Naked Divorce 21-day Programme

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	PREPARATION	PREPARATION	PREPARATION	PREPARATION	PREPARATION	PREPARATION
PREPARATION	PREPARATION	PREPARATION	PREPARATION	DAY 0 WRITE YOUR HEALING GOAL	DIVORCE COCOON: DAY 1 THEME: BE GENTLE WITH YOURSELF	DIVORCE COCOON: DAY 2 THEME: HOME CLEAN-UP
				Estimate: 90 minutes	Estimate: 60 minutes	Estimate: 6 hours
DIVORCE COCOON: DAY 3 THEME: FINANCIAL CLEAN-UP	DIVORCE COCOON: DAY 4 THEME: GET GROUNDED INSIDE THE DIVORCE COCOON	METAMORPHOSIS: DAY 5 THEME: YOUR RELATIONSHIP STORY	METAMORPHOSIS: DAY 6 THEME: LESSONS FROM YOUR RELATIONSHIP STORY	METAMORPHOSIS: DAY 7 THEME: CONSIDERING YOUR DIVORCE FROM A DIFFERENT POINT OF VIEW	METAMORPHOSIS: DAY 8 THEME: PERCEPTION VS. PROJECTION AND PEDESTAL SHIFT	METAMORPHOSIS: DAY 9 THEME: RELEASING STRONG EMOTIONS
Estimate: 6 hours	Estimate: 60 minutes	Estimate: 120 minutes	Estimate: 90 minutes	Estimate: 90 minutes	Estimate: 120 minutes	ALL DAY
METAMORPHOSIS: DAY 10 THEME: COMPLETING YOUR PAST RELATIONSHIPS	METAMORPHOSIS: DAY 11 THEME: HEAR THE 'SORRY' YOU HAVE ALWAYS WANTED TO HEAR	METAMORPHOSIS: DAY 12 THEME: FRAMEWORK FOR MY FUTURE RELATIONSHIPS	METAMORPHOSIS: DAY 13 THEME: LEARNING FROM PAST PATTERNS IN YOUR RELATIONSHIP	METAMORPHOSIS: DAY 14 THEME: FINDING THE SOURCE OF YOUR DIVORCE	RELEASE: DAY 15 THEME: STEPPING INTO FORGIVENESS	RELEASE: DAY 16 THEME: THE VOW BREAK
Estimate: 5 hours	Estimate: 90 minutes	Estimate: 90 minutes	Estimate: 90 minutes	Estimate: 120 minutes	Estimate: 120 minutes	Estimate: 2-3 hours
RELEASE: DAY 17 THEME: UNPACKING YOUR RELATIONSHIP BAGGAGE	RELEASE: DAY 18 THEME: YOUR VALUES AND WHAT YOU WANT OUT OF YOUR NEXT RELATIONSHIP	RELEASE: DAY 19 THEME: LOVING YOURSELF AND SETTING BOUNDARIES IN YOUR LIFE	RELEASE: DAY 20 THEME: WHAT IS YOUR NEW LIFE GOING TO LOOK LIKE?	RELEASE: DAY 21 THEME: CELEBRATION!		DIVORCE PARTY!
Estimate:3-4 hours	Estimate: 120 minutes	Estimate: 90 minutes	Estimate: 120 minutes	Estimate: 60 minutes		
BEGIN YOUR NEW LIFE	BEGIN YOUR NEW LIFE	BEGIN YOUR NEW LIFE	BEGIN YOUR NEW LIFE	BEGIN YOUR NEW LIFE	BEGIN YOUR NEW LIFE	