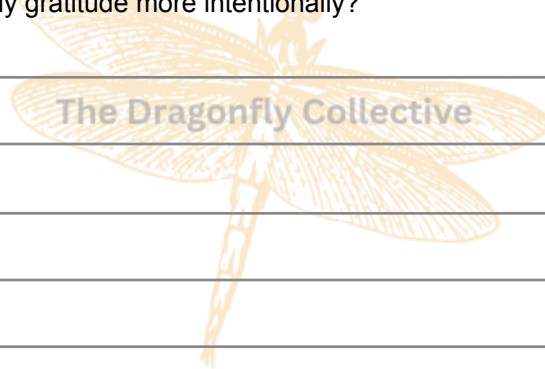


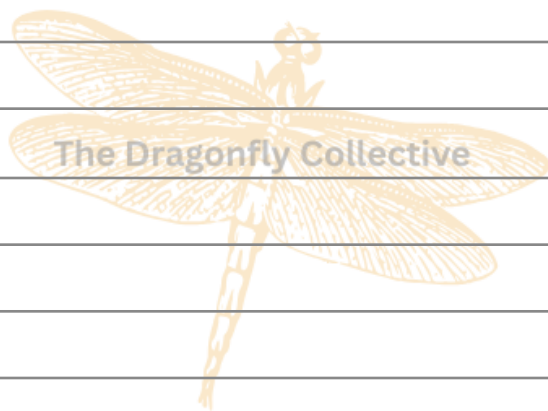
Gratitude is the lens that transforms awakening from struggle into blessing. Awakening is not only about change, it is about seeing what is already good and abundant in your life.

"I am grateful for all that I am and all that I am becoming."

Sit quietly and place your hands over your heart. With each inhale, think of something you're grateful for. With each exhale, silently repeat: *"Thank you."* Continue for 5–10 minutes.

1. What am I most grateful for in this season of life?
2. What challenges have ultimately been blessings?
3. How has awakening already shifted my perspective?
4. Who in my life am I most grateful for, and why?
5. How can I practice daily gratitude more intentionally?





Week 3: Awakening in Relationships & Collective Flow

Week 3 is where awakening expands outward — into your relationships, your community, and your connection to all life. The insights you've cultivated within yourself now ripple into how you engage with others and the world.

In this phase, you will:

- Establish healthy boundaries to protect your energy while staying open.
- Awaken deeper compassion for yourself and others.
- Practice awakened communication by speaking your truth and listening fully.
- Explore balance in giving and receiving to create harmony in relationships.
- Release the past through forgiveness, freeing yourself to grow.
- Expand into unity consciousness, remembering your connection with all beings.
- Integrate everything you've learned, stepping into wholeness and living awake.

This final stage helps you weave your awakening into daily life — so that your presence, relationships, and choices reflect your highest alignment.

Day 15 – Awakening Boundaries: Protecting Your Energy

Healthy boundaries are essential for awakened living. They protect your energy, honor your needs, and create space for authentic connection.

Affirmation:

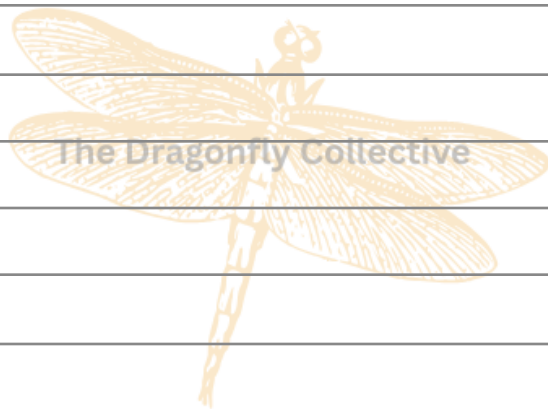
“My boundaries are loving, clear, and strong.”

Meditation/Mantra Practice:

Sit quietly and visualize a golden bubble of light surrounding your body. Inhale and imagine this light growing brighter. Exhale and silently repeat: *“I am protected.”* Continue for 5–8 minutes.

