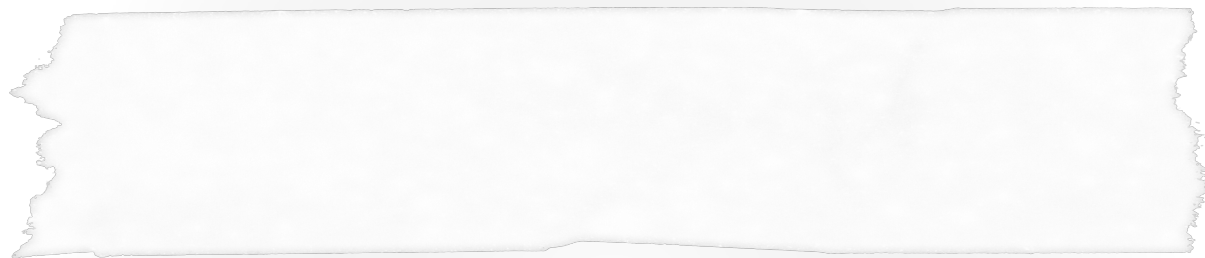




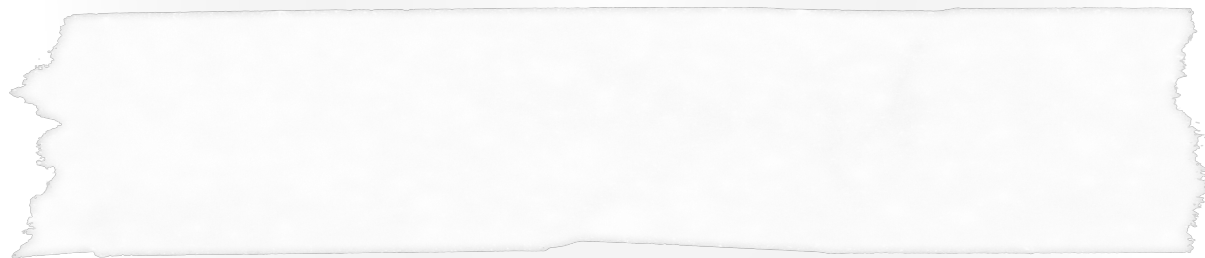
PRACTICE:

Explore Forward

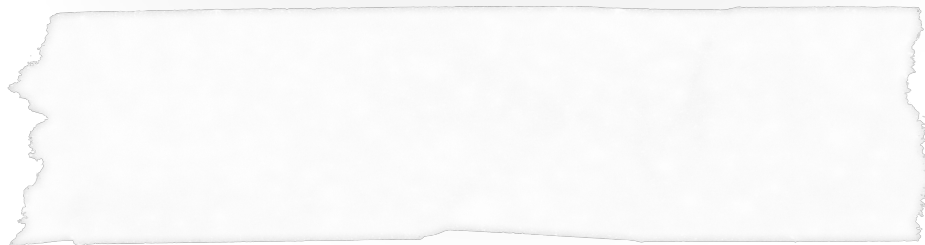
What have you discovered about yourself through these interactions? Can you find something that feels good and makes you love yourself just a little bit more?

