

I spoke about how we tend to have a romanticized idea about soulmates. What if, instead, we focused on becoming our own soulmates? We imagine a magical persona who comes to sweep us off our feet on a white horse, but I believe that we first have to learn to love and accept ourselves. Your body may be a temporary vessel, but your soul will last for eternity- why wouldn't you want to become the best version of yourself?

When you start to think about being your own soulmate, you align your heart, mind, body, and soul. Would you feed your soulmate unhealthy food, or be unkind to them when you speak? How would you treat yourself differently if you were your own soulmate?

Have you noticed that as you nurture your soul, your empathy grows? Genuine love and acceptance are involved- warts and all. None of us have gone from the womb to where we are now without bumps and bruises. You need to have an unabashed self-acceptance and start to see yourself as God sees you- a beloved daughter of the King. This takes us to the place of defining our own uniqueness. We start to figure out the reason we were placed on this Earth and become the creators of our lives. We go from the place of being defeated to the place of being a victor in our lives. As Sarah said, "Immeasurably more than we could ever ask or imagine...it's time to seek!"

It is time to accept yourself the way you are and stop needing the approval of those around you. Be powerful, principled, and opinionated. One of the biggest tools in your toolbox is to be your own soulmate. You are powerful when you decide to be powerful. Step into your power... that's the secret sauce right there!