

DAILY INSPIRATION - DAY 6



Welcome to Day 6

Today's message:

Knowing how you feel is the answer to knowing who you are.

How are you feeling today?

You are allowed to feel how you feel and in fact, it's how you can live your best life.

Loving yourself is allowing yourself to have full range of your emotions. Allow yourself to feel.

You get to have a healthy relationship with your feelings, stay true to who you are and do what you need to do for you.

Be gentle with yourself, feeling the painful emotions isn't always easy. Let yourself feel all of it and then let it go!

Open your heart and love yourself unconditionally....And always be kind to yourself. Xo Lisa