

BOTTLE OF LOVE



VISUALIZATION (ONE PERSON READS OUT):

“For living fulfilled and connected to ourselves, imagine inside of us, we have a bottle that needs to be full of love, in order to have energy each day to move, live, feel good, connect with our dreams and do what we want.

It is very important that we fill this bottle constantly, because it is like the fuel we need for life. It is possible to fill this bottle with our SELF LOVE: with the connection we have with ourselves, and the love and respect we give to our own self, our opinions, our actions, our decisions, our spaces, our self awareness and self acceptance.

Imagine this bottle inside of you, how is it actually? Do you take care to fill this bottle, especially with self love/self acceptance?.....

Which are the moments, situations, things you can do to connect more with the love towards yourself?..

Which are the things that make it difficult to connect with your self love?

