

Love For You Now

Play Date

Step into your envisioned scenario as much as you can.

Perhaps with an outfit or an activity.

Do so remembering the love you have for yourself and the memory of the love you have witnessed all around you.

*Go back to the Prepare Your Current Life exercise for ideas if you wish.

Live the day as the fully loved life you have envisioned over the recent exercises.

Have fun and repeat as often as possible.