Journaling Prompts:

1. Where in my life do I need stronger boundaries?
 2. What boundaries have I set successfully in the past?
 3. How do I feel when my boundaries are respected?
 4. What fears do I have about setting boundaries?
 5. What boundary can I reinforce this week to protect my energy?
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Day 16 – Awakening Compassion: Seeing Others Clearly

Awakening opens your heart to compassion. True compassion means seeing others clearly — with understanding, not judgment — while staying grounded in your own truth.

Affirmation:

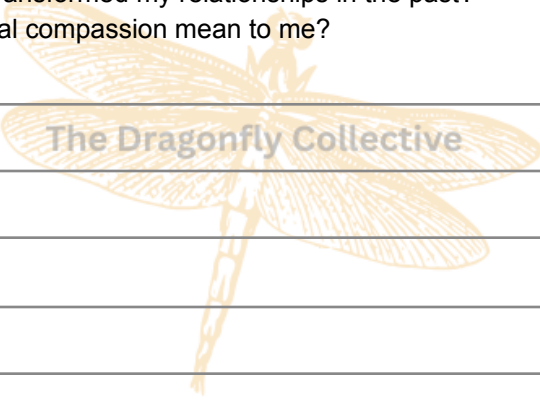
“I see others with compassion and understanding.”

Meditation/Mantra Practice:

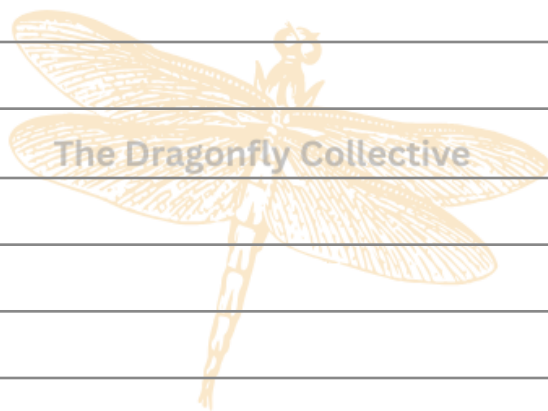
Close your eyes and bring to mind someone who challenges you. Inhale, sending compassion to yourself. Exhale, silently repeat: *“May they be free from suffering.”* Continue for 5–10 minutes.

Journaling Prompts:

1. Who in my life needs my compassion right now?
2. How do I balance compassion for others with self-compassion?
3. What judgments can I soften to create more understanding?
4. How has compassion transformed my relationships in the past?
5. What does unconditional compassion mean to me?



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Day 17 – Awakening Communication: Truth in Relationships

Awakened communication is authentic, clear, and kind. Speaking truth, while listening deeply, creates harmony and trust in relationships.

Affirmation:

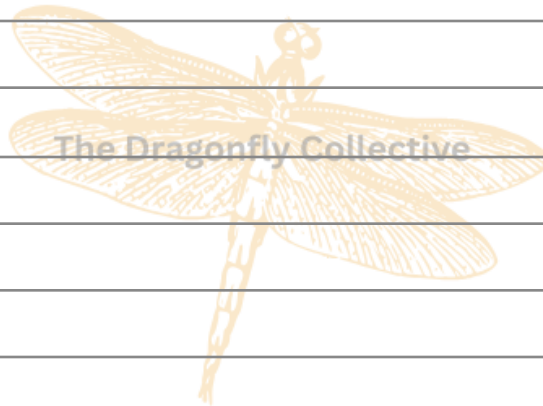
“I communicate with honesty, clarity, and compassion.”

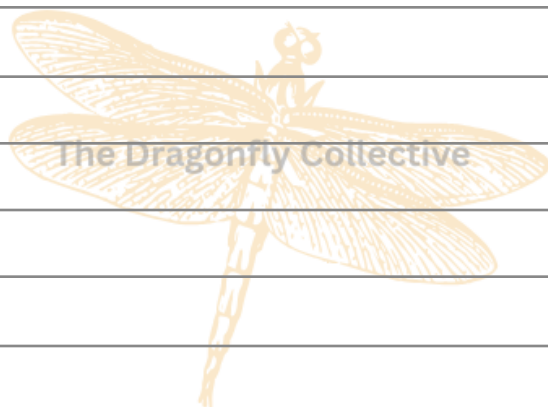
Meditation/Mantra Practice:

Sit in stillness, breathing into your throat. Inhale: *“I listen.”* Exhale: *“I speak my truth.”*
Continue for 5–8 minutes.

