

PUMPER 21

The first 21 days of a lifetime of self-care

3 weeks of...

Mon	Tue	Wed	Thu	Fri	Sat	Sun
						

+ Everyday:
Write 3 good things about your day



[Join our community!](#)

Monday

Yoga

Week 1

Start the challenge with this easy [Yoga practice](#) by 'Yoga with Adriene'

Week 2

Begin your week with a relaxing [Yoga session](#) by 'Boho Beautiful Yoga'

Week 3

For your last week, challenge yourself with this last [Yoga video](#) by 'Boho Beautiful Yoga'

Useful tips:

- Prepare your space
- Dress comfortably
- Listen to your body
- Breathe consciously

Tuesday

Affirmations

Week 1

Begin today with some morning thoughts

Week 2

Find some time to reflect on the
relationships around you

Week 3

Think about how you treat yourself and relax
while reading these thoughts

Useful tips:

- Take your time, don't rush
- Reflect calmly
- Stay with what resonates with you
- Visualise it
- Be patient

Wednesday

Music Therapy

Week 1

Pick a relaxing piece of music, go into your bed with the lights off and relax before bed.

Week 2

Select your favourite song to sing to, put it on while you shower and let go of yourself

Week 3

Choose a song you love dancing to, create enough space for you and listen passionately

Useful tips:

- Try to focus solely on the music
- Express yourself however you feel
- Experiment with the music if you want
- Integrate music into your daily routine

Thursday

Meditation

Week 1

Relax while you follow our lovely self-made guided meditation

Week 2

Follow this guided meditation by 'SELF'

Week 3

Enjoy our second self-made guided meditation

Useful tips:

- Start off easy and patient
- Be in a comfortable position
- Focus on your breath
- Let go off expectations

Friday

Psychological Lecture

Week 1

First Lecture

Week 2

Second Lecture

Week 3

Third Lecture

Useful tips:

- Pay attention
- Keep your phone away
- Take notes if you feel like it

Saturday

Art Therapy

Week 1

Dive into something new: Neurographic techniques
You can learn about it [here](#)

Week 2

Make a drawing that captures the essence of your childhood. Moments full of joy, innocence and fun that marked your childhood

Week 3

We invite you to write a short essay sharing how you have felt participating in Pumper 21

Useful tips:

- Explore different techniques
- Embrace imperfections
- Reflect on your artwork

Sunday

Pump Yourself

Week 1

Give yourself the pleasure of eating something you feel like eating, whether it's lovingly prepared by yourself or bought from your favourite place.

Week 2

Go for a walk in nature to a place that relaxes you, whether it's a nearby park, a forest trail or the seashore.

Week 3

Take a relaxing bath with bubbles or aromatic salts. Soak in the warm water and let the tensions of the day melt away. Afterwards, give your skin some love.

Useful tips:

- Just enjoy yourself!

