

Exercise Day 21:

From this day forward my life looks like:

Own your story....

And you get to change what isn't working anymore.

Use this as a journal prompt.

From this day forward:

Envision that you are already living your best life.

How do you feel? What does it look like?

Write what your story looks like moving forward.

You get to create it. Dream big! All things are possible. ♥



21-day Self-Love Challenge

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