SHOW SOME (SELF) LOVE

Hi There!

If you were looking for a sign that you're **capable, wise, resilient, and courageous**, then this is your wake-up call.

You showed up. **You never gave up**. Day in & day out, you did the best you could. Maybe, you opened up to new endeavours, new abilities, new skills. Maybe, you fell head-first for a new passion, a new hobby.

Whatever you did, **chances are it was your intuition calling**. Chances are it was a way of coping with the situation. Going through the last 12 months IS a big deal.

You did what you could to keep your head above the water. You deeply cared for your loved ones. You're an amazing Human that deserves a simple way to move forward.

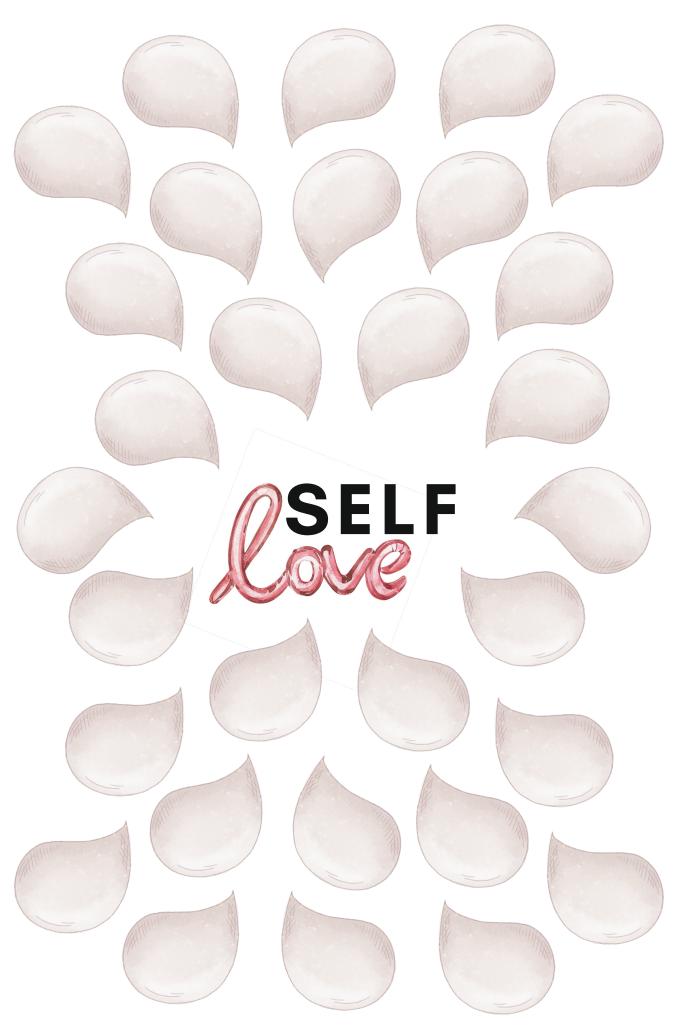
Ditch all the crap around. **Follow what's good for you**. Now, it's time to be healthily selfish & list all the qualities you have (big or small, trivial or crucial,)



Use each bubble on the next page to write down something **meaningful** about you.

Something you want to keep in mind because **it puts a smile on your face.**

Something that makes you feel proud, happy, content, courageous, confident, cosy & everything in between.



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