

**Heal.  
Forgive.  
Empower.**



# Self Love Challenge

by Indu & Mitesh Khatri

From  
Best Selling  
Author of  
**The Law of  
Attraction**  
Book



# Meet Your Law of Attraction Coaches



Mitesh Khatri and Indu Khatri are India's most sought-after Law of Attraction trainers, dedicated to helping people manifest their dream life. With 20+ years in the training industry, they have impacted over 1 million lives across 20+ countries and worked with 300+ multinational organizations.

Their books, *The Law of Attraction* and *Awaken The Leader in You*, are national best-sellers, inspiring thousands to unlock their full potential. Their thriving community of 400,000+ students continues to grow, learning and applying their powerful manifestation techniques in all areas of life.

Through their high-impact courses including Advanced Law of Attraction, Wealth Mastery, Relationship Mastery, Health Mastery, NLP, and Ho'oponopono Healer Certification they help individuals create breakthroughs in wealth, health, relationships, and personal success.

**Our Mission:** Law of Attraction in every household of India – empowering people to create the life they desire and deserve.



# Introduction

## ***A Journey Back Home - to Yourself***

We've been taught to love others. To give. To forgive. To be kind. But very few of us were ever taught how to love ourselves. And when we don't know how to love ourselves, we carry silent pain. We smile outside, but inside - there's self-doubt, guilt, comparison, and a longing to feel seen.

This book is not about becoming someone new.

It's about remembering who you are when you're no longer hiding, hustling, or hurting.

Over the next 11 days, you'll be invited to do one simple, powerful thing:

**Turn your love inward.**

Through each daily challenge, you will:

- Release emotional weight you didn't even know you were carrying
- Speak words to yourself you've waited your whole life to hear
- Reclaim your worth - not from achievements, but from your essence
- Forgive, celebrate, and reconnect with the most important person in your life: you

We didn't write this book to motivate you.

We wrote it to walk with you - as you gently unlearn the lies you believed about yourself and step into your truth.

Take it one page at a time.

Let your tears fall. Let your heart open. Let your soul be held.

You deserve this love.

And it starts now.

With all our love,

Indu & Mitesh





# DAY 1

“Advance Ho'Oponopono for Self-Love”



# Healing Begins Within

Let's start by saying what most people never say to themselves: "I'm sorry." And not just that. Let's say it with reasons. Let's feel the words. Let's really mean it.

Let me tell you something personal. There was a time when I looked in the mirror and felt nothing. Not hate, not love—just emptiness. I was going through the motions, showing up for the world, smiling when needed. But deep down, I had never truly spoken to myself with love. One day, I tried Ho'oponopono. I didn't think it would work. But as I started with, "I'm sorry, [my name], because..." I broke down. The words weren't just sentences—they were a doorway into parts of me that had been waiting to be heard for years.

That's the power of this practice. It looks simple. But it opens your heart.

Here's how you do it:

Say this with your name:

**"I'm sorry, [your name], because..."**

**"Please forgive me, [your name], because..."**

**"Thank you, [your name], because..."**

**"I love you, [your name], because..."**

Do this 108 times, three times today - once in the morning, once in the afternoon, and once before bed. Don't rush it. Sit in silence. Close your eyes if needed. Speak like you're talking to someone precious. Because you are.

Let the tears come. Let the resistance come. If your voice trembles, that's okay. If you feel silly at first, keep going. Eventually, your inner self will feel heard. And something will shift.

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# Assignment

Take your journal. For each of the four phrases, write five genuine reasons.

- **Why are you sorry to yourself?**





- **What do you seek forgiveness for?**





- **What can you thank yourself for?**





- **Why do you love yourself?**



These answers might surprise you. They may bring out memories, realizations, even discomfort. Let them. Let it all rise and release.

At the end of the day, come back to your journal. Reflect on what you felt. What moved you? What healed a little?

