

LIVE THE CHANGE BE LOVE

Can you recognise a time in your life when you have operated from love?

How did it feel to you?

Where in your life are you leading with fear?

What would it look like to shift that to leading with love?

Each day, what are three ways that you could show up and BE LOVE?

For example, think of your morning routine, think of how you interact with yourself while getting ready, think about the food you eat, the way in which you approach people, letting other people be on their path.

1.

2.

3.