

# DAILY INSPIRATION - DAY 1

Welcome to the 21-day Self-Love Challenge.

Today's Message: Today you decide you are going to love yourself

This class is called "How To Love Yourself" and it's all about discovering who you are, loving and accepting yourself exactly as you are, and learning to trust yourself. When you do these things, you can empower yourself to live a happier, more peaceful and a more purposeful existence.

This 21-day self-love challenge is to do one small thing for yourself everyday. It could be the same thing everyday. It could be you add 1 glass of water to your routine. It could be you look at yourself in the mirror and say one nice thing to yourself, EVERYDAY!

The key is to not make this so hard that you get overwhelmed and wind up not doing it at all. Make a decision you'll do this for 21 days, however it looks for you.

On the bottom of this website page you will find a self-love daily tracker....One of the ways to love yourself is to celebrate your accomplishments. When we show up and say we are going to do something, and then we follow through, we learn to trust ourselves. So make sure to use this tracker to chart your progress.

Notice and celebrate every accomplishment. Congratulate yourself, do something nice for yourself, say kind words to yourself. This is all about you taking small steps to change your relationship with yourself.

Enjoy this process as much as possible. And most importantly, always be kind to yourself, always! Xo  
Lisa

