

LoveLaunch

Life begins at the end of your comfort zone.

The Manifesto

Drink lots of tea and create a ritual around it every day.

Our vision is to change the world **one heart** at a time.

The single best thing you can do for yourself and others is to realize that you are worthy of your life and live it accordingly.

You deserve to be happy and feel great.
And that's the TRUTH.

WHAT YOU ARE SEEKING IS SEEKING YOU.

Soulmate
LOVE
is your birthright.



Practice Extreme
Self Care.

At the end of our lives...
it all comes down to love
and relationships.
Nothing else really matters.

Take a deep
breath. You're
gonna be all right.

Ask not what your soulmate can do for you,
but what YOU can do for your soulmate.
(even if he or she hasn't shown up yet)

Believe in miracles.

Look in your eyes in the mirror daily and say, "I love you"- even and especially if it feels silly, weird and uncomfortable.

Remember that to love another person is to see the face of God.

Create a "5 Minutes of Joy" ritual every day.

Don't take yourself (or anybody else) too seriously.

Hug an animal.

Close your eyes, be still and silent for at least 10 minutes a day. Watch the miracles occur. Repeat.

YOU are the hero you've been waiting for.

Hug an elderly person.

Exercise
like your life depends on it, because it does.

ASK
for support.

Your life may be full of setbacks. Your success and your happiness is determined by how you handle those setbacks. It's not being happy that makes us grateful, it's being grateful that makes us happy. The way you make love is the way God will be with you. Gratitude makes a rich and succulent life. Hug a child. Put fresh flowers in your home every week.