

DAILY INSPIRATION - DAY 8

Welcome to Day 8

Today's message: Self Trust = Self Love

You've completed your first week! Congratulate yourself and celebrate!

Think about what you would do if you knew exactly who you were, completely trusted yourself and was in touch with what you wanted out of life.

This week is all about trusting yourself and when you do, this results in loving yourself more.

You are trustworthy and lovable regardless of your mistakes and you can start over at any point. Make a decision to show up for yourself and love yourself through this process.

Believe in yourself, what you are doing here and what you are capable of.

Remember you are the universe and the universe is you. You can do anything, it's just a matter of commitment and consistency.

Be kind to yourself, always and trust in your ability to create the life you want. Xo Lisa

