

Exercise Day 21:

Write a love letter to yourself as if you were getting this from the love of your life.

Include all of the things you love about yourself. Embrace & encourage yourself, compliment yourself and love ALL parts of yourself.

Read it often and love yourself more fully everyday.

You are lovable, you are enough and a perfect being exactly as you are, where you are, right now.



21-day Self-Love Challenge

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