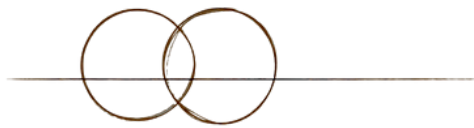


EMPOWERMENT Guide February 2024



Discover True Love
Through Inner Wholeness

LISA J WILSON
RADICALLY AUTHENTIC YOU



The Ultimate Love Story

In the quiet corners of our hearts, where whispers of self-doubt and fear once echoed, a different story unfolds – a story of self-love, the most profound and transformative love of all.

This story doesn't start with grand gestures or someone else's approval.

It begins with a simple, honest look in the mirror, seeing into our own soul.

In that moment, we understand that the love we've been searching for everywhere else has always been inside us.





Self-love is not a fleeting emotion or a momentary acknowledgment of our worth; it's a lifelong journey, a dedicated practice, a commitment to oneself that demands courage, patience, and kindness.

It's about embracing every flaw, forgiving every mistake, celebrating every triumph, and accepting every defeat.

This love story is unique.

It's about discovering our own heartbeat, understanding our own dreams, and recognizing our own value. It's about learning to be our own hero, our own source of strength, and our own soulmate.



The path to self-love teaches us to build a sanctuary within ourselves, a haven where we are always accepted, always understood, and always loved.

Finding Self-Love First:

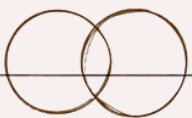
This month, we explore love beyond the usual. We reflect on our love experiences, especially in difficult relationships, to understand how they reflect our self-love.

Empowerment Tool: honest self-reflection, examining how we love ourselves and allowing that understanding to guide our quest for true love...

What ways do I show love and kindness to myself each day?

What steps can I take to be more compassionate towards myself?

What are my boundaries, and how do I enforce them?





Forgiveness is the Key to Love

Self-forgiveness is essential in our journey towards true love and soul connection. It's about letting go of past mistakes and embracing our flaws.

This process isn't just about overcoming regrets; it's a path to understanding ourselves and paving the way for deep, authentic love.

Where have I been too hard on myself?

What past mistakes do I need to forgive to love freely?

How will forgiving myself transform my future relationships?





The process of integration involves a deep dive into self-awareness.

It requires us to examine our life experiences, the choices we've made, and the patterns we've repeated.

Through this introspection, we learn to understand and accept our complexities and contradictions.





What aspects of myself have I been denying or hiding, and how can I acknowledge them with compassion and understanding?

How have my past experiences shaped the person I am today, and what lessons can I carry forward from them?

In what ways can I embrace my flaws and strengths equally, recognizing them as essential parts of my authentic self?



love yourself

Love Your Life



Here's to a month filled with growth, discovery, and empowerment. Embrace your journey, cherish your growth, and step confidently into the magic that awaits.

To further your self-love journey, **Schedule a Discovery Session.** This personalized session will offer deeper insights on your path, guiding you towards your true potential.

Lisa xo