“

**“Today, I gave myself the love I always needed”**

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# DAY 2

## “The Expectation Inventory”

# The Mirror of Relationships

Let's pause and look at what we quietly carry in our hearts—expectations from those we love. We all have them. Some are simple: “I wish they'd call more often.” Others are heavy: “They should have stood by me when I needed them most.”

We rarely speak them out loud. But we still feel the sting when those expectations are unmet. It creates tension, frustration, even heartbreak. And over time, that disappointment builds up and shows up as distance, pain, or cold silence.

Expectations themselves aren't wrong. They come from our needs. But when our joy and self-worth become tied to how others act, we suffer. Today is about bringing all those unsaid expectations into the light. To see what you've been carrying inside, often without even realizing it.

Think of each person in your life you expect something from - your partner, your parents, your children, your friends. Write their name down. Now ask yourself:

- What do I wish they'd say or do for me?
- What actions or words have I been secretly waiting for?
- Have I ever told them clearly, or have I just hoped they'd understand?

There is no right or wrong answer here. Only honesty.

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# Assignment

Use one page per person. Write freely. Don't censor or edit. Let your heart speak. Be as specific as possible. For example:

- “I want my partner to ask me how I feel every day.”
- “I expect my parents to understand me without me needing to explain.”
- “I wish my friend would celebrate my achievements without jealousy.”













Once done, sit with the list. Read each expectation and ask:

- “Is this something they know I need?”
- “What part of me is seeking this?”
- “Can I give some of this to myself instead?”

These questions will stir reflection. Let them. You might feel angry, sad, or even relieved. It’s okay. This process is not about eliminating expectations. It’s about becoming conscious of them - so they don’t quietly rule your emotions.

“

**“These expectations are mine. I choose to acknowledge them, not be controlled by them”**

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# DAY 3

“Self-Expectations”



# The Demands We Place on Ourselves

Let's look at the weight we put on our own shoulders every single day. Expectations not from others—but from ourselves.

Have you ever caught your mind saying things like, “You should be doing more,” or “You're not good enough unless you succeed”? That's the voice of your inner critic. It sounds like a teacher pushing you to do better, but often it just drains you.

Take a moment. What are the things you demand from yourself? Not out of love, but out of pressure? Out of fear? Out of needing to prove yourself?

A few years ago, I used to wake up with a list in my head: Be productive. Don't make mistakes. Don't let anyone down. By the end of the day, even if I had done 90% right, I'd still fixate on the 10% I missed. It took me months to realize—it wasn't anyone else judging me. It was me.

So today, your challenge is to spot that voice. To hear it clearly and decide what you want to keep and what you want to release.

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# Assignment

- Write down 10 statements that start with “I expect myself to...” (e.g., “I expect myself to be calm all the time,” “I expect myself to never make mistakes.”)







- After each one, ask yourself:
  - Is this coming from love or fear?
  - Do I want to keep this expectation?
  - How would I feel if I let it go?

Now, circle 3 of those expectations that feel the heaviest. Say out loud: “I release you.”

Then write: “Even without these expectations, I am worthy. I am enough. I am still growing, and that is enough.”

Your mind may try to argue. That’s okay. You’re not trying to erase ambition or growth - you’re just choosing to stop being harsh on yourself.

Let this be the day you stop holding a whip in one hand while reaching for love with the other. You deserve to be supported by your own voice. Be your own kind coach - not a ruthless critic.

“

**“I no longer need to prove my worth. I am already enough”**



# DAY 4

“Discovering the Hidden Gifts”

# The Silver Lining in Pain

Think back to Day 2 - those unfulfilled expectations you wrote about. The ones that left you hurt, disappointed, even angry. Today, we look at them differently. We look for what they gave you, not what they took away.

There's a parable I love: A seed was buried in the cold, dark soil. It thought it had been abandoned. But over time, the pressure made it crack open. The darkness gave it space to grow roots. And eventually, it broke through the soil and found sunlight. That seed didn't know that its pain was actually its preparation.

Many of our painful moments are like that. We feel betrayed, neglected, or let down. But later - sometimes much later - we realize we became wiser, stronger, more independent, more compassionate.

