

Exercise Day 3:

Self reflection: Deciphering between your ego and your higher self.

Take a moment and listen to what's going on in your head....does it make you feel bad, restricted, feel off or flat? This is your ego.

Do you feel good, expansive, happy, peaceful?
This is your soul.

Take a moment and decipher which is which. Can you feel the difference? Practice being aware so that you know if it is your soul or ego that you are listening to.



21-day Self-Love Challenge

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