

Exercise Day 14:

Create the moment to celebrate.

This could be some sort of ceremony where you light candles and really honor yourself. This could be stepping outside of your normal routine to say something nice to yourself.

You may want to create an extravaganza where you go all out and take a day, weekend or a week to really treat yourself the way you want to be treated.

Whatever your life allows for at the moment, do something to celebrate who you are and thank yourself for showing up!



21-day Self-Love Challenge

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