

DAILY INSPIRATION - DAY 15



Welcome to day 15

Today's Message: Loving yourself so you can live better

Here we are, in the last week of the challenge. Hopefully at this point you know yourself a little better and you are taking actions to help you trust yourself more.

This week is all about loving yourself. When you know how special you are and you do the work to show up for yourself you can start to appreciate who you are.

Look at yourself in the mirror, straight into those beautiful eyes of yours and tell yourself you are here for a reason, you deserve the best life, the best kind of love, peace and happiness, and then commit to giving it to yourself over and over again.

Love yourself extra today, be kind to yourself and tell yourself you are worthy. Xo Lisa