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Practice Happiness...by Loving Others 10 Powerful Ways to Communicate & Experience Love

The purpose of this worksheet is to reinforce the principles of love taught in *Practice Happiness by Loving Others: 10 Powerful Ways to Communicate and Experience Love* (BeHappyforLife.net). It is designed to help you deepen your understanding of love and improve the way you communicate love that will enhance your overall experience of love in your life.

This worksheet is divided into three sections: Section A is a review. You will be asked questions that correspond with Part Two: *Esteem for Self & Others*. They will be in a question and answer format. Once you have finished, you can check your answers with the *Worksheets Answer Key* at BeHappyforLife.net. Section B is the journal of reflection. These questions are from the reflection section of *Esteem for Self & Others*. Here you will be provided with space to record your thoughts and answers. Section C closes with the empowering thought and affirmation that will reinforce the key principle of *Esteem for Self & Others*.

Allow yourself the necessary time to develop a thorough understanding of the material presented in each section. You might want to go through one section per week or however long it takes until you can incorporate the principles taught into your daily life. As you work through this material, you will find that you will be more conscious of the way love is communicated to you and by you. And you will also develop a greater understanding of how to be more effective in your demonstration and expression of love. This process will take time, but it is an experience that will forever improve your life and relationships.

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Part Two:

Love is Esteem for Self & Others

Section A: Review

1. What does it mean to have “self-love”?

2. A lack of self-love indicates _____.

3. Why do arrogant people yearn for admiration from others?

4. What does loving and esteeming others begin with?

5. You esteem yourself when you allow for mistakes and forgive your _____.

6. To acknowledge your good qualities and strengths and accept your _____
is to esteem yourself.

7. Why is having a positive self-esteem so important?

8. What do we have more of as we give more away? _____

9. Everyone is worthy of _____.

Section B: Journal of Reflection

1. Explain what esteeming yourself means to you and how you think it relates to loving others.

2. How can a low self-esteem make it difficult to receive love and to love others?

3. Review the list of examples of loving and esteeming yourself. How do they apply to you?

4. Is self-love lacking or excessive in your life? How can you bring it into balance?

5. Think about the way you feel about yourself. In what ways is it helping or hindering you from loving others?
