

How to Use Your Love Pages

Make sure you have a PDF reader on your computer or device. We recommend using Adobe Reader. It's free and you can download it [HERE](#). If you already have Reader, you can follow the same link to make sure you have the latest version.

Download this Love Page to your computer or device by clicking on the link, if you haven't done so already. It should download immediately.

If you want to work with this Love Page on your computer it is all set to go for you to add your beautiful Self to these pages. STOP BEFORE YOU DO — and make sure you opened your Love Page in Adobe Reader or your effort WILL NOT SAVE. Do a quick test to make sure. Open your Love Page and type a few words, close it and reopen it to make sure it saved your work.

Mother would prefer you print off your Love Pages and write longhand. She has taught for years that this is a more effective technique than typing to take you deeper into your Being. And She's not the only one! Studies show that writing out your thoughts, feelings, and desires longhand gives you a much bigger return on your effort. You can also write it all out in your *Igniting Your Glory!* journal.

Here's the most important thing — whatever you choose, make sure it's what works best for you. This is your course. Move through it in a way that supports and nurtures your love and growth. No matter what Mother suggests, if it's a deal breaker for you She would MUCH rather you choose the path that keeps you engaged and consistently showing up.

If you are struggling with the technology of your Love Pages, please contact us at support@belovedpublications.com so you can get past the frustration and into the creation.

Let Your Soul Gifts Out of the Box

“Let the beauty of what you love be what you do.” -Rumi

Don't be shy. No one is going to see your writing but you. Admitting what you're great at is powerful mojo.

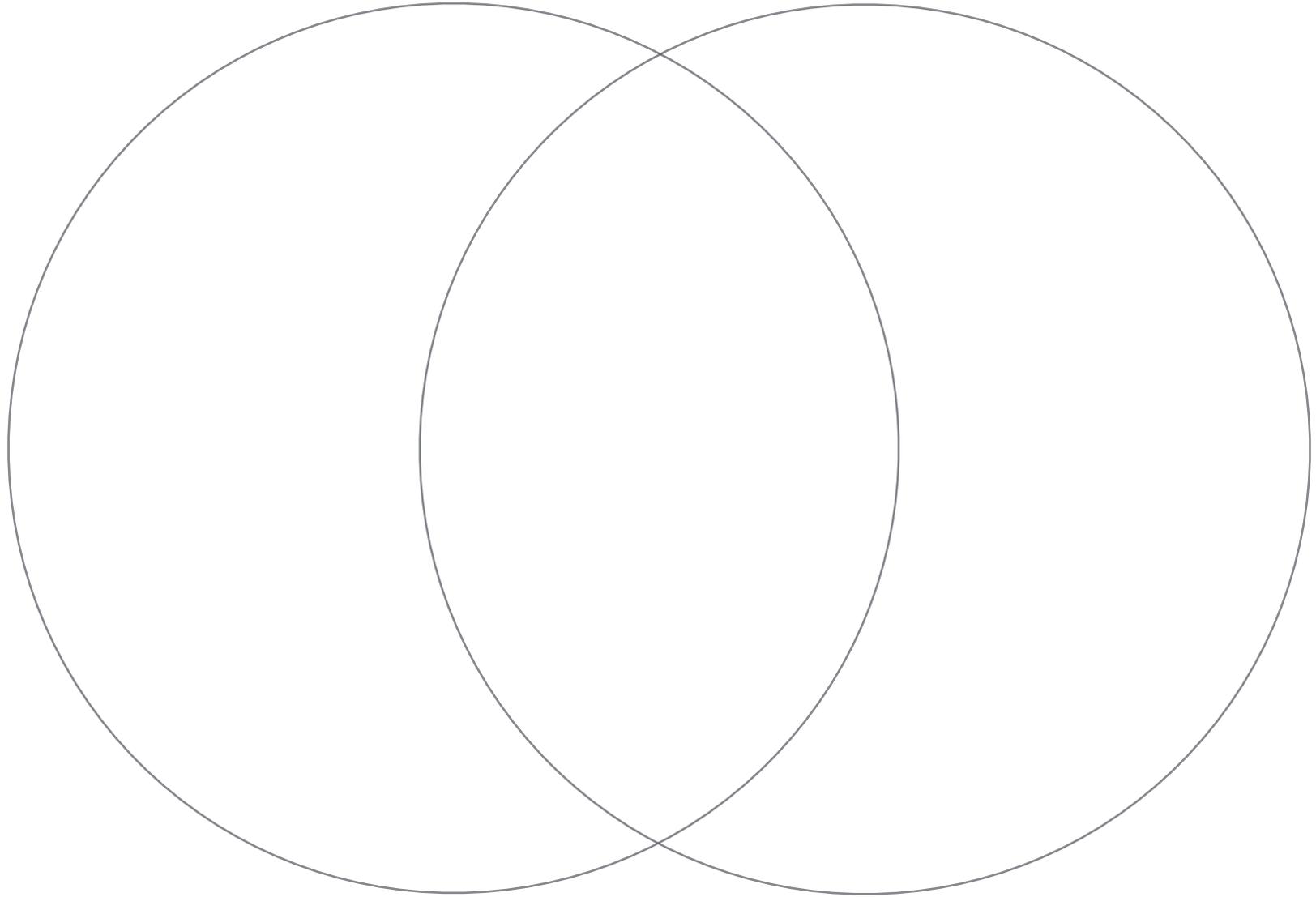
1) Using the diagram on the next page, list what you are **great** at in the left circle. It can include things you don't necessarily adore doing but you know you can do well. Some examples might be listening, working with numbers or children, skydiving, house cleaning, meditation, singing, engaging with people, or smiling.

In the right circle, list what you **love** doing. You have a passion for these things even though you feel you may not be great at it.

