

Love yourself rituals:

You can forgive with boundaries. Forgive, it's essential for *your* best, but it doesn't mean that you let go of your personal boundaries.

- Look into your eyes, be aware of your eye health. Blink. Look deeper.
- Take a breath. How far does the universe go.. exhale there.
- Floss. Brush teeth. 2 mins.
- Blow nose.
- Have ACV in the morn.
- Neti at night.
- Touch your plants. Say thank you to them.
- Take a breath.
- Check in with your body, your temple.
- Smile at yourself.
- Rinse face. Spray the good stuff-
- Move your body in any way that feels good to you.
- Breathe in.
- **Check nails for dirt.**
- Pet and play with the kitties, dog, etc...

Look in the mirror, say... I AM. Let your light lead you through the glow from within at night.

I love you, Mama.