Journaling Prompts:

1. How do I currently communicate in my closest relationships?
2. Where do I hold back my truth?
3. How can I become a better listener?
4. What fears arise when I express myself openly?
5. What conversation do I most need to have right now?





Day 18 – Awakening Harmony: Balancing Giving & Receiving

Healthy relationships flow with balance. Awakening helps you notice if you over-give, under-receive, or resist asking for help. Harmony is found in reciprocity.

Affirmation:

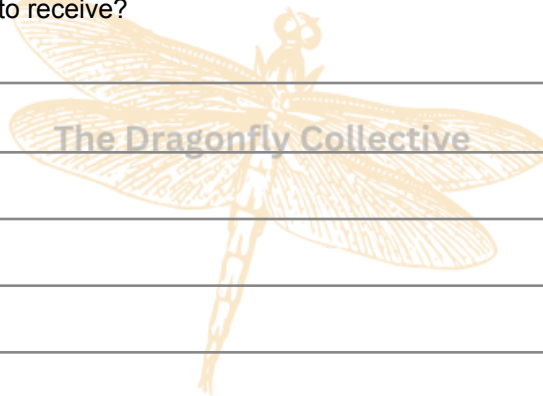
“I give and receive love, energy, and support in balance.”

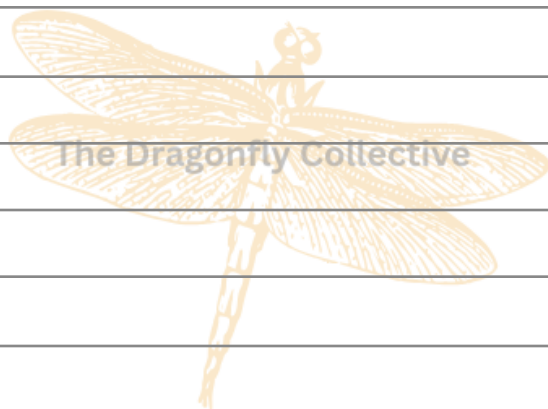
Meditation/Mantra Practice:

Place one hand on your heart, one on your belly. Inhale and imagine receiving light. Exhale and imagine offering light. Repeat silently: *“I give and receive in harmony.”* Continue for 5–8 minutes.

Journaling Prompts:

1. Do I tend to give more or receive more in relationships?
2. What beliefs shape how I receive help or love?
3. How can I invite more balance into my relationships?
4. What feels nourishing to give?
5. What feels nourishing to receive?





Day 19 – Awakening Forgiveness: Releasing the Past

Forgiveness is freedom. Awakening invites you to release resentment and old wounds, creating space for peace and new growth.

Affirmation:

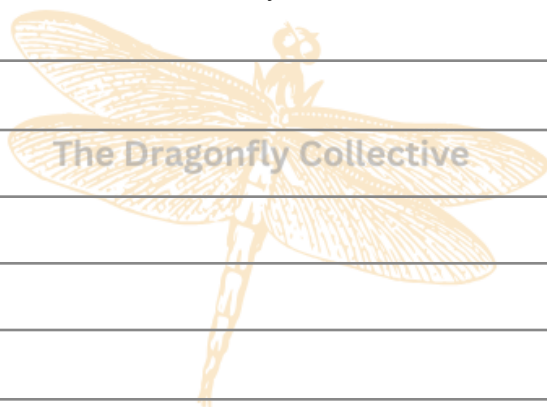
“I release the past and choose peace in the present.”

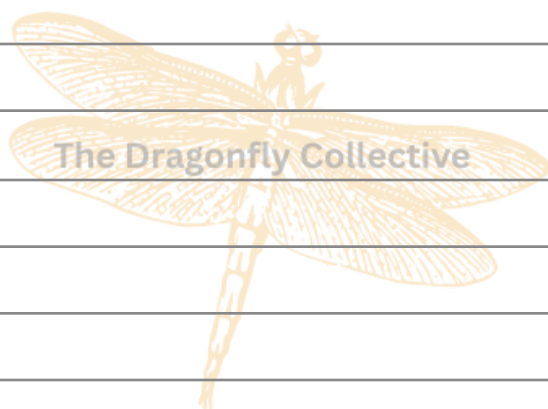
Meditation/Mantra Practice:

Sit quietly and imagine a soft light around your heart. Inhale, saying silently: *“I forgive myself and others.”* Exhale, releasing anger, pain, or regret. Continue for 5–10 minutes.

