Mindfulness 120

Something I heard someone once say that has had a lasting effect on me and my journey to self-love is the fact that there is only one person that you will be with for the entirety of your life and that person is YOU! So why would you not want to really love that person?

Continuing with our text and the letter T of BREATHE, remember that T is for tenderness and it is important to take it as it is.

This week’s assignment is to watch the following video on self-love and reflect in your journal.

Oprah’s Top 10 Rules for Self-love

<https://www.youtube.com/watch?v=JLwUp0rNaqg>

After watching the video, choose one of the 10 and reflect in your journal on which one resonated the strongest with you and your journey to self-love.