

(a gift of)

SELF

love



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love

start here!

WELCOME to (a gift of) SELF LOVE, light beam!!! Thank you for BEing here!

Take a deep breathe in, let it out, repeat 2x, and now set an intention for what you desire next.

On the following pages you will find my gift to you – the SELF LOVE ACTIVATION meditation along with journaling questions to complete after the meditation.

Feel free to listen and journal as many times as you wish and download the meditation to keep forever.

TO YOU! I see you.

xoxo

Jessica



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listen to + download the
SELF LOVE ACTIVATION
MEDITATION



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journaling Qs

- How did the meditation make you feel?
- Do you like how you feel?
- What messages did you receive or highlights do you want to remember?
- What parts of you or your life need more softness and forgiveness?
- What actions will you take to ensure a deeper, more unconditional sense of self love?
- How can you make today easier and more fun?



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THANK YOU!!!!!!!!!!!!!!!!!!!!!!

Love, thank you for BEing with me for (a gift of)
SELF LOVE.

I hope you find tons of value in these practices
and, above all, always know that YOU are the
answer.

I am sending you so much love!!!!

xoxo

Jessica



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Q? FEEDBACK? WANT TO
CONNECT? CONTACT ME

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THANK YOU X