

Exercise Day 6:

Knowing how you feel is the answer to knowing who you are.

Close your eyes.

Put your hand over your heart and place your awareness there.

Take 5 deep breaths.

Listen to what your heart wants to say.

How does it feel? Become really present and let yourself feel it.

If you would like to take this a step further, you can journal.

You could start out with this journal prompt:
When I feel into my heart, this is what comes up...



21-day Self-Love Challenge

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