



daily GOOD

My true self is free. I cannot be contained.
--Marcus Aurelius

Overcomer

This short film about self love by Hannah Grace animates a feeling of unworthiness that many of us have had at some point or another - or maybe most of the time - but we don't admit it to anyone. This simple and beautiful movie shows how destructive negative messages may become. We can absorb so many unhealthy messages from childhood that end up being reinforced by social media and more. Soon we are chained to an image of ourselves that isn't true yet feels so real. As we love the child deep within as no one else can, we can discover the freedom to be our true self.

Be The Change:

Do at least one thing today that nurtures self-worth and self-compassion. When we do this, kindness can spill over into the world around us. Be that change you wish to see in the world.