

♥ Lovin Me And Then DIL

Acronym for LOVE is Light, Open, Value, Empower

1. Light

Every time you turn a light on or see the sunshine, tell yourself one thing you love about you.

2. Open

What is something you are open to trying, or anything you love doing – do it. How could you be more open with your DIL?

3. Value

You are 100% loveable and valuable always. What are 3 things you value? Notice how these 3 values enhance your life. What are 3 values you appreciate about your DIL? Maybe share them with her.

4. Empower

How can being aware of what's happening in your life, and accepting where you are right now, give you the power to move forward?

Awareness + Acceptance = Empowered (Jody Moore)

We take care of our needs first, and we love us, so that we're better able to love and show up for DIL in whatever way we choose. The video is always available as a resource too. Bring any questions and situations to be coached on to Lovin My DIL Tuesday Calls.

~Lovin My DIL~

The logo for LeAnn Austin Coaching features the name 'LeAnn Austin' in a cursive script font, with a small heart icon above the letter 'A' in 'Ann'. Below the name, the word 'COACHING' is written in a clean, uppercase, sans-serif font.