For the answers that fit *both* categories, list them in the middle in the space where the circles overlap.

What I'm GREAT at doing:

What I LOVE doing:



great at it

great at it & love doing it

love doing it

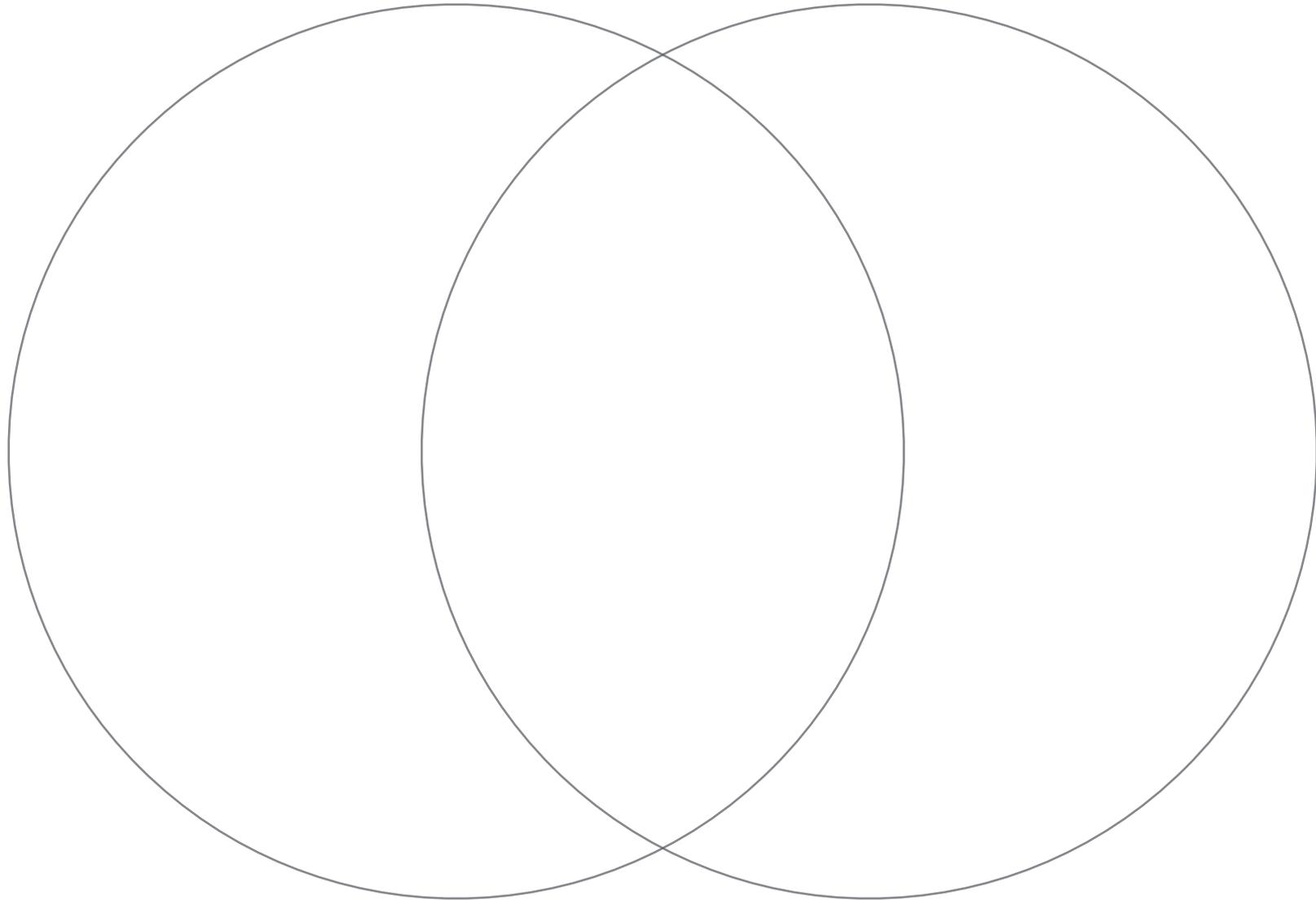


2) Here you'll follow the same process as you did for question #1. But you'll now brainstorm what you're **good** at and what you **like** doing.

The left circle shows what you are good at even if you may not like it; the right circle shows what you like doing even if you may not be good at it. The center list is for what you are both good at *and* like doing.

What I'm GOOD at doing:

What I LIKE doing:



good at it

good at it & like doing it

like doing it



3) How often do you engage in the things that you **love** doing and that you are **great** at? Give some examples of when you do.

[Empty dotted-line box for response to question 3]

4) How do you feel when you do?

[Empty dotted-line box for response to question 4]

5) Does it make other things in your life easier?

[Empty dotted-line box for response to question 5]

6) If so, how?

[Empty dotted-line box for response to question 6]

7) How often do you engage in the things that you **like** doing and that you are **good** at? Give some examples of when you do.

Empty response area for question 7.

8) How do you feel when you do?

Empty response area for question 8.

9) Does it make other things in your life easier?

Empty response area for question 9.

10) If so, how?

Empty response area for question 10.

11) What do you love about yourself?

Empty response area for question 11.

12) What do you like about yourself?

Empty response area for question 12.

13) What's unique about your perspective on life?

Empty response area for question 13.

14) Your soul gifts are those things that you love or like doing and you're great or in the process of becoming great or good at. How do your soul gifts contribute to the lives of others? Don't judge the size of the contribution; just write about what you notice happens when you offer your gifts to others.

A large rectangular area with a dotted border, intended for writing the response to question 14.

15) When your soul gifts are received, how does that feel?

A large rectangular area with a dotted border, intended for writing the response to question 15.