

DAILY INSPIRATION - DAY 4



Welcome to Day 4

Today's Message:

Knowing you're worthy is knowing you deserve to take up space.

You are worthy simply because you exist, this is your birthright.

You matter, your voice matters, and what you have to contribute to this planet matters. You wouldn't be here if it didn't.

When you can work through your childhood trauma and decide you are worthy of being here, to take up space and to get what you want, you make this world a better place to live. It starts with you.

It starts by you listening to who you are and not depending on others or external circumstances to determine your value.

Be kind to yourself always, especially today! Xo Lisa