

# INVEST IN YOU

"The best investment you can make is in yourself" - Warren Buffett



## *Unlock Your Self Love*

After you turned off and inward how did you feel? Did you find the social detox helpful?

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Stop and FOCUS! Focus on being someone who loves. How does this feel for you?

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After taking a minute to tap into what it truly feels like to be loved. What are your thoughts? What did it feel like?

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# INVESTING IN YOU

What types of things do you find yourself comparing? Why do you think that you are comparing?

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What are those things that you need to accept that you cannot love?

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Look in the mirror and who do you see?

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When you are looking in the mirror who do you want to see?  
And what can you do to help find her?

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