

14 DAYS OF
**RADICAL
SELF LOVE**

WITH

Morgan Mckean

CHALLENGE DAY
ONE



14 Days of Radical Self-Love

INSIGHTS, TIPS, & EXERCISES

LISTENING TO YOURSELF

When you're RACING through life at a million miles per hour, you often miss key signals that your internal feedback system is trying to provide you in order to bring you the ultimate in peace, LOVE, and happiness. And the only way you can grasp these signals is to be still enough to feel them in your body. So today, I'm challenging you to S-L-O-W-D-O-W-N and smell the roses, literally.

♥ LOVE RX :: When you're quiet and still, even for a few moments, you can sense things that would otherwise be skipped over as happenstance, and grasp their deeper meaning. Your challenge today is to choose one of the following to help you better listen into your inner wisdom ::

♥ MEDITATE QUIETLY (or with soft instrumental music) for at least 5 - 15 minutes. Allow whatever thoughts and ideas that come up to just drift through your mind, like watching a movie - do your best not to attach to any one of them. And when you open your eyes, write down any epiphanies that came during the stillness.

♥ WALK BAREFOOT ON NATURAL GROUND. For multiple health and spiritual reasons, putting your feet on the earth is a fabulous exercise. However, the reason I'm challenging you to do it today, is because it heightens your senses, and causes you to stay more in the present moment - increasing your ability to listen to yourself.

♥ FREE WRITE / JOURNAL. For at least 15 - 20 minutes write whatever comes to mind. At first you may feel very controlled, however, after a few minutes, thoughts and ideas that you've never thought of will pop-up into your thought-stream.

Journal Today's Thoughts

