

Exercise Day 12:

Showing up for yourself.

Create your own affirmations based on what you need to hear. Even if you don't believe them now, since a belief is something you continue to think, if you are persistent in saying them, you will start to believe them. When you show up for yourself, you build confidence and self trust.

Examples:

I know what is best for me and I don't owe anyone an explanation for what is right for me in this moment.

I love and accept myself fully right now.

I can count of myself to show up.

I have what it takes to make all my dreams come true.



21-day Self-Love Challenge

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