

30 Days Self Love Days 4-7

Welcome to the end of the first week!

You are doing a wonderful job!

I know this practice can seem weird or awkward in the beginning and the moment when we could question this process. I encourage you to stay with it, it gets easier.

While doing your videos really look at you, see yourself for who you truly are and dive into conversation with oneself. This is the time for YOU, to get to know you and the feelings that are coming up.

Go into your heart more listening to your heartbeat, your soul. What is coming up?

Some questions to ask yourself over the next few days.

Do I accept and love myself and where I am at in my life?

Do I accept the way I look?

Explore these questions within yourself and write about it. Remember everyone's journey is different so there are no right or wrong answers and this is just for you. If other things come up or questions for oneself dive into it.

You are the one navigating the ship!

Keep observing your feelings during the day becoming aware of oneself and any reactions and situations you may have.

Any breakthroughs, aha's or realizations come up?

Also, in your journaling at night express your gratitude. Write down things you were happy about in the day, maybe something you did for yourself or another.

This is it for today! Have a wonderful rest of your week!

Blessings and love♥♥