

DAILY INSPIRATION - DAY 16



Welcome to Day 16

Today's message:

Forgiving yourself is one of the most loving things you can do

You aren't here to be perfect, you are here to learn more about who you are, to experience, and to grow.

When you allow forgiveness you are in a state of grace that will allow for more self love.

Forgiveness, whether for yourself or others is saying, regardless of the messages you got in your past, that you are worthy of love and belonging, mistakes and all.

Life can feel hard enough, so when you can let go of anger, guilt, and shame, you allow more space for joy, ease, and peace.

Be kind to yourself, forgive often and let yourself live in peace. Xo Lisa