

DAILY INSPIRATION - DAY 18



Welcome to Day 18

Today's message:

When you do things to care for yourself you are saying you are worthy

“You yourself, as much as anybody in the entire universe, deserve your love and affection.” This is a quote from Buddha. I'd like to add to that you also deserve your attention and care as much as anyone.

Self care is the action you take to love yourself.

You are so worthy of making yourself the happiest you can be and when you take care of yourself you set yourself up for a healthy mind, body and soul. Every second you take to make yourself feel better is worth spending.

Do something nice for yourself today and be extra kind! Xo Lisa