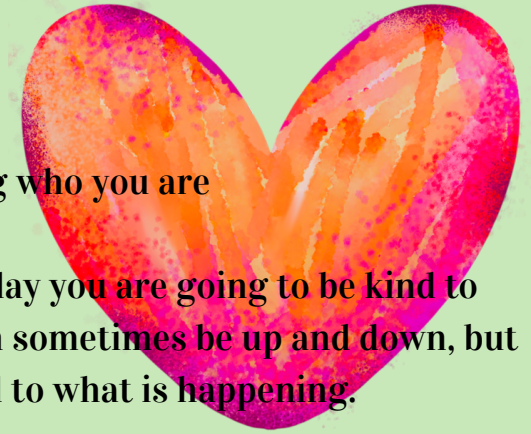


# DAILY INSPIRATION - DAY 2

Welcome to Day 2

Today's Message: Awareness is the first step for healing and knowing who you are



If you had a hard time with day 1, today is a new day. Decide again today you are going to be kind to yourself and love yourself regardless of what the day brings. Life can sometimes be up and down, but know that whatever happens, you get to choose how you will respond to what is happening.

If day 1 was easy and aligned, keep building on the momentum of what happened yesterday. Wherever you are in the process is where you are and it will look different for everyone and may look different each day. This is life.

When you become aware of who you are, what's going on in your head and your heart, and how you are treating yourself, you shine light on what is bringing you joy. There may be issues coming up that need to be let go of and healed. The key is to make healthy, self-loving decisions, that make you feel good.

Start your day by being aware of the voice in your head. Stop for a moment and tell yourself you are doing a great job and it's going to be a great day....and feel free to say all kinds of other nice things to yourself.

When you take the time to be conscious of your thoughts and you take actions to flood your mind with positivity, your whole day reflects the kindness you are bestowing upon yourself. Stop right now and say one nice or encouraging thing to yourself.

Be kind to yourself, always and be extra aware of how you are feeling today! Xo Lisa