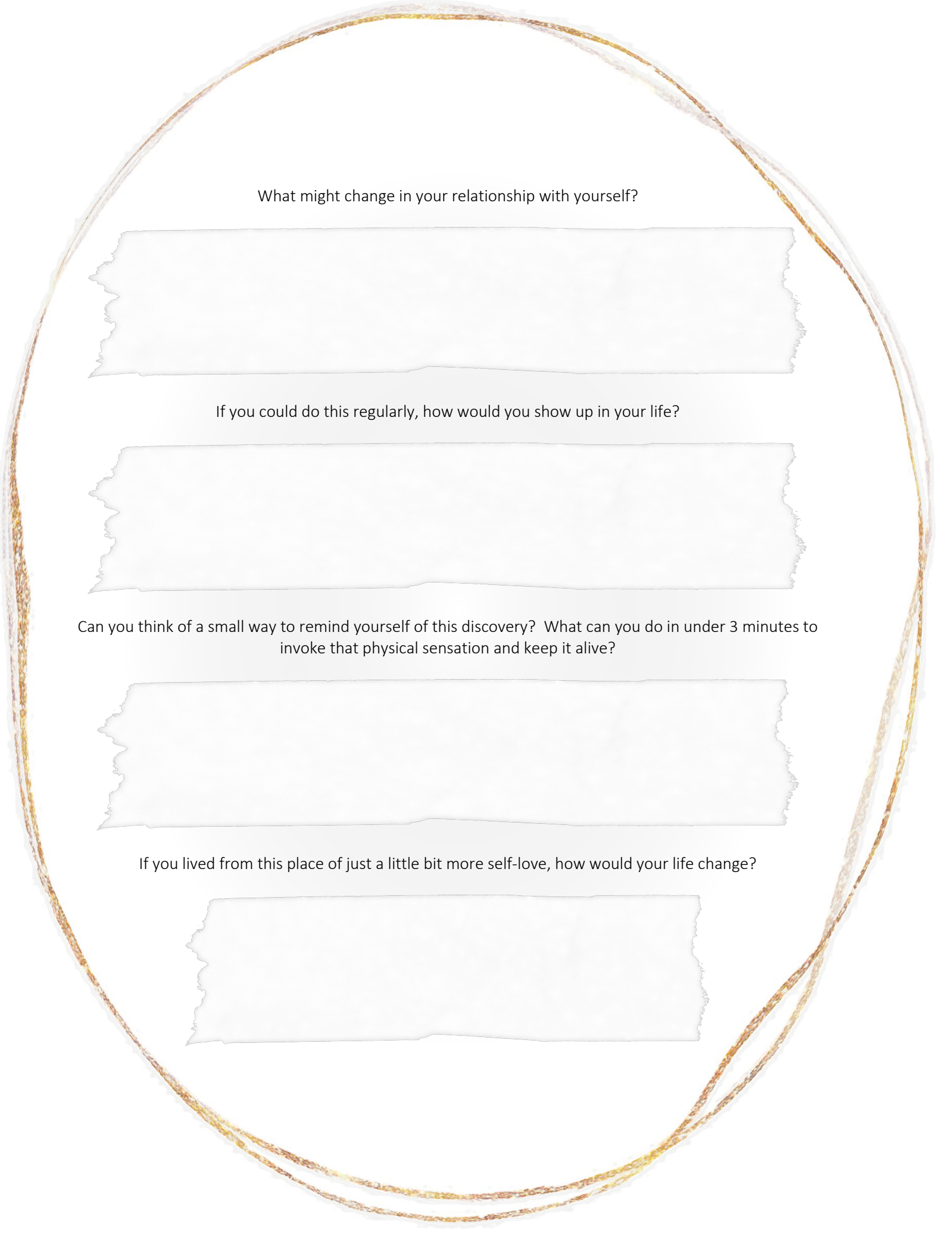


Hold this discovery in your heart, let it get close. What does it feel like in your body to know this about yourself?



Bring it closer still, let that physical sensation grow just a little bit bigger. Imagine you could bring this sensation with you throughout your day. What might change in your relationships with others?

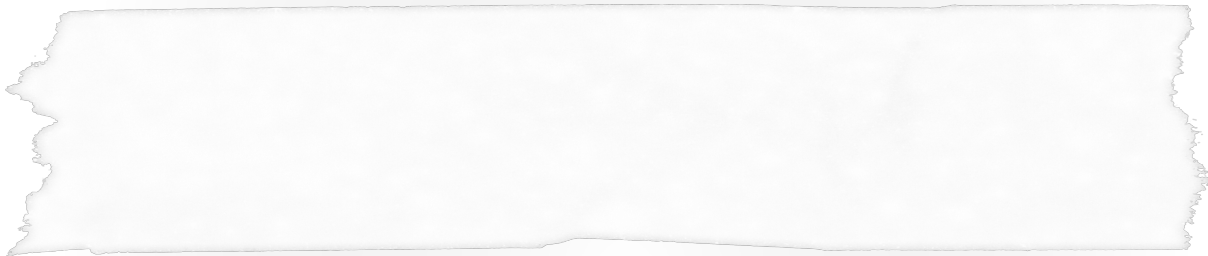




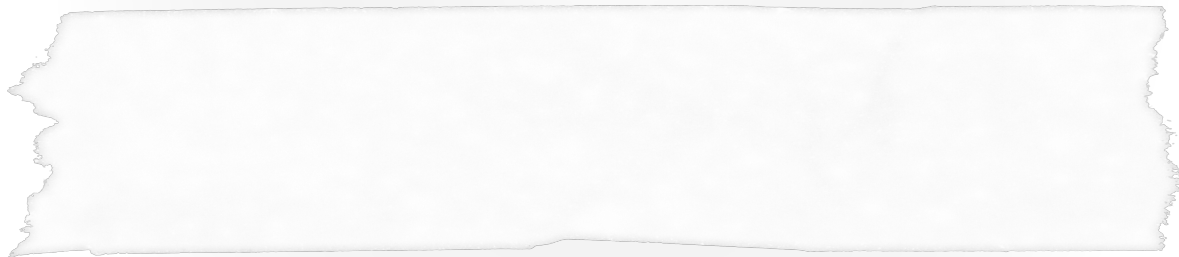
What might change in your relationship with yourself?



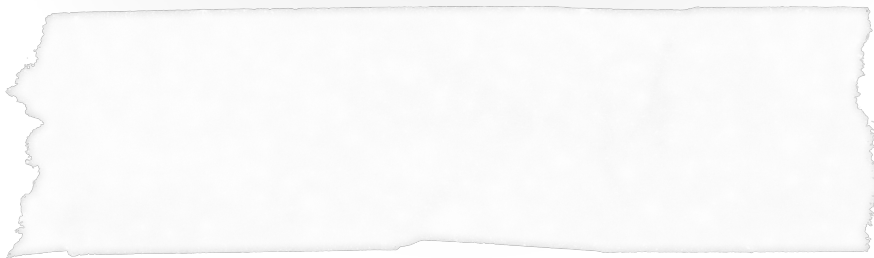
If you could do this regularly, how would you show up in your life?



Can you think of a small way to remind yourself of this discovery? What can you do in under 3 minutes to invoke that physical sensation and keep it alive?



If you lived from this place of just a little bit more self-love, how would your life change?



Return to www.HigherLevelHappiness.com/Connect to continue in the experience.



*All information within this form is property of Higher Level Happiness.
Use, re-use and share with freedom but please give credit as you do so.*