

## Who?

“LYF” Ministries pronounced “life” is an acronym for *Love Yourself First*. This is a mobile and multi-platform teaching ministry that is focused on promoting emotional wellness with a concentration on Self-Love. We believe that self-love is the radius that determines what we will experience and attract into our lives.

## What?

- Books
- Radio
- Blogs
- Spoken Word
- Workshops
- Mentorships
- Speakings

## Why?

Because it's time to go beyond the surface of the problem. LYF Ministries is here to guide individuals who are seeking to initiate healing in their lives.



## MINISTRIES



When I think “Love Yourself First”, I think of being a whole and complete **NaTisha R. Williams** being that is healthy in **Author/ Speaker/ Founder** mind, body, spirit, and emotions. We live in a society and world where everyone begins on the outside to fix their inner turmoil. LYF Ministries suggests starting on the inside by first learning to love, accept, and appreciate self. For me personally, I finally had to give up trying to love anyone else until I had learn to love myself first. I knew it was the answer because I had tried it every other way and had remained unsuccessful. Since I was a young girl, I had been outwardly pursuing love and happiness. I was looking for affection, attention, acceptance, encouragement...all these things I wanted someone else to show or give to me. I never thought to give them to myself. I've since learned that you can't ask of someone what you won't ask of yourself. The bonus has been being able to experience unconditional love; whether I'm the one giving it or receiving it. And what is unconditional love?? Well, I'll just say this, “Unconditional Love Is Never Grudgeful”. It's the kind of love that can never be taken advantage of because it's never withholding or waiting to be compensated...It just is! I invite you to experience this kind of love! Just know that you've got to “Love Yourself First”!



*Love Yourself First*  
AND WATCH YOUR LIFE BEGIN TO BLOSSOM!

Join the LYF Community and take the first step towards experiencing Life's Ten Gifts. Find out more at [www.natisharenee.com](http://www.natisharenee.com)

## LOVE YOURSELF FIRST Mission and Message

To heal the world by healing the hearts of women. As the keyholders to life, it is important to realize that if the woman is broken the family is broken, the children are broken; societies are broken and so on.

"Go Within and You Will Never Go Without."

## LOVE YOURSELF FIRST Media

### Radio

[www.blogtalkradio.com/lyfministries](http://www.blogtalkradio.com/lyfministries)

(enjoy playback of archived shows 24/7)

### Blogs

Get tools to help you on your journey to self-love, self-acceptance, and wholeness

Go to:

<http://lyfministries.blogspot.com>

## LOVE YOURSELF FIRST Merchandise



Visit our shop at:  
[www.cafepress.com/lyfmerchandise](http://www.cafepress.com/lyfmerchandise)

