**I AM YOUR MOTIVATION SELF LOVE EXERCISE**  **2 know you is 2 Love You!**



In order to love others, you must 1st start & complete the Journey of loving yourself!

Most important moment in the process of healing or starting yourself love

Journey is to with no makeup or jewelry or hair ornaments on at all… schedule 15 minutes to sit with just you only…yes be all alone, with absolutely no phone, yes ringer off, no music absolutely no form of distractions.

Find your way to a clean mirror & stare at yourself in it for these timed 15 minutes NO MATTER HOW HARD IT GETS keep staring. Never looking away from the mirror, listen closely to what thoughts take place next.

After those 15 minutes expire grab a pen & paper and without hesitation write down what thoughts you remember that came to your mind when you looked in the mirror for those 1st 15 minutes.

Now fold that paper up and put it to the side.

Go back to the same mirror but this time stare into the mirror for ONLY 5 minutes and ask yourself only one time WHO ARE YOU? then listen closely still staring at yourself in the mirror listen for the thoughts that take place next.

Next grab your pen and a different piece of paper and write  down what you remember thinking when you asked yourself WHO ARE YOU?

Now grab the other folded paper you wrote your 1st thoughts of yourself on and the second one you asked yourself WHO ARE YOU and read them both back and compare your own feelings that came out while you looked at you. Depending on what you said about you it is now time to rid yourself of all the negative energy you had stored within your mind.

Grab a new piece of paper which signifies grabbing a new improved YOU and using the other two papers look at them both again and capture & write only the positive things you thought from both times you looked in the mirror at yourself.

Congratulations you are now on your SELF Love Journey and to stay on that journey and prepare yourself to move forward

Living….Laughing…Loving never to hesitate to only allow YOURSELF to become & remain the best version of you.

It is now your time to shine knowing no doubt the world has many mirrors… but… not the one YOU found yourself in, the one that helped YOU find what you see and need to appreciate & love immediately about YOU!

Nothing left to do but remember to always take time to Love & build who you are so that you can then properly & truly extend Love to others.

YOU were not created to be mediocre; YOU were created with a purpose!

# LOVE YOURSELF IS KEY

C Nikkole

Certified Life Coach to book appointment: Go to <iamyourmotivation.com> click the three lines in the top right-hand corner.