

# Exercise Day 2:

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Ask yourself these 4 questions. Take the time to listen and really let yourself feel what is coming up for you.

If you'd like to take this to the next step, get out a pen and journal about what is stopping you from answering with a higher number.

Don't judge where you are. Everything is a process and whatever you answer just shows the work that you need to do.

- 1. How well do you know yourself? 1-10**
- 2. How much do you love yourself? 1-10**
- 3. How much do you trust yourself?**
- 4. What's the commitment you are willing to make to yourself to make your life better? 1-10**



21-day Self-Love Challenge

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