

# Exercise Day 19:

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## Body Love:

Send love to different parts of your body. This is all about training your brain to associate your body with positive feelings.

Put your hands on your body and send your most unloved body part extra love. Do this daily or several times a day. This will eventually change how you feel about this body part.

This is the only body you have so it's important to be kind to it, love it, appreciate it and honor it.



21-day Self-Love Challenge

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