Maybe your parent didn't support you. And you learned to believe in yourself. Maybe your partner didn't understand you. And you learned to express your truth. Maybe a friend disappeared when you needed them. And you found your own strength.

None of this justifies the pain. But it helps transform it.

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# Assignment

Go back to your expectations from Day 2. Pick a few that still hurt. And write: “Because they didn’t [action], I learned/gained [lesson or strength].”

For example: “Because my friend didn’t show up for me during my tough time, I learned to emotionally support myself.”





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**“I now see the gift in what I once saw as pain. My strength grew in the places I was cracked open”**

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# DAY 5

“Releasing Blame & Complaints”



# Letting Go to Grow

We all hold complaints. Blames. Resentments. They sit in the heart like knots. Sometimes small. Sometimes huge. But always heavy.

Here's a simple example: Riya had a friend, Neha, who missed her birthday - no call, no message. Riya told herself she didn't care. But a week passed. Then two. And she found herself pulling away, irritated even when Neha did reach out later. It wasn't the missed call that hurt - it was the feeling of not being valued.

When Riya finally wrote it down "I feel hurt because I expected Neha to remember my birthday" she realized how long she'd carried silent disappointment. She practiced forgiveness, writing: "I forgive you, Neha, for not remembering something that mattered to me."

She didn't need an apology anymore. Her energy had shifted. She felt lighter.

That's what we're doing today. We're choosing to be free, not by forgetting what happened, but by no longer letting it poison our peace.

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# Assignment

Pick 5 people. Write every complaint you've carried against them. Big or small. Don't hold back. Let it all pour out. You don't have to show it to anyone.

Under each complaint, write: “I forgive you for...” even if you don’t fully feel it yet. Just write it. Let it plant the seed.

Then softly chant: “I’m sorry. Please forgive me. Thank you. I love you.”

Repeat until something shifts. A breath softens. A tear flows. Or maybe just a quiet stillness comes over you.

This image shows a full page of white paper with horizontal grey ruling lines. In the center, there is a large, faint watermark. The watermark consists of a circular emblem containing the stylized letters 'M' and 'K'. Below the emblem, the names 'INDU and MITESH' are written in a serif font, followed by 'KHATRI' in a larger, bold serif font.









# DAY 6

“Forgiving Yourself”

# Self-Forgiveness is Self-Freedom

Today, the light turns inward. No more hiding from the guilt. No more silently punishing yourself. Let's begin softening that voice inside—the one that keeps repeating your past mistakes.

Here's something that helps: close your eyes and picture yourself as you were during a moment you regret. See that version of you - what you looked like, what you felt, how lost or scared or confused you were. Now, gently walk up to that version of you and sit beside them. Say, "I see you. I understand why you did what you did. You were doing your best with what you knew. And it's okay. I forgive you."

Let your heart speak. Place your hand on your chest if it helps. Visualize wrapping that past self in a warm embrace. This isn't just imagination - this is real healing.

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# Assignment

Write “I forgive myself for...” and complete that line at least 20 times.

# Let your pen be honest.

Say it for the big mistakes and the small ones. Say it for the things you've never dared to admit out loud.







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“

**“I am no longer my past. I am love. Right now.”**

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# DAY 7

“Acknowledging Self-Worth”

# You Are Worthy Now

Self-worth isn't something you earn. It's something you remember. Today, let's reconnect with that truth.

Let me tell you about a moment I'll never forget. I once asked a woman in a workshop to name ten things she loved about herself. She froze. Her eyes welled up. And she said, "I've never even thought about that." She wasn't alone. Most of us have spent more time criticising ourselves than celebrating who we are.

But here's what's beautiful - once she started, she couldn't stop. "I'm caring," she said. "I've survived so much. I show up even when I'm scared." And one by one, her eyes began to light up. That's the magic of acknowledging your own light.

Today is about that. Not proving your worth. Just noticing it.

