

The **60**
DAY
CONFIDENCE

Challenge

 **RUMI**
COSMETIQUES

**ConfidentSisters**

We challenge you to form the life changing habit of spending time on self-care each day for the next 60 days!

Join the Community!

The entire challenge is hosted within our Facebook group - [Rumi Confident Sisters](#). This is where we'll meet each other for the first time & continue on a shared journey towards a more confident self.

Post your Pledge!

To make it official & enter this round of the **60 Day Confidence Challenge**, you need to print out your pledge card and write down how many minutes you are going to spend every day on becoming the best version of yourself for the next 60 days!

You can decide on the minutes you want to spend each day to better yourself according to your daily schedule. Additionally, each week we will be giving a new mini challenge. Feel free to decide how you want to spend these daily "me" minutes & get as involved in the mini challenges as you can.

Daily "me" time looks different for each of us. It can be a daily walk, a new self-care routine, mindful break with no distractions or learning a new skill. Be creative & share what you choose each time in the group! :)

Post your pledge in our Facebook Group & introduce yourself to other

#ConfidentSisters

May this challenge serve as a significant step towards looking and feeling your most confident self. Thank yourself already, you deserve it!



Your Pledge Card

Make sure to cut this out, take a photo of it with or without yourself in the photo and post your pledge in the group! Introduce yourself!



I pledge to spend
 minutes
per day
on *myself*
for the next 60 days!

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You can also take a selfie with your pledge & tag us on social media!
Use the hashtag #ConfidentSisters. We can't wait to meet you!



Your Calendar

Print out the next sheet so that you have a calendar to track your progress throughout these next 60 days!

We will have a separate focus each week accompanied by a concordant mini challenge. We believe that confidence begins within us, so we have decided to take an according approach for the duration of next 8 weeks.

Starting inwards with each week being dedicated to Gratitude, our Physical Health, Nutrition, Self-image, Treating ourselves & moving outwards by having a weekly focus on the Relationships we have in our lives & finishing off with Style, Fashion and of course - Beauty!

You can participate in as many or as little of them as you like! Every Sunday the winners of that week's challenge will be announced!

Yey, prizes! More on that below!

Recommit each day!

And if you miss a day or two - don't worry or bring yourself down. Taking a few steps back at times is a part of becoming better. Each day is a new opportunity to recommit!

There is something incredibly rewarding about seeing the calendar all filled out completely at the end of the challenge. You will be SO proud of yourself, we promise!



- Have fun decorating your calendar & making it your own!
- This challenge is all about focusing on YOU! Any progress is still progress!
- Be active sharing & encouraging others! We are all in this together!

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week

G R A T I T U D E

1

P H Y S I C A L H E A L T H

2

N U T R I T I O N

3

S E L F - I M A G E

4

T R E A T Y O U R S E L F

5

R E L A T I O N S H I P S

6

S T Y L E & F A S H I O N

7

B E A U T Y

8

My goal: _____ minutes each day

PRIZES!

Let's be honest, we all love receiving something as a gift, especially if we have put our full effort in earning it, right?

Weekly winners

Every Sunday in FB group we will announce the winners of that week's challenge including our two sub category winners:

Goal Crusher:

Someone who hit their self-care time goal every day that week!

Weekly Motivator:

Someone who showed up and offered support and encouragement to the group that week!

We are more than happy to offer Rumi Cosmetiques' products as gifts!

Grand Prize Winners

At the end of the challenge we will send out a survey asking the group who they feel helped inspire/encourage them throughout the challenge and those votes will help in deciding our grand prize winners!

There ends up being a **BUNCH** of winners at the end!

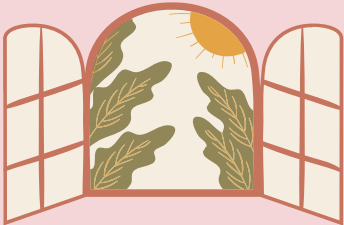
During the challenge, we will gradually unravel what the Grand Prize Bundles will include. It's one of the most exciting aspect of this special **60 Day Confidence Challenge!**

#ConfidentSisters



What should I pledge?

So let's have a look on how your X minutes each day may look in order to achieve the goal of becoming the best version of yourself!



It can be opening your window in the morning to listen to birds chirping & just breathe and relax before the day



Indulge in cooking something wonderful for your friends, family or just yourself. Mindful cooking leads to mouth-watering meals!



Journaling, reflecting, planning, reading, morning pages



Light a candle and relax!



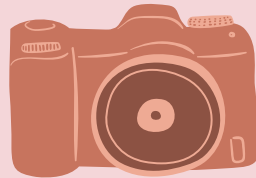
Some morning/afternoon/evening yoga or a few minutes of meditation



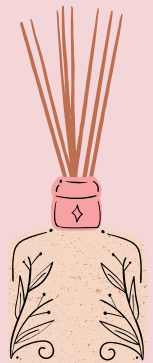
Go for a walk or work out!



Your self-care may also look like meeting someone you love or haven't had the time/opportunity to see for some time



Take up a new hobby or come back to something you loved doing before - be it painting, photography, horse riding, gardening, learning languages etc.



Tidy up your bedroom or the whole house. Organize some drawers or spices in your kitchen. Fluff up the cushions on the sofa, clean off the dust from any surfaces. Put up a scent diffuser. A clean & tidy space equals a clean & tidy mind.



Put on a face mask & unwind on the sofa or read a few pages while your skin soaks up all the goodness.



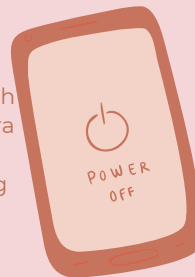
Buy yourself flowers or collect some wild ones if you live in the countryside. Put them in your favourite vase & enjoy the way it lights up your room and heart.



Sometimes self-care looks like eating pasta while watching TV and that's absolutely fine!



Turn off your phone and just be with yourself or your loved ones. In an era of technology, it gets harder to disconnect, hence more rewarding



Take a looong bath or shower. And we mean LONG. Let all of your worries flush away down the drain, treat yourself for a bath bomb or your favourite shower gel. Put on a hair mask or face mask. Dry yourself with a soft towel. Moisturize your skin afterwards, appreciating every inch of your body. It serves you well, don't forget to give back.



Prioritize your sleep and create a night time routine that will set you up for success. Prepare your body & mind for the well-deserved rest!



Manicure & pedicure time!



These are just some ideas, your me time can look however you want it to look like. Be creative, create routines or keep doing something different each day! You got this! :)

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