

Daily Self Love with Sun Energy



PRACTICE BOUNDARIES

Surround yourself with people who love and encourage you

PRACTICE GRATITUDE

Always keep an attitude of gratitude!

PRACTICE GROUNDING

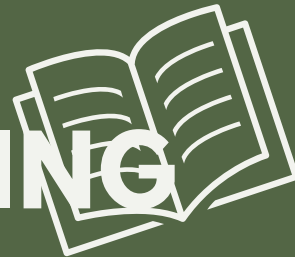
Spend time outside with your bare feet connecting to mother earth.

PRACTICE ACCEPTANCE

Move your body and love the skin that you are in.



PRACTICE JOURNALING



PRACTICE BREATHING

Prana (breathe) is our life force

PRACTICE DECISION MAKING

Honor your temple with nourishing food and drinks

PRACTICE AWARENESS

Celebrate your wins no matter how big or small

PRACTICE UNCOMFORTABILITY

Step outside your comfort zone and do something new

PRACTICE COMPASSION

Embrace and love the things that make you different

PRACTICE MEDITATION

Take time out to calm your mind

Visit www.TheMoodyPool.com for more tips.

