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# *7 Days To* Become Your Best Self



A workbook with self-growth exercises to boost motivation, find your path, and become unstuck

# Is This You?

Do you ever feel tangled up in your everyday life, unsure of where you're headed and if your current path is actually leading you to the place you desire to be?

You might be doing all the right things, or at the very least you know what you should be doing: having a routine, working out, working towards your goals, progressing in your career, studies, or family life — yet it doesn't FEEL the way you'd expect it to feel, or you're struggling to find inspiration to stay consistent.

Are you eager to feel like your best self every day and live a more fulfilled and intentional life?

Congratulations, you've found just the right workbook for you.

In this e-book, we'll work with exercises to up-level your self-growth journey, find a deeper connection to yourself, and set the foundation to finally create the life changes you've been craving.

Let's get started, it's time to shine!



*Instagram*

*TikTok*

# Who Am I?

I'm Lykke Naenfeldt, a dedicated wellness content creator, spiritual mentor, certified nutrition advisor, and digital growth expert. After a rewarding decade in the IT industry, I recently made the bold decision to leave my full-time job and pursue my true passion: empowering people on their wellness and self-growth journeys.

Currently, I have the privilege of reaching and inspiring over 240,000 people across social media, guiding them toward a happier and more balanced life. In 2022, I successfully grew my social media accounts from zero to 100,000 followers in just six months—a milestone reflecting my own ongoing personal and professional growth.

This journey has now led me to author this e-book, sharing the tools that have transformed my own life and the lives of many others. I believe that self-growth is not a destination but an ongoing journey—an ever-expanding circle where your goals and aspirations evolve with you. As you grow, so does the scope of your exploration and achievement.

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# *Day 1*

# Get Inspired

Inspiration—one of my absolute favorite feelings—can be fleeting unless you know how to trigger it for yourself.

Before diving into today's exercise, keep in mind that there's a subtle difference between "inspiration" and "motivation."

Motivation typically gives you a reason to take action, while inspiration sparks creativity.

Think of it this way: Your manager might motivate you by promising a bonus for completing a project, but that doesn't necessarily mean you'll feel inspired to tackle it.

We won't go deeply into the definitions, but understand that by fueling inspiration, you'll find it easier to motivate yourself in the long run, stay productive, and see positive changes in your life.

To make this exercise as effective as possible, here's a list of things that can trigger inspiration:



- **Trying new things.** A challenge that helps you grow and discover new abilities, or something out of the box that breaks your old pattern or habits.
- **Visiting new places,** or taking a different route. Very similar to above, and also breaking patterns in your day-to-day life.
- **Spending time in nature.** Inspiration is very closely linked to a relaxed brain state, when you feel “in flow,” and nature has a calming effect for the majority of people.
- **Listen to binaural music.** Similar to point 3, binaural music will help your brain waves reach a “flow” state, where it’s easier to feel inspired and creative.
- **Connect with like-minded people.** What this means in this particular e-book is people who share similar goals, aspirations, or life views as you. If you can’t connect with them in person, be mindful of who to follow on social media.
- **Do something creative with your hands.** This could be a flower arrangement, painting, cooking, organizing & cleaning, writing, or even doodling on a piece of paper.
- **Make a vision board.** Daydream about how you’d want your ideal life to be. If you don’t want to commit to just one board, Pinterest is your best friend. Try making different boards for different areas in your life, such as career, health, and travel!
- **Inspo folders.** Save videos or posts on Instagram or TikTok with people, stories, or ideas that inspire you. These folders are golden on a rainy day.

# Exercise

Use the list above and write down three different activities you want to try within the next few days. Try to make them as reasonable for you as possible. If you have a really busy life with zero spare time, perhaps this isn't the best time to explore flower arranging. Similarly, if you currently spend a lot of time alone, a walk in nature might not boost inspiration unless you bring a friend.

***The idea with this exercise is to explore your own inspiration triggers so you have a fallback on the days when you're feeling uninspired.***

Within the next few days, I'll...

Example:

- Try new things by taking a different route to work and making different lunch plans from what I usually do.
- Listen to binaural music while working/studying.
- Make a vision board portraying my ideal healthy habits for this year.



