



Love and Be-loved

Mother says that love is always your greatest and best answer. These Love Pages are your opportunity to play matchmaker between love and your challenge. In order to shift your mindset about your challenge, you'll be required to consciously apply love. But first you'll need to get crystal clear about how love feels to you in the many different aspects of your life. How do you identify love when it shows up to save the day? This is your opportunity to explore how you feel about love rather than having others define it for you.



1) In the space below, write about love. Be as literal or creative as you wish. This is a free-form writing exercise meant to awaken thoughts, feelings, beliefs, and deep insights you hold about love. Include all the versions of love that are present in your life – whether it's something that is shared with others, or felt only inside yourself, or both. Please don't overthink it; keep it simple and let it flow. Include your shadow and light in your writing about love. (You can use the back of this page too.)

2) How do you know when you're feeling love?

3) What are the qualities of love as you know them?

4) Do they match what you need love to be for you? If not, get clear on what qualities you need love to have for your happiness.

5) Describe in detail the place love occupies in your circle of support.

6) Which qualities of love feel best suited to help transform your challenge?

7) In what ways are you already applying them to your challenge?

8) Which qualities of love are not yet being applied?

9) Describe ways to apply them to your challenge that excite you and make you feel a big YES! when you think of doing them. (There may only be 1 or 2 that give that feeling.)

10) How does it feel to apply the qualities of love that make you happy to face your challenge?