

# What you'll experience

Embracing my Self Worth - Embody the best version of Me

Cultivate mindful, healthy self love practices

Living with intention

Applying Affirmations & Gratitude as a Lifestyle

Innerstand the power of who you are

The power of I AM

Self Love Workbook (Self Reflection)

Mindfulness

Self Love Sacred Bath

Nurturing yourself! Mind, body & soul

Setting healthy boundaries

Protecting your life force energy

Nurturing your sacred space

Meditation Tools

Group Exercises

and MORE!

*#iambelleanne*