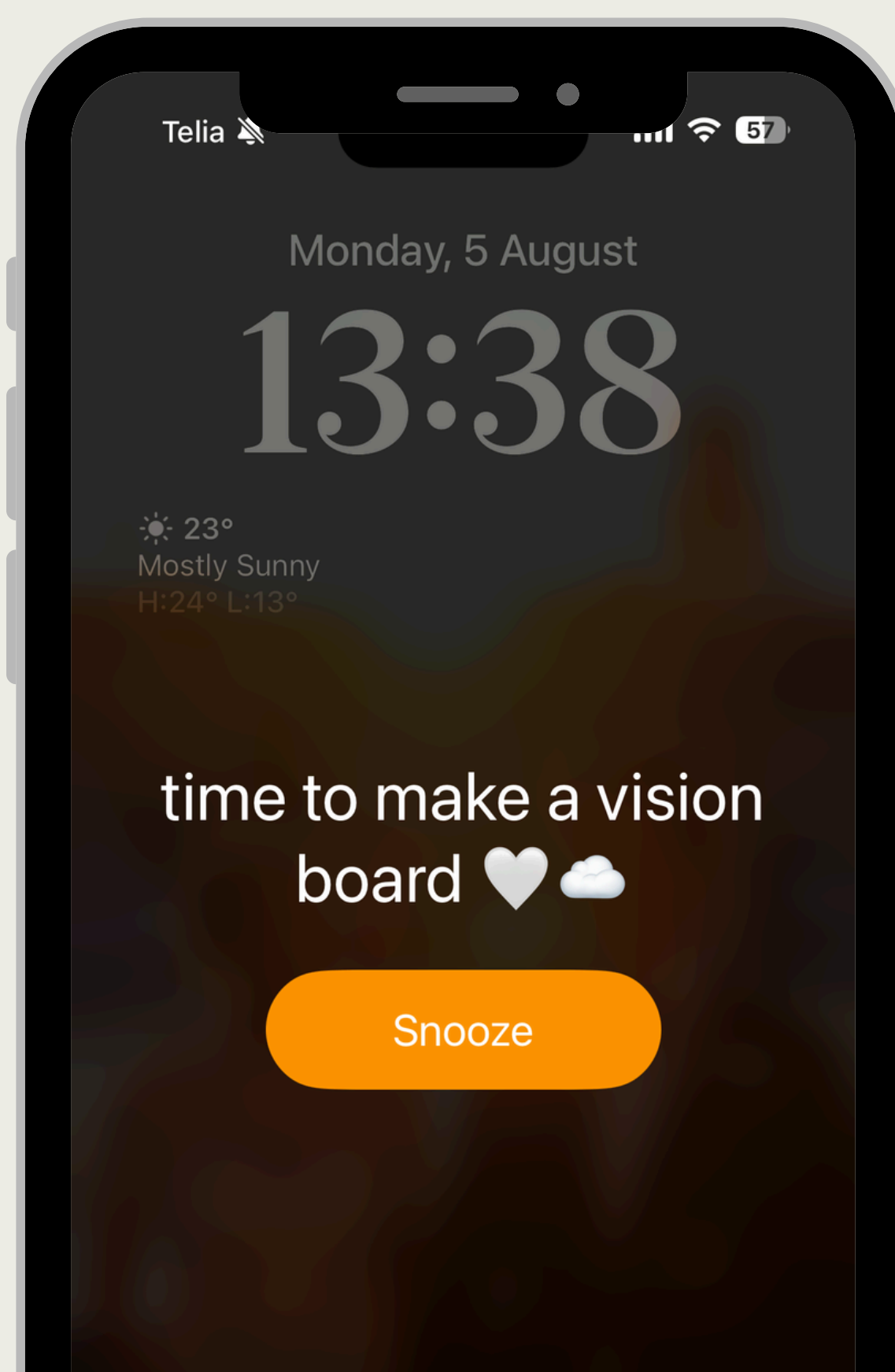
*Your answers here*

1.

2.

3.

Pro-tip: After completing this list, set an alarm on your phone for tomorrow, reminding you to actually do one of these things.





*"Don't sit down and wait for the opportunities to come. Get up and make them." —*

**Madam C.J. Walker**

# Day 2

# Find Your Path

Your path (a.k.a. your purpose) isn't necessarily a destination or a specific profession. Your purpose is the way you show up in the world, the way you help others, and the way you feel most like yourself. While I don't expect you to find your exact purpose with just one exercise, I want you to adopt a new mindset mantra:

**“My path and purpose unfold the more I become myself.”**

For today's exercise, I want you to stop overthinking and simply create a mind map of your current best-case scenarios. If everything you're working on or experiencing right now went your way, what would happen?

