

the Love list



Write a list of all of the ways that love shows up in your life: spontaneous, planned, big, and also subtle.

Begin with yourself.

Name the ways that love shows up for you in perfect, curated, unrelenting moments.

Practice how you let love in ~ and how you will show up equally loving and kind.

Feel the gratitude for all of the ways that love finds you.

Then, with your heart full ~ feeling the experiences of this energy as you -
you become the way in which love shows up for others again and again.

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