

Exercise Day 7:

You are here to create! What is it you want to create?

Start flipping through magazines or get on Pinterest and start searching for things that inspire you. And this isn't just about things, this is state of mind, wellness, healthy practices, travel...whatever it is, just make sure it feels good to you.

You live on a planet that is infinite and eternal. Think big... remember the original translation of desire is to await what the stars WILL bring. If you believe, all of your desires will be brought to you.

Take time to dream and let yourself feel what it would be like to create the life of your dreams!

If you want to take this a step further, Do a vision board.



21-day Self-Love Challenge

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