This is a great way to figure out your next steps and create your path forward. Nothing's too small or too big, and small daily things can contribute to the big picture feeling you're aiming towards.

Start by drawing a small cloud in the middle of the page and write “me” inside it. Then create different categories connecting to the cloud. The example page includes categories, but feel free to choose others that are more relevant to your life.



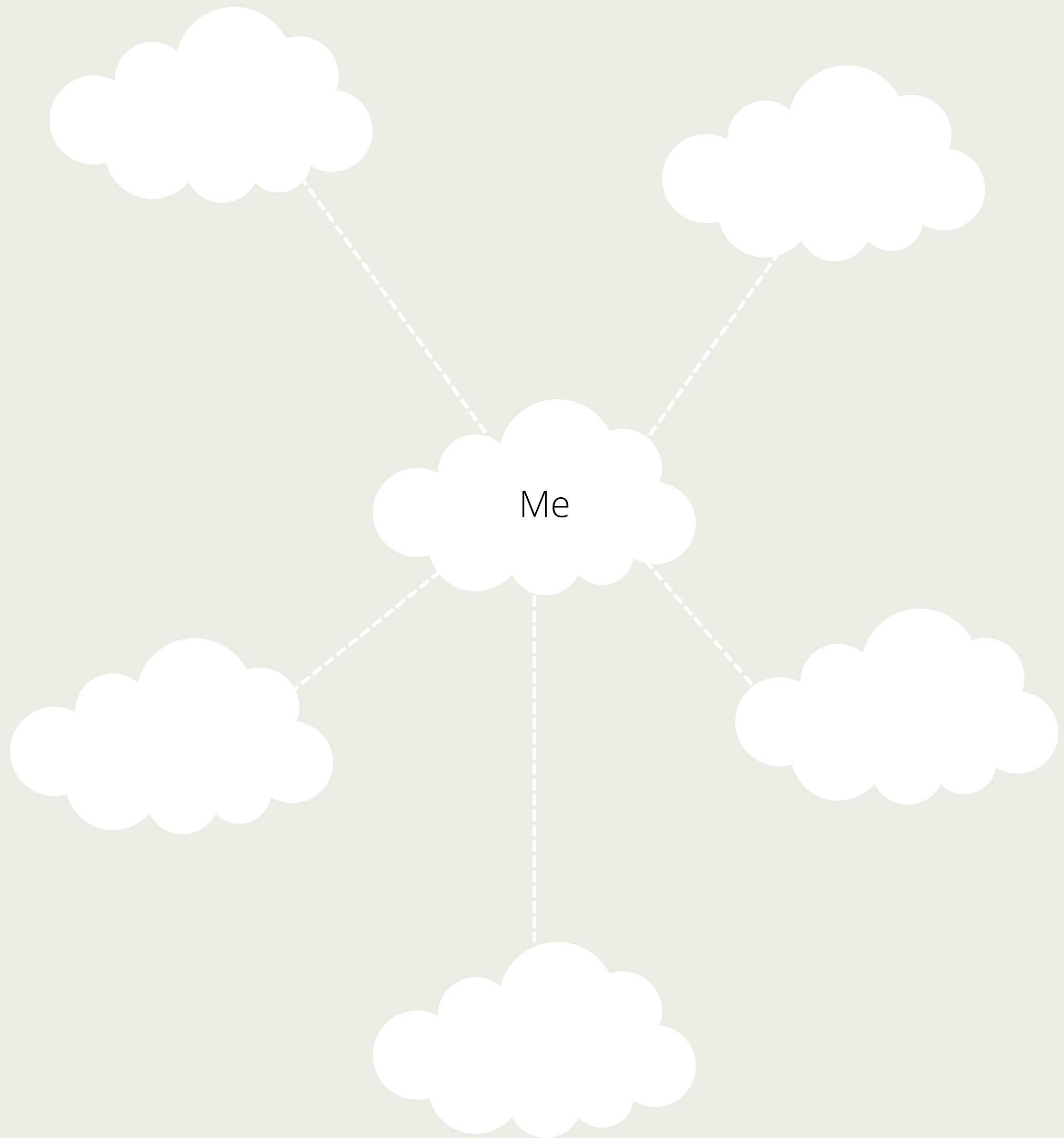
# Exercise

EXAMPLE



# *Exercise*

YOUR PAGE



# *Reflection*

Did any particular category feel more important to you? If so, which one?

Did any particular category feel less important to you? If so, which one?

