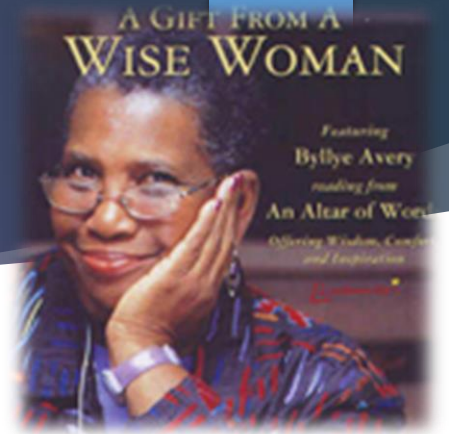


Byllyeisms – Commandments from Our Movement's Mother



- ▶ Byllyeism #1 –
LOVE ALL OF THYSELF
- ▶ Fall in love with yourself. Love all parts of who you are. Work on changing the parts you dislike until you love them all.



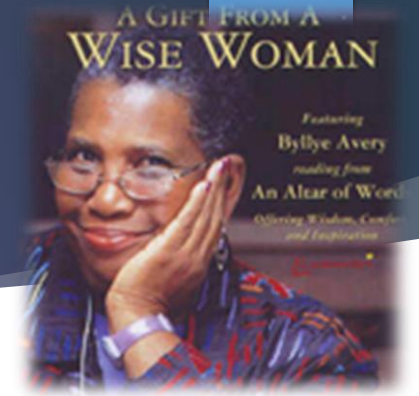
Byllyeisms – Commandments from Our Movement's Mother



- ▶ Byllyeism #2 –
MODEL THE LOVE
- ▶ Self Love means Self Care.
Model that for others.



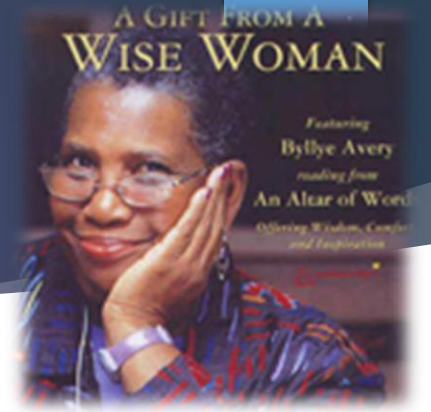
Byllyeisms – Commandments from Our Movement's Mother



- ▶ Byllyeism #3 – RESIST THE YES!
- ▶ NO is a complete sentence.



Byllyeisms – Commandments from Our Movement's Mother



► Byllyeism #4 –

POSITIVES UP FRONT!

► Get the negative people out of the front row seat of your life.



Byllyeisms – Commandments from Our Movement's Mother



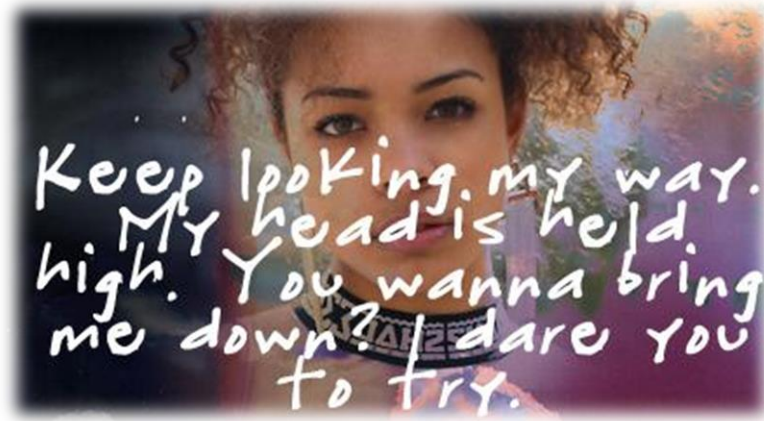
- ▶ Byllyeism #5 – ONE HOUR
 - ▶ Take an hour a day just to be with yourself. It will help you clean out the cobwebs of your mind.



Byllyeisms – Commandments from Our Movement's Mother



- ▶ Byllyeism #6 – HEADS UP!
- ▶ Hold your head up high when you walk. Strut your Stuff!



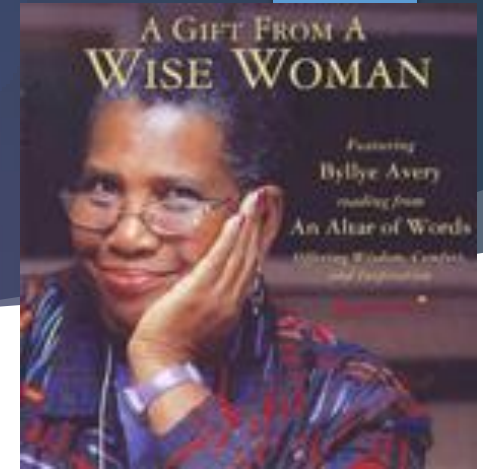
Byllyeisms – Commandments from Our Movement's Mother



- ▶ Byllyeism #7 – MOVE!
 - ▶ Take a 30 minute walk everyday.



Byllyeisms – Commandments from Our Movement's Mother



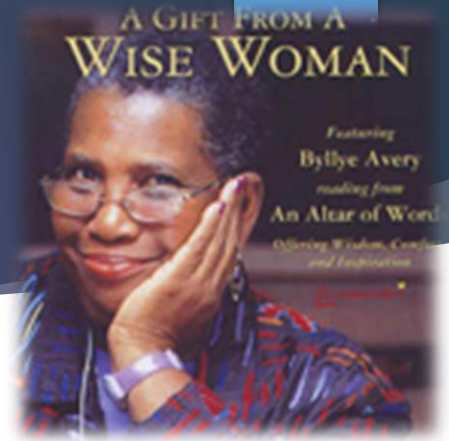
► Byllyeism #8 –

GIFT YOURSELF SOME PRETTY

- Buy fresh flowers for yourself once a week. Its okay.



Byllyeisms – Commandments from Our Movement's Mother



► Byllyeism #9 – KNOW TO WHOM YOU BELONG

- Know that you are powerful, warm, zestful, loving, creative human beings, and you belong to YOURSELF.

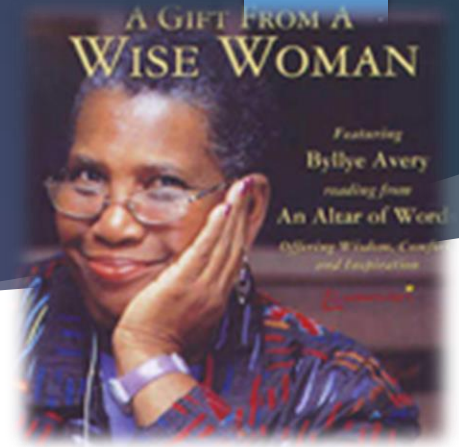


You cannot belong to anyone else,
until you belong to yourself.

— Pearl Bailey —

AZ QUOTES

Byllyeisms – Commandments from Our Movement's Mother



You've Got this!

► Byllyeism #10 –
YOU'VE GOT THIS!

► Give yourself permission to live the life you want to live. If it is to be, it is up to you.