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# Assignment

Find a quiet space. Stand in front of a mirror. Look into your eyes. Breathe. Now say: “I am proud of you because...” and speak from the heart. Say it again and again until the voice of your inner critic softens.

Then write 21 things you love about yourself. Start with anything:

- Your resilience
- Your sense of humour
- The way you care for others
- The fact that you're showing up for this challenge

Nothing is too small. Everything counts.

Blank lined area for writing.







When you're done, circle the three that made you smile the most. These are your anchor truths.

“

**“I am worthy. Not because of what I do - but  
because of who I am.”**

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# DAY 8

“Celebrating Yourself”

# A Date with You

Today is about one beautiful thing: joy. The kind that doesn't need to be earned. The kind you give yourself, just because you are alive. Just because you matter.

So here's what we're doing: we're making today about you. Not to check a box. But to remind your soul that it deserves celebration—not someday, but now.

Think of how you'd treat a friend you deeply love. Would you surprise them with a cupcake? Take them for a walk at sunset? Leave a love note? That's what you get to do for yourself today.

Here are a few sensory-rich ideas to inspire you:

- Light your favourite candle and take a long, luxurious bath with music.
- Go for a barefoot walk in the grass. Feel every blade. Breathe in deeply.
- Dress up for no reason and take yourself on a solo coffee or dessert date.
- Revisit an old hobby—paint, dance, bake, garden. Let your inner child lead.
- Write a love letter to yourself and read it aloud under soft lighting.
- Lie on the floor, play your favourite song, and just be still.

It doesn't have to be expensive. It just has to be meaningful. Something that tells your heart: "I see you. You're worth celebrating."

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# Assignment

Choose at least one way to honour yourself today. write about the experience.







“

**“I deserve joy, not because I earned it—but  
because I’m me.”**

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# DAY 9

“Positive Mirror Talk”



# Talking to the One Who Needs It Most

There's someone who's always been watching you, listening to your thoughts, feeling your sadness, and waiting for your love. That someone is you.

Today, you speak directly to yourself—not to fix, not to correct—but to love.

Stand in front of the mirror. Look into your own eyes. Stay there. Even if it feels uncomfortable. Especially then.

Let's make it easier with this mini script. Speak it aloud, slowly, with emotion:

"I see you." "You've been through so much, and I'm proud of you." "You didn't deserve the hurt, but you still kept going." "You are beautiful, even on your worst days." "You don't have to be perfect to be loved." "I'm here for you now." "I love you. I truly do."

Say each sentence like you mean it. Then, create your own affirmations. Speak 10 things you love about yourself or that you want to believe.

Here are some ideas:

- "I'm proud of the way I've kept going."
- "I'm more than my mistakes."
- "I radiate kindness."
- "I am enough."
- "I forgive myself."
- "I matter."
- "My presence makes a difference."

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# Assignment

After your mirror talk, write down the 10 most powerful affirmations you spoke or want to start believing.

Then, reflect: What changed in your body? Did something soften? Did your breath shift? Write about that too.





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“

**“You are safe with me now.”**

INDU and MITESH  
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# DAY 10

“Inner Child Healing”



# Reconnecting with the Little You

There's someone who's always been watching you, listening to your thoughts, feeling your sadness, and waiting for your love. That someone is you.

There's a younger version of you still living inside—curious, sensitive, full of dreams and wonder. That version may have been hurt, misunderstood, or made to feel invisible. But they're still with you, waiting to be seen, hugged, and told, "You matter."

Let's begin today with a simple but powerful visualization.

Close your eyes. Imagine a safe, warm room—filled with soft light and gentle sounds. See your younger self walk into the room. Notice their age, their expression. What are they wearing? How do they look at you?

Now slowly walk up to them. Sit down beside them. Look into their eyes and say:

"I'm here now. I see you. I hear you. I understand you."

"You never had to be perfect. You were always lovable."

"You don't have to carry the fear, guilt, or shame anymore. I'll carry you now—with love."

Wrap your arms around this child. Hold them close. Let them cry if they need to. Let them smile. Let them rest in your love.

