

You are a star



Sit on the floor with your legs comfortably crossed in front of you. Open your left hand, and extend it slightly in front of you so it looks like an open starfish. Take your right hand and extend your pointer finger. Beginning with your left thumb, take your right pointer finger and go up the outside of the thumb while taking a deep breath in. Go down the inside of the thumb and breathe out deeply. Continue the deep breathing in while going up each finger and exhaling when going down each finger. Once you are finished, switch hands and repeat.



Celebrate Yourself

When was the last time you took a moment to celebrate yourself? If you struggle with this notion, you aren't alone. Congratulating or celebrating the self is often seen as arrogance, but actually, it's at the heart of self-love, which activates the soul and helps you hear your inner joy.

How can you celebrate yourself Every day?



Here are some examples:

- List your daily accomplishments.
- Give yourself healthy rewards for things you have done well.
- Congratulate yourself on your strengths.
- Identify ways you are accomplishing your soul's purpose.
- Find joy in the best moments of your day.
- Don't wait until you've reached your goals to be proud of yourself. Celebrate every step along the way.
- Spend one minute every day celebrating your life.

Now add some of your own suggestions...