If you could wake up tomorrow and have your best case scenario come through for one of your categories, which one would it be?



*"You are never too old to set another goal or to dream a new dream."* — **C.S. Lewis**

# *Day 3*

# Visualize Your Best Self

One of the most powerful tools for succeeding at your goals is to intentionally visualize them and “live” them before they actually happen. Since the goal of this e-book is to elevate yourself and your life, we’re going to outline and visualize that elevated version of you right now.

Before we can start the actual visualization, we need to list your upgraded world and attributes. If any of these points don’t relate to you, simply leave them blank and move on to the next.

Note: Unlike yesterday’s exercise, this exercise is where you should dream as big as you can. Instead of listing best-case scenarios and figuring out where you’re heading, we’re now creating a vision for your ideal self.



# *Step 1 - List*

## **My best self:**

What I do in life:

What I dress like:

What I look like:

How I feel on a normal day:

What people I spend time with:

What I do on my spare time:

The healthy habits I have:

What my bank account looks like:

How I act:

Anything else that's important to me:



# *Exercise*

## **Journal Entry From the Future**

In this exercise, you're going to write a journal entry as if you were already living your elevated life. When writing, be sure to use past tense to indicate that it has already happened.

Be as specific as possible and include multiple senses: What do you see, hear, or feel? It doesn't need to make total sense or be interesting; the idea is to describe the day in the details that matter to you, along with sensory anchors that supercharge your visualization.



# *Example*

Today, I woke up in our spacious, luxurious, yet cozy home. The smell of freshly painted walls still lingered since we had just moved in a week ago, but I didn't mind. It reminded me of how far we've come.

My husband and I took our dog out for a walk, and we couldn't help but admire our new neighborhood. The morning was crisp, and we enjoyed watching the scenery slowly transform into the warm hues of fall.

This was a big day for my business, so I was eager to get started. I'd been working from home for over a year, and our new place finally had a dedicated home office with built-in bookshelves and large windows overlooking the lake.

Sitting down at my laptop, I felt overjoyed as I reviewed the latest numbers from my business. Never in a million years would I have guessed how quickly I'd reach this level of income. It's incredibly calming to know that you can make a living doing what you love.



# Example

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**\*Things you're calling in**

*\*Sensory anchor*

# *Your Entry*

A sheet of white lined paper with blue horizontal lines and two vertical red margin lines, one on the left and one on the right. The paper is blank and occupies the lower two-thirds of the page.

*"If you don't like the road  
you're walking, start paving  
another one."* — **Dolly Parton**

# *Day 4*

# Maintain Motivation

There are two major keys to maintaining motivation: 1. Feeling connected to your goals and 2. Removing daily obstacles. It's easier than it sounds.

"Feeling connected" to your goals is actually as simple as keeping them visible and reminding yourself of your WHY multiple times a day. You might want to have your vision board as your laptop background, a statement written on a post-it on the inside of your closet, an alarm set as a reminder to focus on your goals, or something else you can think of.

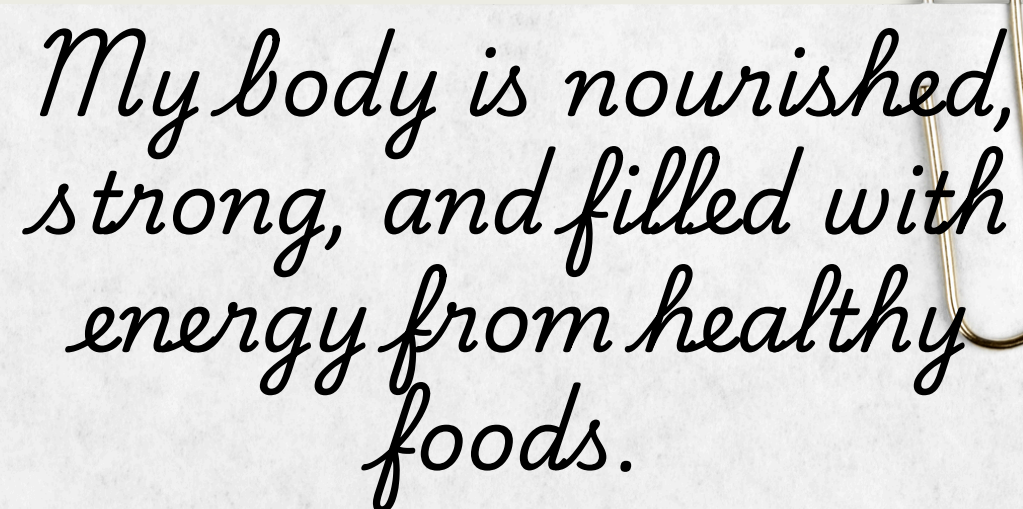
"Removing daily obstacles" means making the path toward your goal the path of least resistance. This could mean placing workout clothes next to your bed if you're trying to get into the routine of working out in the morning, placing healthy food at eye level in your fridge, or preparing a journaling corner in advance so your practice feels warm and inviting.



