

## How to Find True Your True Love – Add Res – 2.

# True love lights up my life!

I cherish the feeling of excitement that moves through my every bone when I am in love. It is a feeling that I always want to have with me because it makes me completely and utterly happy.

**True love allows me to see light where others see darkness.**

It changes my perspective on many things. I like the person I become when I am in love. I am a better friend, sister, and co-worker when the joy of love fills me up.

**Love energizes me** and gives me the drive to go out and reach for whatever I want. I feel invincible, like nothing is too far or too high for me to reach. It is this feeling that pushes me towards greatness.

**I know true contentment** when I am in love because there is very little that makes me uncomfortable or unsettled. Even the most difficult situations are like a walk in the park because I know I have something greater than the negative feelings that situation is trying to create.

I feel like the world's brightest light illuminates within me when I am in love.

Today, **I allow my love to be the source of my joy** throughout every moment of every day. Living in true love is like hearing my favorite song play endlessly in my ears.

### Self-Reflection Questions:

1. Is true love something I can describe?
2. How do I feel when the person I love is sad?
3. Do I believe that true love can repair any situation that I encounter with my partner? How can I use it to strengthen our relationship even more?