

DAILY INSPIRATION - DAY 20



Welcome to Day 20

Today's message:

Self soothing is crucial for self love

Life certainly has its ups and downs. It's part of how the universe works so we need to be able to self soothe to find some more balance.

It can be challenging if you are dealing with stressful situations or you are someone who has a lot of anxiety, so today is about finding ways to soothe yourself so you can find more harmony.

You deserve peace and you can take steps today to work your way towards it.

Live in peace and be kind to yourself always. Xo Lisa