

5 DAYS OF INTROSPECTION



HERMIT MODE ACTIVATED

[f](#) [@](#) /thestilettofiles

1

DAY ONE: "THE PURGE"

Every great journey starts with a cleanse. Read our blog *"The Purge"* and consider people or things in your life that you need to release.

Let's **purge** your mind, body, and spirit Sis.

- Eat vegan/vegetarian for today. If you are already plant based, try eating raw fruits and veggies only
- Complete a facial detox
- Cleanse and deep condition your hair
- Drink one gallon of water
- Take a salt bath
- Delete contacts and text threads in your phone that are no longer needed.
- Clean up your social media. Delete old pictures and hit the unfollow button.

Complete at least 4 of the tasks listed above.

2

DAY TWO: "THE VISION"

Create a manifestation letter, board or box. Ask yourself the following questions and answer them in your journal:

- How much money would I like to make by the end of next year?
- What is my dream home or career. What are the current barriers standing in the way of accomplishing my dreams?
- How do I want to love and be loved?
- What is my five year plan?
- Who are the people in my life that distract me?

*Remember when manifesting write **"I HAVE"** instead of **"I WILL HAVE."***

3

DAY THREE: "THE SILENCE"

Focus on your manifestations today through meditation. Visualize your desires. See and feel them in front of you. Allow yourself to experience the emotions of finally having the things you want.

Minimize contact with others and avoid getting on social media. Today is all about YOU.

Place a white candle on top of your manifestation board, letter, or box. Ask the universe to assist you.

4

DAY FOUR: "THE REVAMP"

Start living as if you already have what you are manifesting. We are vibrating higher and must act accordingly.

Create a budgeting, food, and work out plan to maintain this goddess energy. Use our bullet journals to help organize your day and keep you focused.

Eat bright and energizing foods, listen to upbeat music and dance around your home.

*Remember the key is to keep our vibrations **HIGH.***

5

DAY FIVE: "THE CELEBRATION"

Treat yourself Sis. Pat yourself on the back, have a glass of champagne, or get dolled up even if your destination is the living room.

Feel your inner Goddess screaming to be heard. Complete our "*Goddess Meditation*" posted on our empower portal before night fall.

End your day with a nice candle light dinner solo or with your partner. Enjoy a hot bubble bath with fresh flowers and essential oils.

Feel accomplished because you are beaming Sis.

Hermit mode complete!