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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 Four: *Love is Kind*. 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 *Love is Kind*. 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 *Love is Kind*.

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 Four:

Love is Kind

Section A: Review

1. Love calls for _____. It demands _____.

2. How is kindness demonstrated?

3. The hallmark of kindness is _____.

4. How does being the recipient of kindness make a person feel?

5. When someone puts your _____ above their own, they are communicating love through kindness.

6. You communicate love through kindness when you give someone your _____ attention.

7. What are people usually most concerned with?

8. You can keep love alive with even the smallest _____.

Section B: Journal of Reflection

1. Would I describe myself as a kind person? Why or why not?

2. When I give is it done freely and generously? Explain.

3. Do I usually take the first step in being kind or do I wait for someone else to take the initiative? Explain.

4. In what ways do I usually express kindness toward others?

5. Am I sensitive to the needs of others? How do I show it?

6. How can my acts of kindness show someone I love them?

7. Is there someone to whom I can show kindness in order to communicate my love for them? If so, what might I do?
