

Step 11 : Full Cup

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When we talk about these sacrifices that we're making, um, almost for the love of ourselves, that love is kind of a sacrifice, what does sacrifice mean to you? Have you sacrificed for love?

So, we talked earlier before about making selfishness, is you making yourself your first priority, and with you making yourself your first priority, you're able to fill your God, you're able to then be selfless and give selfless. So, then, when we look at our sacrifices, we already did the waiting process, we see who's worthy to love, who stuck it out, who's able to recognize when I'm being selfish for me to grow and it's not anything to you. So, when I think about sacrifice, it's like that final, you are the person who made it, so you are the person I can give my full cup to

Mmhmm

And you have a full cup too, 'cause we on the same page. You go n' be selfish, just like how I had to be selfish. So we can exchange cups, we both not gonna like

Mmhmm

So, I feel like sacrifice then is giving your full self to somebody else who is able to receive it and reciprocate that same thing with love