

CREATING UNCONDITIONAL SELF-LOVE

Self-love is an energetic state of being that you can cultivate through balanced living.

For the following essential areas of wellness, rate how you're doing on a scale of 1 to 10. Next week you'll learn a way to make changes without the overwhelm.

This week, just take stock and see what needs improvement!

Nutrition - Eating healthy, whole foods at least 80% of the time.

Exercise - Moving at least 30 minutes a day, six days each week.

Water - Drinking half of your body weight in ounces, every day.

Meditation - Time spent in stillness, processing emotions and listening to your intuition.

Sleep - Sound sleep, between six to eight hours each night.

Free time - Time spent in leisure, without concern for productivity.