

How to Find and Recognize Your True Love
Lesson 7. Additional Resources.
Self-love paves the way for loving
others.

Loving myself is the key to showing love for others. **Each day, I endeavor to show myself unconditional love.** I use my own experiences as a gauge for handling situations with those around me.

I am kind to myself. When I see something I want, I allow myself to indulge. I know I am deserving of good things in life.

I only think positive thoughts about myself. I avoid putting myself down after trivial or complex disappointments. I am human and capable of making mistakes, but I am able to forgive myself and move on with self-confidence.

For every kind word I say to myself, I match it with a kind word to someone else.

When I love myself, it is easy for me to be kind to others. I am able to share my last dollar with someone in need. I acknowledge that others may have greater needs than I. I strive to treat others in a loving manner.

On days when I feel discouraged, I make a special effort to think before I speak or act. This ensures that I remain respectful and kind to others.

Today, I recognize the importance of treating others as I want to be treated. I know that I can draw on my self-love for more positive interactions with others.

Self-Reflection Questions:

1. How do I show my love for myself and others?
2. What do I tell myself when I am feeling discouraged?
3. When do I rely on encouragement from others to help me feel special?