

# The Inside Job

Episode 10 | Keep. Going.

4 Reminders until we meet again...



## Be encouraged.

Rest assured that your journey of Self-love is beautiful, insightful and illuminating when God is at the center. Try it, you've tried everything else, you've exhausted a multitude of options. What do you have to gain? Everything.



## Be compassionate.

Be compassionate with yourself and with others. Be gracious with your thoughts towards yourself. Forgive yourself and release the weight you have carried. Extend care to your emotional, physical, mental, and spiritual needs. Flow in love with yourself and prioritize your relationship with you.



## Be intentional.

Steward wisely how you use your resources. Be watchful and intentional with the deposits and withdrawals of your time, energy, talents, and inner resources. Prioritize your relationship with God and through this foundation- love, peace and joy will flow in your life.



## Be courageous.

Do you know how valuable you are? Do you understand the magnitude of your existence? You were created for a purpose. Trials will come, storms will rage, challenges will greet you and you will thrive. There is greatness inside of you, there is Love inside of you. You are powerful.



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