

DRE Challenge: Holiday Subconscious Rx

WEEK 1

Mon. Do the "MAGNETIC SELF" DRE [here](#) and follow use these journal prompts:

1. Describe your completely authentic self. How did you look, walk, talk?
2. What allowed the authentic you to feel confident, embodied, detached?
3. How did the authentic you interact with strangers with no fears or insecurities as the authentic you?
4. What is your biggest block(s) preventing you from living in utter authenticity, confidence, and without regard to what anyone else thinks (especially your own negative self-talk)?

Tues. AUTHENTICITY is the detachment from the ego dance and needing approval with pure, utter vulnerability while standing confidently and comfortably in yourself.

Journal: Take inventory of where in your life you might be "doing an ego dance", doing things because you "should", or getting sucked into thinking things are important to you that really are just not. What is your core essence? What is important to you? What just feels like a distraction from what matters?

Do the "RECLAIMING AUTHENTICITY" DRE [here](#)

Wed. Abstain from all social media for the next week if possible. This month our goal is curating our environment & removing what doesn't serve us, while getting back to our core essence.

Do the "SUBCONSCIOUS REINTEGRATION" DRE [here](#)

Thurs. Do the "HEALTH AND BODY" DRE [here](#). Then practice your favorite act(s) of self care! I love a mustard bath while I drop in.

Fri. Journal: 48 hours with no social media! How do you feel? What have you replaced your time with? Is anything triggering you or coming up for you to reprogram? Any notable pings or mini manifestations?

Do the "SUBCONSCIOUS REINTEGRATION" DRE [here](#)

WEEK 2

Mon. I want you to pick at least 1-3 material things in your life (as small as a shirt, or as big as you want) that don't reflect your core essence and get rid of them (donate, give to a friend, etc.).

Journal: Think about why you wanted these items in the first place. Who were you trying to impress? What problem did you think they would solve? What or who was telling you it was important, when it really isn't. Get to the root on this one.

Then do the "SHADOW AND REPARENTING" DRE [here](#)

Tues. 6 days with no social media! Woo!

Journal it out: How do you feel? What have you replaced your time with? Is anything triggering you or coming up for you to reprogram? Any notable pings or mini manifestations?

Do [any DRE](#) that you feel fits your current state today.

Wed. If you feel called to, engage in social media again, BUT, I want you to go through it and do a cleanse / curation.

In an effort to explore expanding our subconscious, let's take inventory of what we're ACTUALLY allowing to seep into our subconscious. We expose our subconscious to social media so frequently through mirror neurons. For many, social media has been a gift that inspires those who can find little inspiration in their intermediate community. For others, it's been a curse. Let's make it work for us - subliminally - and let's remove what isn't working for us.

Thurs. Journal: How much of your environment is filled with things that you don't like? From food to social activities to work, list each of them out and why you are afraid to get rid of them. What do you want to fill their place? Quiet your mind and listening to your soul and body instead.

Do the "MAGNETIC SELF" DRE [here](#)

Fri. The things you journaled about yesterday that don't light you up - pick at least 1 to remove from your life as soon as you can! This will create space in your life, physically & energetically.

Then do the "SHADOW AND REPARENTING" DRE [here](#)

WEEK 3

Mon. Journal: What is one thing you can do today that will connect you to your core essence? Maybe list out a bunch so you can pull from this list when you're needing a self care or magnetism boost. But do at least one as soon as you can!

Do the "MAGNETIC SELF" DRE [here](#)

Tues. Journal: List out everything your soul has been CRAVING. How can you bring more of these things into your life? What can you cut out to make more space? Allow yourself to try new things, dabble, explore, & indulge.

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Wed. Journal: Is there any major fear or block holding you back from bringing what lights you up to the forefront of your life, and shedding what doesn't? Go deep on this one, and think about the root of it. Where do you need to lean into fear or jump off a cliff to bring your life into further alignment with your soul?

Do the "SUBCONSCIOUS REINTEGRATION" DRE [here](#)

Thurs. Journal: Creativity looks so different for everyone, and is part of everyone's core essence. What does your core essence creativity look like? What expressions of your creativity spark the most joy for you? Creativity doesn't have to be a traditional art form-- it's cooking, gardening, organizing, deep conversation, the list goes on. Pledge to yourself to begin bringing this creativity to the forefront on a weekly, if not daily, basis. Pick one expression of creativity from your list and do it today.

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Fri. I want you to pick at least 1-3 material things in your life (as small as a shirt, or as big as you want) that don't reflect your core essence and get rid of them (donate, give to a friend, etc.).

Journal: Think about why you wanted them in the first place. Who were you trying to impress? What problem did you think they would solve? What or who was telling you it was important, when it really isn't. Get to the root on this one.

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WEEK 4

Mon. Journal: Think about what other types of media you're taking in— music, podcasts, movies, books, etc. List them all out. Are they in alignment with your core essence, great for expansion, or something that you truly enjoy? Weed out any that aren't ASAP. These are things seeping into your subconscious as well, make them count!

Do the "RECLAIMING AUTHENTICITY" DRE [here](#)

Tues. Journal: How much of your day and environment is filled with things that don't light you up? From eating to fitness to work, list each of them out and why you are afraid to get rid of them. What do you want to fill their place? Quiet your mind and listen to your soul & body instead.

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Wed. The things you journaled about yesterday that don't light you up-- pick at least 1 to remove from your life as soon as you can! This will create space in your life, physically & energetically.

Then do the "SHADOW AND REPARENTING" DRE [here](#)

Thurs. Shut off your phone for as long as you can (if you're U.S. based and on holiday, ideally all day), and enjoy time with loved ones. Even if you can only squeeze in an hour. Make it count and be fully engaged and present.

Journal all of your favorite moments from this time. Writing things down helps solidify them in our memories.

Fri. Do the "HEALTH AND BODY" DRE [here](#). Then practice your favorite act(s) of self care!