Journaling Prompts:

1. Who do I most need to forgive right now?
2. What past pain am I holding onto, and how does it affect me?
3. What does forgiveness mean to me?
4. How would releasing this burden change my life?
5. What step toward forgiveness can I take today?





Day 20 – Awakening Unity: Interconnection with All Beings

Awakening dissolves separation. Unity consciousness is remembering that you are connected with all life — human, nature, and the universe itself.

Affirmation:

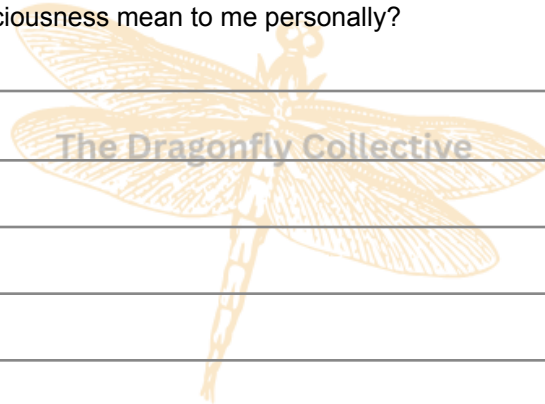
"I am connected to all beings in love and oneness."

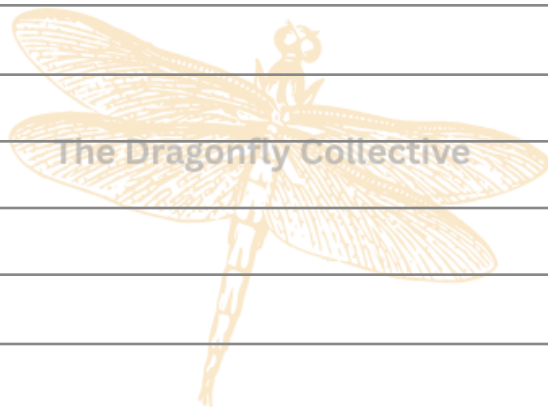
Meditation/Mantra Practice:

Sit quietly and visualize light radiating from your heart. Imagine this light connecting with people, animals, and the earth. Silently repeat: *"We are one."* Continue for 5–10 minutes.

Journaling Prompts:

1. When do I feel most connected to others or the world?
2. What practices help me feel part of something greater?
3. How does awakening shift my view of humanity?
4. How can I live in greater harmony with the earth?
5. What does unity consciousness mean to me personally?





🌟 CONGRATULATIONS, DRAGONFLY 🌟

It's time to CELEBRATE!! 🎉

For the past 21 days, you have chosen to honor your inner call to live an authentic life. That is awesome!! Thank you for your commitment to yourself. You are not only raising your vibration, you are energetically spreading soulful healing out into the Universe. Awakening is a choice, and a daily practice, that leads to a peaceful and abundant life through your ongoing commitment to your growth.

These past 3 weeks have been a preview of our other 21 Day Programs, which dive deeper into the topics you've just connected with. Being in alignment creates the ability to manifest dreams through the release of blockages, fears, and limiting beliefs. It takes 21 days to create a new habit. Retaining habits requires consistency. Return to this program, or engage with our other programs, to allow these lessons to become your default programming.

Keep Rising, Dragonfly!! - Namaste

Day 21 – Awakening Wholeness: Integration & Living Awake

Awakening is not a single event — it is an ongoing process of living consciously. Today is about integration: bringing together grounding, empowerment, values, and connection into a whole, awakened life.

Affirmation:

"I am whole, awakened, and aligned with my highest self."

Meditation/Mantra Practice:

Sit comfortably, breathing slowly and deeply. With each inhale, silently repeat: *"I am awake."* With each exhale: *"I am whole."* Continue for 10 minutes, allowing a sense of completeness to settle.

Journaling Prompts:

1. What have I discovered about myself during these 21 days?
 2. How has my sense of energy and empowerment shifted?
 3. What core values feel most alive in me now?
 4. How do I want to bring my awakened self into my relationships?
 5. What practices will I continue to stay aligned and whole?
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