

**Learn how**

**to**

**L.E.A.P.**

**the G.A.P.**

**to live in**

**SELF LOVE**

A method to go from self destructive habits to SELF EMPOWERING LOVE Habits.

**L.** Love -Love and nurture your Self FIRST.

**E.** Energy- Vibrate to a higher Frequency with Vibrant Foods and Harmonious Music.

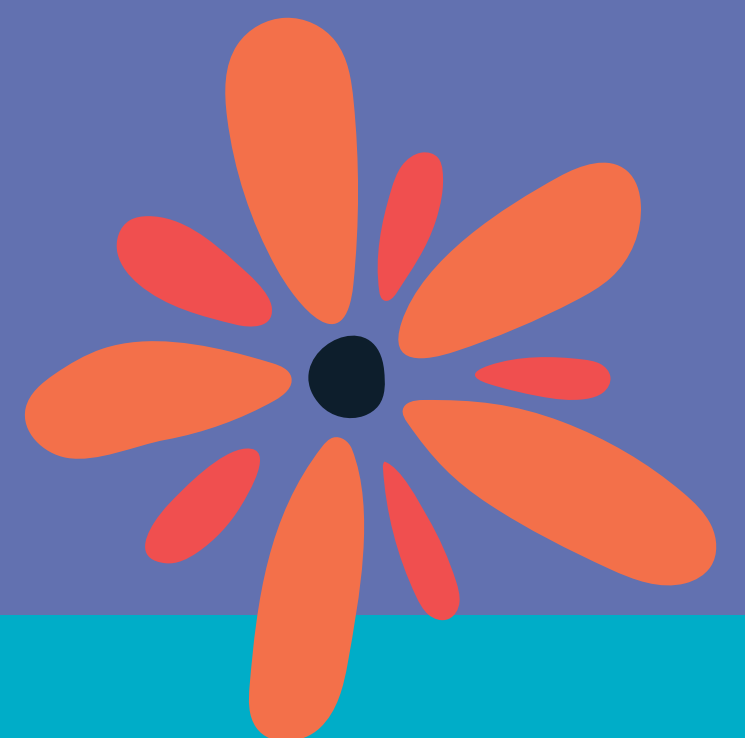
**A.** Appreciation - What you appreciate, appreciates in value. Direct your thoughts accordingly

**P.** Pain - An indicator of what area in your mind or body that needs your healing attention.

**G.** Gratitude

**A.** Acceptance

**P.** Positivity



# NOW put SELF LOVE in Action

**Become aware of your thoughts.  
Instead of getting frustrated with the “bad” thoughts,  
TAKE THE TIME TO REPLACE THEM WITH GOOD ONES.  
Positive Affirmations**



I AM LOVING AWARENESS.

My inherent POWER is LOVE.

With SELF LOVE WE RISE ABOVE

I AM Divinity Defined

I AM the GOD on the Inside!



**Create A daily SELF LOVE practice.**

**It could be simple, affirmations in the mirror, Salt Bath,  
listening to your favorite music.**

**Do something that FILLS YOU WITH LOVE  
at least once a day.**

**Align your Purpose with your Passion.**

**Let your REALITY be a REFLECTION of your internal  
LOVE and JOY.**

I know who I AM.

Who I AM is LIGHT

Filled with SELF LOVE

Forever BRiGHT.

