

Day 5: Give Yourself the Compliments You Desire to Receive

Cultivating self love and self worth are essential for calling in the high-caliber soulmate you desire. In ***The Soulmate Solution*** we work on this for more than two months together.

This exercise is just one way you can start giving yourself the recognition, admiration and adoration you deserve and desire.

Directions:

1. **Reflect:** Take a moment to think about the compliments you would love to hear from your soulmate or people you respect. These could be about your personality, achievements, physical appearance, or any other qualities you value.

2. Write It Down:

- Create a list of at least 4 compliments you would love to hear--especially from your soulmate love.
- Write each compliment in the present tense as if someone is saying it to you right now.
- Example: "You are the most amazing woman I have ever met!"

3. Read Them Out Loud:

- Stand in front of a mirror.
- Look into your eyes as you read each compliment out loud to yourself with love and sincerity.

4. Daily Practice:

- Make complimenting yourself using mirror work a habit.
- Notice how your feelings about yourself shift as you embrace and internalize these compliments.

Example Compliments to Inspire You:

- "Your kindness and compassion inspire everyone around you and truly have a positive impact."
- "You are so confident, beautiful, and strong."
- "Your creativity and talents are extraordinary."
- "I love talking to you...your insights and perspectives are so profound and thought provoking."

1.

2.

3.

4.