# Exercise

For today's exercise, I want you to practice this idea by using healthy eating as your example.

**Step 1:** On a piece of paper, write down the following phrase: "My body is nourished, strong, and filled with energy from healthy foods." (This is your "connection" to the goal of eating healthy.) Then place this note in a visible place in your closet.



*My body is nourished,  
strong, and filled with  
energy from healthy  
foods.*

**Step 2:** Take a colorful fruit or vegetable and place it on a plate or in a glass at your eye level in the fridge. Make sure it's prepared and ready to eat when you open the fridge. (I'd probably go for a glass of fresh berries.)

Within the next 24 hours, notice if you feel like eating this glass of berries is a struggle or if it comes naturally to you.

Hint: Most likely, it's going to feel quite effortless to eat it. This is just one simple example, but try to think about other aspects of your life where you could trick your brain into a path leading to your desired goal and use the exact same method there.

***Do something to make yourself feel connected to the goal and remove daily obstacles toward it.***

*"All dreams are within reach.  
All you have to do is keep  
moving towards them." —*

**Viola Davis**



# *Day 5*

# Release Self-Doubt

Self-doubt is normal, but it's generally unhelpful. While ignoring feelings of self-doubt isn't productive, rephrasing them until they lose their intensity can be more effective.

We're going to release your self-doubt by expressing it in writing. In which areas of your life are you currently doubting yourself, and why?

- Love?
- Career?
- School?
- Body image?
- Relationships/friendships?
- A specific passion you have?
- A dream you have?



# *Exercise*

## **Step 1:**

**Make a list here and try to be honest with yourself.**

1.

2.

3.

4.

5.

## **Example:**

**Love** - I'm afraid I won't find the love of my life, because my relationships so far haven't worked out.

or

**Body image** - I don't feel comfortable in my clothes because I wish I had more feminine hips.



# Exercise

## Step 2:

Now that you have your 1-5 sentences, we're going to finish them off differently, by using the why-part + "but it's OK because...".

*Using the same example as above:*

Love - I'm afraid I won't find the love of my life, because my relationships so far haven't worked out, *and that's OK because I haven't met my perfect match yet and I couldn't possibly meet him/her if I were stuck in the wrong relationship.*

Body image - I don't feel comfortable in my clothes because I wish I had more feminine hips, *but it's OK because I choose to love myself just the way I am.*

If you're struggling to finish your sentences, here are some more examples to choose from:

- 1.... but it's ok because I love myself just the way I am
- 2....but it's ok because the universe always works in my favor and I know things work out for me in the end
- 3....but it's ok because I have successfully handled tough situations before
- 4....but it's ok because I trust my ability to figure it out
- 5....but it's ok because I am right where I'm supposed to be, to go where I'm supposed to go



# *Your Entry*

1.

2.

3.

4.

5.

*Your Entry*

*"Hard things will happen to us.  
We will recover. We will learn  
from it. We will grow more  
resilient because of it." —*

**Taylor Swift**

# Day 6

# Shadow Work

Burying emotions is often a self-defense mechanism. Even if you're actively working on yourself, chances are you still have feelings of guilt, shame, or grief subconsciously haunting you from the past.

This exercise isn't a quick fix but a first step in identifying areas of your life where you could benefit from processing your emotions more deeply and understanding the connection between past events and current reactions.

**Disclaimer:** If you have suffered severe trauma, skip this exercise and bring it to your next therapy appointment instead <3 The goal of this workbook is to help you feel better, stronger, empowered, and relieved, not to substitute for medical treatments.



# *Exercise*

## Timeline

On the next page, we'll look at a brief timeline of your life, where you'll consider the following questions:

- What major events happened in my life during this time that I can recall?
- What events happened in my life that made me particularly sad or angry? (Nothing is too small.)
- What events happened in my life that made me particularly happy or excited?

Maybe you had a wonderful childhood. Maybe you'd rather not recall the past. Whatever comes to mind, let it flow.

