

Self-love DAILY CAN-DO LIST

1. GIVE YOURSELF HUGE HUGS

Wrap yourself up in your own loving arms ... squeeze with ease ... gently as you focus on your Divine Light.

2. TAKE CONSCIOUS DEEP BREATHS THROUGHOUT THE DAY

Each conscious breath you take is an affirmation of your desire to say YES to Life.

3. FEEL ALL OF YOUR FEELINGS

Emotional energy is an integral part of being human. Your emotions are vast and powerful; therefore, it is essential to acknowledge them as they come up, embrace them, and release them without judgment or denial.

4. LEARN TO SAY I AM

I AM perfect, whole, and complete exactly as I AM. I AM lovable, loved, and loving. I AM a valuable spiritual being having a human experience. I AM in love with loving all of ME.

5. ALLOW JOY TO FIND YOU

Sit back, loosen up, let yourself go ... enjoy yourself, accept yourself, accept life in the moment. When you begin to like who you are and where you are at this time on your journey, JOY will discover you in abundance.

6. RELAX

Give yourself frequent opportunities to unwind. Set aside quality time to flee from the turbulence, then recharge, refresh, and restore yourself to a settled condition.

7. MEDITATE

The practice of meditation offers you a chance to slow down and go deep within yourself where your mind, body and spirit can again become one.

8. BE OF SERVICE

Seek to be an instrument of peace, love, and joy. Let the desire to be of service surface and spiral forth out of your own self-love.

9. HONOR YOUR INTUITION

Hear the whisper of instinct and intuition and trust that you will be led, directed, and supported—to be exactly where you need to be, at the perfect time in the perfect way.

10. EXPRESS GRATITUDE

Consistently giving thanks will keep you focused on the good that you already have and open new doors to magnetize even more good to come to you.

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My Inner Bliss DAILY AFFIRMATION

*“Life is about who
you love,
so love yourself.”*