When you're ready, gently open your eyes.

**Scan & Watch the Challenge Video**



# Assignment

After your mirror talk, write down the 10 most powerful affirmations you spoke or want to start believing.

Then, reflect: What changed in your body? Did something soften? Did your breath shift? Write about that too.

A large, faint watermark of a circular logo with the letters 'MK' inside, and the text 'INDU and MITESH KHATRI' below it, overlaid on a background of horizontal lines.







“

**“You are safe. You are loved. You are enough.  
Always.”**

INDU and MITESH  
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# DAY 11

“Rewriting Your Self-Love Story”



# Your New Love Identity

You've walked through healing, forgiveness, celebration, and deep connection. Today is not an ending—it's a new beginning. A chance to consciously choose the kind of relationship you want to have with yourself.

Take a moment. Close your eyes. Imagine yourself one year from now. You've embodied self-love in your everyday life. You speak kindly to yourself. You honour your needs. You celebrate your progress, however small. What does this future version of you look like? How do they carry themselves? What do they believe about themselves?

Hold that image.

Now, pick up your journal and write a letter from that future version of you to the present-day you. Let them tell you how proud they are. Let them thank you for doing this work. Let them remind you that love is your home, not a destination you chase.

Here are a few prompts to help you go deeper:

- What parts of yourself are you now ready to love unconditionally?
- What limiting belief or story are you choosing to let go of today?
- What daily habits will reflect this new self-love identity?
- What are you most proud of from the last 11 days?


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# Assignment

Write: “From today, I choose to love myself by...” Let your truth pour out.  
Create your own declaration. Fill the page.

Then create a self-love vision board—on paper or in your mind—with colours, symbols, and images that represent the new you.







“

**“I am love. I am whole. I am free.”**

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# READY FOR A DEEPER TRANSFORMATION?

## Your Journey Doesn't End Here — It Evolves

You've just completed 11 powerful days of inner work — healing old wounds, forgiving deeply, reconnecting with yourself, and remembering your worth.

But what if this is just the beginning?

What if your self-love journey could continue — with deeper guidance, a high-vibe community, live sessions with us, and powerful tools that keep your transformation alive month after month?

## 💖 This is Your Invitation

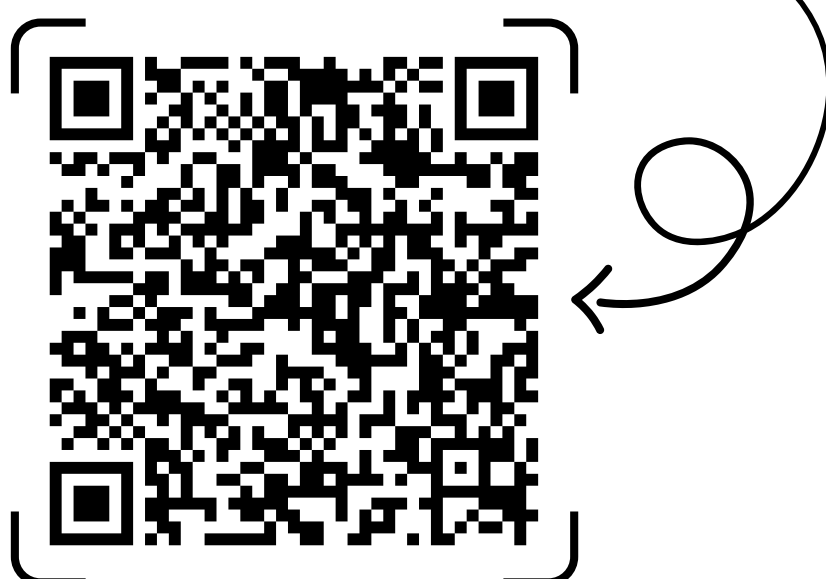
To go beyond these pages.

To grow, heal, and rise — not just once, but every single month.

Let this free webinar be your next bold step into a life filled with peace, self-worth, abundance, and freedom.

## Reserve Your Free Spot Now

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