There's no right or wrong here. One person might write about their parents' breakup, while you might talk about a trip to Disney World and how it made you feel. Maybe you lost a loved one. Maybe you had your first A on a test and your family was really proud. This timeline exercise can be completed over and over again, so don't overthink it, and don't try to do it perfectly.

Just write.



# *Your Timeline*

***Major events and how they made me feel***

Age 0-5

Age 6-10

Age 11-15

Age 16-20

Age 21-25

Age 25+



# *Reflection*

- Out of the events you've written down, which one is causing the strongest emotional reaction for you right now?
- What feelings are you experiencing?
- Can you think of situations in your current life where you feel these same emotions?
- Do you think your emotional response to these current life events could be connected to your past? Why or why not?



*"No matter how far away from yourself you may have strayed, there is always a path back. You already know who you are and how to fulfill your destiny."*  
— Oprah Winfrey

# *Day 7*

# Bounce Back

You know what they say: outer success is merely the tip of the iceberg. It might seem like someone woke up to a completely different, successful life overnight, but behind that growth is typically a lot of trial and error—failing and getting back up again.

The ability to fail and recover is known as your "bounce-back rate," which refers to how quickly and effectively you can navigate through these transitions.

Fine-tuning your bounce-back rate can change your life and alter the way you view obstacles. Preparation is key.

In today's exercise, we'll explore ways to handle obstacles in life, creating a resource you can refer to when you need extra support.



Your way of managing a situation will be unique and individual to you. Imagine you're a runner competing in a race:

In Situation A: You've been practicing for months and have seen significant progress. Your race is going exceptionally well until suddenly, your shoe unties, causing you to fall and lose time.

In Situation B: You've also been practicing for months and have made great progress. Your race is going well, but suddenly you find yourself out of breath and unable to maintain your intended pace.

While these two scenarios are similar, they are fundamentally different. In Situation A, you don't need to adjust your training schedule; instead, focus on preparation, such as ensuring your shoes are secure. In Situation B, you'll need to adjust your practice approach to improve your endurance and achieve your ultimate goal.



## **Step 1: Preparation exercise**

*Think of things you're working on right now, and start by making a list of these things right here:*

Health

...  
...  
...

Career / School

...  
...  
...

Family / Friends

...  
...  
...

Relationship / Love

...  
...  
...

Passions / Hobbies

...  
...  
...

Other

# *Exercise*

## **Step 2: Reflection exercise**

While previously working on the things you just listed, did you see any progress?

Is there any chance you'd need to change the plan in order to reach the goal?

Are you actively trying to reach multiple goals, to the extent that you're a bit burnt out instead of motivated?

Would taking a break from working actively towards these goals give you a new perspective?

Who's your favorite person to call for support?

What usually cheers you up when you're feeling down?

# Exercise

## Step 3: Bounce back ideas

If things aren't going to plan, this is what I'll try and do in the first place (check the options you like):

- Create a new plan
- Reduce goal amount
- Lower pressure
- Allow myself to rest
- Therapist appointment
- Learn new skill
- Do things I love
- Keep going
- Other

*Notes:*

...  
...  
...

# *Future* Cheat Sheet

**Your favorite inspiration triggers** (use your replies from exercise 1):

**Most important best case scenario** (use your replies from exercise 2):

**3 words describing your best self** (use your replies from exercise 3):

**The two components of maintaining motivation** (hint: it's highlighted in exercise 4):

**A limiting belief you have + why it's ok** (use one of your sentences from exercise 5):

**A major event in your life** and how it's impacting the current version of yourself (use your replies from exercise 6):

**Your favorite bounce back activities** (use your replies from exercise 7):



# *Final Thoughts* Embracing the Journey

As you reach the end of this e-book, take a moment to reflect on your new insights. Every thought you've explored is a step toward a more fulfilled and authentic version of yourself.

Self-help is not about perfection or achieving a final, unchanging state of happiness. Instead, it's about cultivating a deeper understanding of who you are, what you need, and how you can grow.

Remember, progress is personal. The exercises in this e-book are tools designed to help you on your unique path, but the real work happens within you, so be patient with yourself.

Revisit the exercises when needed, and allow yourself to evolve. Your journey is ongoing, and each step you take brings you closer to a life that feels more aligned with your true self. Celebrate your progress, no matter how small it may seem, and trust that you are exactly where you need to be.

Thank you for allowing me to be a part of your journey.

*-Lykke Naensfeldt*

