

# DAILY INSPIRATION - DAY 11

Welcome to Day 11

Today's message:

**How self sabotage and self betrayal stop you from trusting yourself**



**Life is too short to engage in self sabotaging behavior and yet we all do it at some point and sometimes we do it often depending on how conscious we are. This is directly related to what we feel we deserve.**

**When you keep yourself from getting what you want, you are betraying yourself and creating distrust. Become really aware of how you are living your life. You are so worthy of having the life you want and you can have it, but allowing yourself to get stuck in negative emotions will only continue to create unwanted experiences.**

**Take a listen to today's audio to find out if you are keeping yourself stuck by sabotaging behaviors.**

**Love yourself unconditionally and know that it's a choice to reach deep within to connect to your soul and create from that place instead of the part of you that feels unworthy.**

**Being kind to yourself is a choice and it's one you have to make. Have beautiful day. Xo Lisa**