DAY 1

Self Love Challenge

There's nobody more important in this world than you!

WWW.ISRA.CO.IN

01 A list of things you love about yourself...

For many people, it's way easier to pick what they don't like about themselves, instead of what they do. Does that happen to you as well? Well, that's the reason we are so quick to judge and criticise ourselves.

Self-love means that you accept yourself fully, treat yourself with kindness and respect, and nurture your growth and wellbeing. Self-love encompasses not only how you treat yourself, but also your thoughts and feelings *about* yourself.

So let's shift our focus to what we love and appreciate about ourselves. Don't hold back!:-) That's the beginning of self-love.

ALL RIGHTS RESERVED

Make your list here

Make A List Of 7 Things You Love About Yourself & Why.

1

2

3

4

5

6

7

ALL RIGHTS RESERVED

01 How did you feel?

Take a moment to write down, how you felt as you did this exercise. What you think and say about yourself, reflects who you are.Can you remind yourself everyday that you are unique and magnificent, just the way you are?

ALL RIGHTS RESERVED

Heal Your Life Workshops

This is your unique opportunity to become an **Internationally Licensed Heal Your Life Trainer** and learn from the experts!

This 7 day residential certification will give you the full manual, tools and the practice to lead intensely powerful transformation workshops, which have impacted millions of lives across the world. Based on the powerful philosophy of Louise Hay, these workshops are currently conducted in 72 countries!

Residential Course (17-24 July 2022)
Know More: https://www.isra.co.in/heal-your-life-workshop-leader/

INTERNATIONAL CERTIFICATION

www.isra.co.in

ISRA as a company, owes it inception to two young entrepreneurs who share a passion for creating mentally and emotionally healthy communities globally, and a burning desire to facilitate positive transformations.

At ISRA, our purpose is to offer highly relevant and great quality content, based on principles of behavioural science, in a format that is richly experiential.

All our programs, digital and in-person, are designed to initiate a powerful shift in the way we think and behave. It is essentially about encouraging people to operate from a deep sense of purpose, relatedness, meaning & fulfilment.

SNEHA & SHASHANK

ALL RIGHTS RESERVED