

DAILY INSPIRATION - DAY 19



Welcome to Day 19

Today's message: Body Love

Your worth is not measured by the size or shape of your body.

Celebrate what your body is doing for you and take your focus away from what it looks like. You are good enough and your body deserves love just the way it is.

You have billions of cells that are all working to make you well in every single moment. Your body is a miracle, treat it as if it is.

Be kind to yourself and send your body extra love today. xo Lisa