

APRIL
Self-Love is The Key

Struggles are a sign of in your life requires work. If you are distracted by a lost love, focus on self-love. If you are preoccupied with finances, focus on improving on abundance mindset. If you lack direction, focus on inner guidance. Whatever area challenge you understand that the experience was designed to help you grow and create better.

During this process let's not take on more than you feel you can reasonably take on(goal setting) / self-discipline.

Write 5 ways you can personally begin to take better care of yourself. You love yourself correct? Start a journal about "WHY" you LOVE YOURSELF..

1. _____
2. _____
3. _____
4. _____
5. _____

Don't hold back because you're afraid of disappointment . There will be some good days and bad ones, do whatever it takes to support your own success, and immerse yourself in the success stories of others

Breakin' Free2Wellness
#CommandingLife

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