

Week Four



GRATITUDE

You Were Born to Love

LESSON - CLARITY IN FEELING

How do you feel today?

It's important to acknowledge our true feelings. It's also important to have the clarity to turn them around into what we desire to create.

Example: I feel tired today, although I am very hopeful and excited to create a better future for myself.

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. On the left side, there is a vertical margin line, creating a narrow left margin. The paper appears to be from a notebook or a standard ruled document.

the best
is yet
to come



What words can you use to describe your feelings? What pictures represent your feelings?
Use this space to draw, doodle and write or use stickers.

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Lesson Acknowledges Your Growth and Potential

Recognizing where we are at and acknowledging our growth is vastly important in identifying all that we love within ourselves. Write about one thing (or more) that you see in yourself as growth and what the potential of that growth means.

Example: Today my intuition was heightened! I realized I am tuning into something more by attracting what I love. I must value and honor this gift!



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LESSON - DAILY GRATITUDE PRACTICE



It is important when attracting more of what we love that we learn to be grateful for everything we already have and for everything that is coming.

Start your day with gratitude. It can be something as simple as:

"I am grateful to be alive"

End your day with Gratitude:

"Thank you for an amazing day. I am blessed. I continue to be grateful in attracting more of what I love."



ACTION

Acknowledge what you are grateful for. Make this a daily practice as well. You can say it verbally, think about it or write it down. I like to do all 3!

I Give Thanks for the Love in my Life

LESSON - I AM GRATEFUL FOR LOVE



I am grateful for love in my life. It makes me feel _____

I love to be _____

I love to help _____

I love going to _____

I love visiting _____

List all of the things that you are grateful for that bring you moments and feelings of *Love*.

AFFIRMATION

I am grateful for ALL of the gifts I have and all of the gifts to come.

You Were Born to Love

LESSON - SELF VALUE

How do you value yourself?

List the gifts and talents you are grateful for in life. No matter how small they may seem to you.

*Example: I am grateful for the ability to make others laugh.
I am grateful I have a talent for taking beautiful photos.*



*The most
important
relationship is
the one
you have
with yourself.
Learn how to
develop self-love
and connect
with your true
essence.*





You Were Born to Love

LESSON - LOVE IS EVERYWHERE!

Each day, list and affirm 10 things in your life you are grateful for.

Example:

1. *Health*
2. *Breathing*
3. *Food*
4. *Friends*
5. *Laughter*

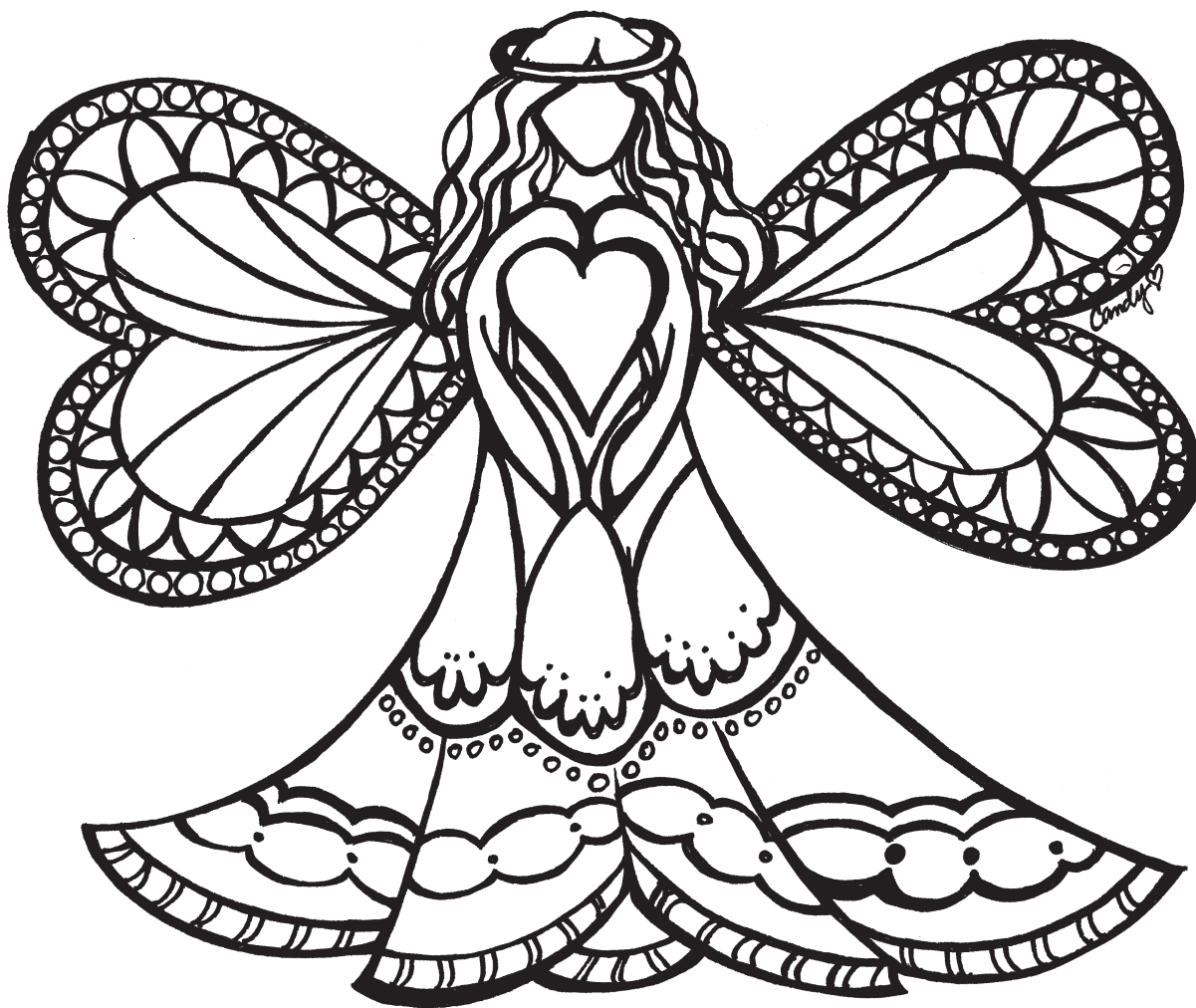
Keep the list growing each day. Be grateful for all of the little things.

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.

grateful

*I celebrate my love for myself.
I love the new vision I have for my life.
I love learning new things.
I love how people around me notice I'm glowing.
I love helping others.
I love the clarity I now have for the new direction in life.
I love being a magnet for more love.*

KEEP GOING!!! Make a practice of writing a list every day of the things you love. Write them down somewhere. Share them if you desire. I like to post mine on social media. It puts the love out to millions as they affirm and read the words. I LOVE when others join in.



You Were Born to *Love*

MONTHLY CELEBRATION AND CHECK-IN!

What shifts have occurred for you so far in the past four weeks?

What actions have you taken towards realizing your dreams and desires?

What goals have you accomplished?

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What do you still need to shift in order to create a life you love?

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