

Lovin Me And Then DIL

LOVE is Light, Open, Value, Empower

<p>L</p> <p>Love</p>	<p>Every time you turn a light on or see the sunshine, tell yourself one thing you love about you.</p>
<p>O</p> <p>Open</p>	<p>What is something you are open to trying, or anything you love doing - do it. How could you be more open with your DIL?</p>
<p>V</p> <p>Value</p>	<p>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? Share them with her!</p> <p>My Values <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____</p> <p>Values I appreciate about DIL <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____</p>
<p>E</p> <p>Empower</p>	<p>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)</p>

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 available as a resource, too. Bring questions and situations to be coached on to live calls!