



FB LIVES 30 DAYS CHALLENGE: HEAL AND ACTIVATE YOUR HOLISTIC ABUNDANCE

NEW TIME TOOLS BY CRYSTAL RA LAKSMI-DITTON

The connection between self-love & Abundance

Congratulations! This is your fifth day with the **Holistic Abundance Challenge**. Before you jump to go through today's tasks, pls review yesterday's tasks, so that you can build your progress on each little change you do.

DAY 5. Today you have 3 tasks:

- 1. Connect again to your Inner Family (repeat the meditation) and start to develop love relationship with all of them - your Inner Child, Inner Woman, Inner Man.**
- 2. If you are in a relation with another person then think if you have ever connected to their Inner Family members and do you love them do they love you?**
- 3. Is your self-love anchored in you or outside of you - in someone else or some place else? What needs to happen to really get it anchored in you?**

Enjoy today's tasks! Every task facilitates change!

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