



CHAPTER 8 WORKSHEET: LOVE

How was your first experience of telling three people you love them? On a scale of one to ten, was it 10 for easy, or one for hard? Practise will help you move up the scale.

Each day for week, as you wake up, take a moment to ask yourself, "What will my love do today?" Then think of three people whose lives you can touch. If asking them if anyone has told them "I love you" on this day and then saying it feels a bit scary, then do it. If you want to reach out to someone for whom this would be uncomfortable or inappropriate, think of a non-verbal way to express your love for that person, take them to lunch, help them with a task, etc. At the end of each day, record your acts of kindness. Write their name and how you shared love and compassion with them.

As an extra exercise, think about how you could show love and compassion towards yourself each day. Record that act of love as well.

Sunday	1. _____	2. _____
	3. _____	Me. _____
Monday	1. _____	2. _____
	3. _____	Me. _____
Tuesday	1. _____	2. _____
	3. _____	Me. _____
Wednesday	1. _____	2. _____
	3. _____	Me. _____
Thursday	1. _____	2. _____
	3. _____	Me. _____
Friday	1. _____	2. _____
	3. _____	Me. _____
Saturday	1. _____	2. _____
	3. _____	Me. _____

Do this worksheet as often as you like. Practise, practise, practise.