

Exercise Day 1:

Set your intentions for this class, for this month, for your new way of being and how you will take care of yourself.

Even if you don't believe it right now, set the intention to love yourself as much as possible and that you will take this time to put yourself first!

You can say your intentions out loud but this works best when you write them down. This could be one sentence or it could be a list of outcomes you would like to see come to fruition.

Say what you want and expect it to happen.



21-day Self-Love Challenge

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