

SELF-LOVE is KEY TO HAPPY RELATIONSHIPS

SELF-LOVE TIP #1 IS :: _____

I CAN USE IT WHEN :: _____

SELF-LOVE TIP #2 IS :: _____

I CAN USE IT WHEN :: _____

SELF-LOVE TIP #3 IS :: _____

I CAN USE IT WHEN :: _____

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What are the 4 questions you can ask yourself to see if you're giving your power away?

QUESTION 1. _____

QUESTION 2. _____

QUESTION 3. _____

QUESTION 4. _____

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KEY POINTS TO REMEMBER ::

- SELF-LOVE is not an act of narcissism, but is in fact a deep caring, compassion, and appreciation of the self.
- Everything in your world, including your relationships, serves as a reflection of your values, ideas, and beliefs in that area of your life.
- If you don't believe you are worthy of the love, respect, or appreciation you desire, you can't expect another person to give it to you.
- Pausing before you speak or act, and asking yourself if what you're about to say or do is really in your best interest, and will elevate not just your relationships, but the quality of your life.

NOTES :: _____
