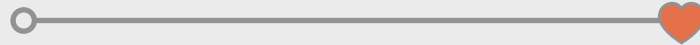


YOUR *Aha!*TM LIFE

I AM LOVE(D)



An Accelerator for Your Aha! Life



*How you love yourself is how you
teach others to love you.*

Rupi Kaur

You are love(d) – that means you are love and you are loved.



Complete the visual image by writing words or phrases that reflect the loving qualities you share with others and the qualities you love most about yourself. Start from the outer circle and move inward. At each level, think about how you demonstrate loving qualities. You may write compliments you've received often from others and qualities you notice about yourself.

Outer Circle:

These are people with whom you have limited exposure (e.g., the barista at your favorite coffee spot, the mail carrier, some coworkers, clients, persons in your neighborhood you pass on your daily walk, or a stranger you pass on street).

Middle Circle:

These are people with whom you have a close affiliation (e.g., family members, intimate partner, close friends, work team, business associates, coaches).

Inner Circle:

This is you.

Examples of loving qualities:

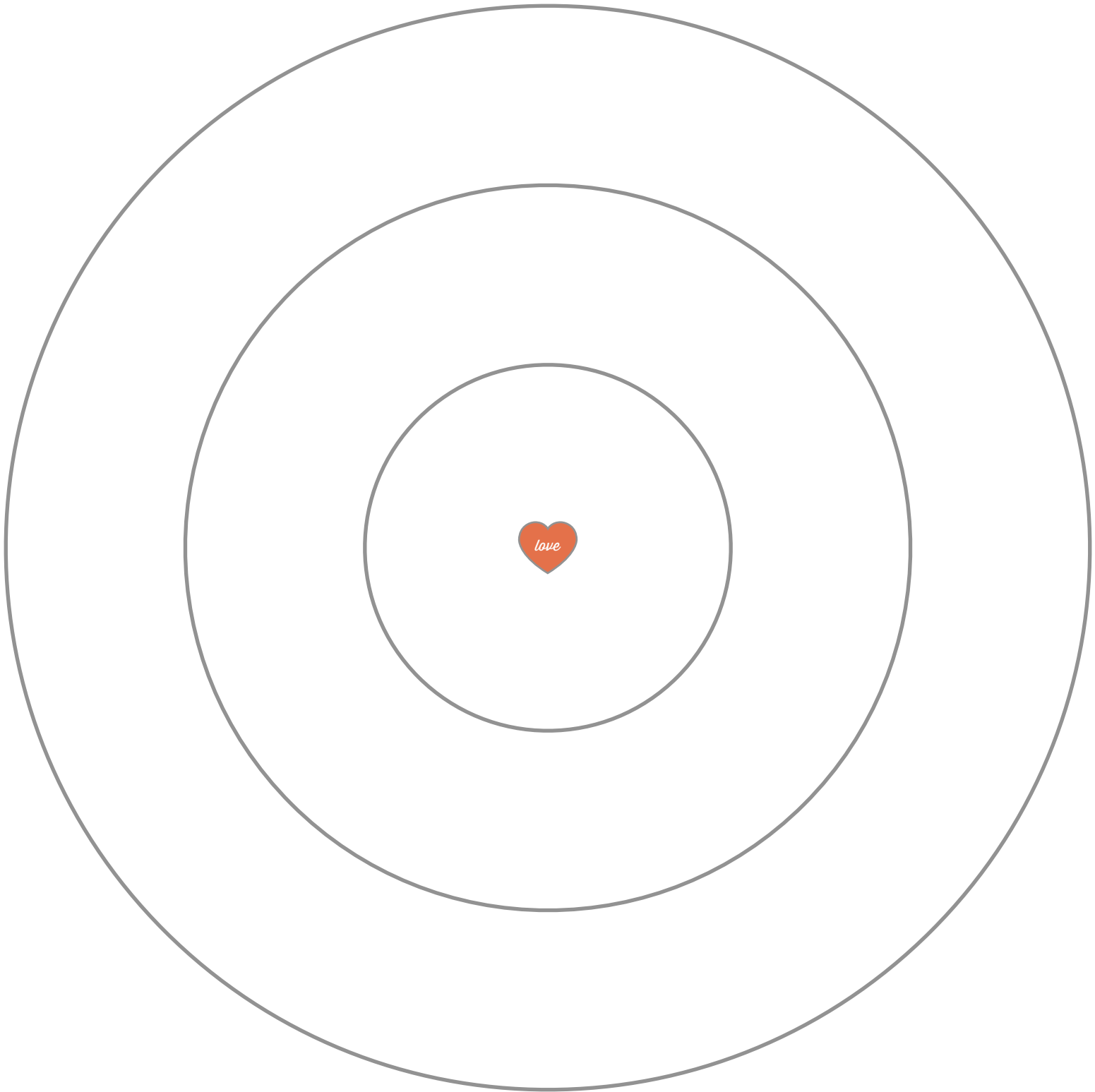
- ▶ You pay for a stranger's coffee in the drive-thru line (quality: kindness and generosity)
- ▶ You listen attentively when your elderly relative repeats a story they've told a thousand times (quality: great listener and patience)
- ▶ You send birthday or holiday cards to your close family and friends (quality: thoughtful)
- ▶ You set boundaries and don't over-commit yourself (quality: self-aware and prioritize your needs)

When you finish writing in the concentric circles:

Notice the qualities and the ways you express love to others and to yourself. Then ask yourself, "is this the love I'm teaching others how to love me?" Likely, you will notice that if you are kind and generous with someone, or if you listen attentively to someone who needs to feel heard, then that same love is returned to you by that person or by others. We cannot vibrate love energy and not have it come back to us.

If you do not feel that you are being loved the way you want to be loved, look at your innermost circle. How are you loving yourself? What is one thing you can do today to show yourself the love you want to receive from others?

I AM LOVE(D) ACCELERATOR



Self-Love Meditation



Settle into a comfortable position. Gently close your eyes. Take three deep breaths. Inhale to a count of three. Exhale to a count of three. Scan your body starting from the top of your head and slowly move down to your toes, relaxing your muscles along the way. Open your eyes and read the following meditation slowly, quietly within or aloud.



I am love.
I embody love.
I radiate love.

I love myself because only then am I able to love others.
How I love myself is how I teach others to love me.
I am gentle with myself.
I forgive myself and accept that I am enough just as I am.
I am at peace within myself.
When I need love, I give love to myself first.
I love who I've become.

I gladly show love to others.
I give with generosity.
I am kind.
I realize I am connected to all beings.

I am love.
I am loved.