

# DAILY INSPIRATION - DAY 17



Welcome to Day 17

Today's message:

**Stop negative self talk and have compassion for yourself**

**There is enough criticism in the world. Why not be nicer to yourself?**

**When you start being kinder and more loving towards yourself, you show others an example of how to treat you.**

**If you are talking negatively about yourself this can lead to all sorts of unhealthy issues.**

**Your cells know what you are saying to them, they hear it, they respond to it and they thrive when you say kind things.**

**As always, be really kind to yourself, it makes a difference in your well-being. Xo Lisa**