

How to Find and Recognize Your True Love. Module 1. Lesson 8. Additional Resources.

It is a lovely feeling to be in love.

My heart sings when I think of the special person who makes me smile. **It is a lovely feeling to share love with someone who I consider my soul mate.** Being committed to a special person makes life meaningful.

Knowing that I have someone to share my deepest secrets with is freeing. I am my truest self when I am in the company of the one I love.

The positivity from my relationship extends to everyone who I encounter. **Having that depth of feeling for someone makes it easy for me to share positive vibes with anyone I come across.** I see that there are far reaching benefits of being in love.

Winters are warmer when there is genuine affection and adoration. Challenges are more manageable because I know that there is someone to walk the path with me.

Having a trustworthy partner allows me to be honest about my feelings. I know that my expressions are taken without offence. I am just as willing to be open to my partner's sentiments because love is a two-way street.

Today, love rules my existence and covers each step I take. It dictates how I interact with others and expels only good thoughts and wishes from my being. I am excited to see how much more of a positive impact love is able to make on my life.

Self-Reflection Questions:

1. In what ways do I show my significant other the extent of my love?
2. What are some of the challenges I face when in love?
3. What impact does my relationship have on my interactions with my family?