

DAILY INSPIRATION - DAY 13



Welcome to Day 13

Today's message: Setting boundaries and saying no creates self trust.

Setting boundaries and saying no can feel scary if you aren't used to doing it. Know that when you do, you are protecting yourself and your own well being.

What you expose yourself to defines who you are.

Love yourself enough to set good boundaries.

Your time and energy are precious and you get to choose how you will use it.

You may feel guilt at first, but know this is about practice and determination to take the best care of yourself...and it's vital for a happier life.

Take good care of yourself, say no if it's not a definite yes and always be really kind to yourself.

Xo Lisa