



***Ways To Grow
And
Love Yourself
Spiritually***

@AllneedsJesusAndCoffee

Jesus

&

***COFFEE
PLEASE***



***Recognize your Creator
(God)***

Jesus The Christ Is Lord

***Be born again
through the reading of
God's Word***



Be honest with yourself

*Taking Accountability
Acknowledging your part*



Forgiveness

Forgive yourself

Mistakes are lessons

Learning is wisdom

***Recognize childhood traumas
or family toxic traits***



Self-Control Self-Reflection

Override negative thoughts with the 10 Promises of God

- ***God promises to strengthen you***
- ***God promises to give you rest.***
- ***God promises to take care of all your needs.***
- ***God promises to answer your prayers.***
- ***God promises to work everything out for your good.***
- ***God promises to be with you.***
- ***God promises to protect you.***
- ***God promises freedom from sin.***
of God



Start Journaling Daily

***Pay attention
to your dreams
and write them down too***



Connect with Kingdom Believers

"Jesus Saves"



Speak Life
into yourself
and others

*just
breathe*



Be a leader
not
a follower

*Good
vibes*

Authenticity



Do something
good for
yourself

PARTY!

PARTY!

PARTY!



*Thank
you!*

@lovetrishann

@iamlovetrishann

<https://sphcoach.wixsite.com/love>

anchor.fm/iamlovetrishann

