

Love

Date Signature

1. Make a list in your Values Binder of those people and things that you Love. How do you feel when you think about these people and Things? Discuss with your Values Coach. _____
2. List the people who love you. How do you know these people love you? Discuss with your Values Coach. _____
3. Every day for two weeks, tell someone something you love about them. In addition, every day list one thing you love about yourself in your journal. _____
4. Write in your own words what love means to you. Compare your definition to the dictionary's. Discuss with your Values Coach. _____
5. Discuss the difference between physical intimacy and emotional intimacy with your Therapist. _____
6. Care for an animal for one week. Keep a log of how much time you spend with it. This includes feeding, watering and grooming. _____
7. Make a list of the characteristics of the perfect relationship. Discuss it with your Values Coach. _____
8. Discuss with your Therapist the concept of freedom and control in relationships. _____
9. Attend or do a Devotional on Love. _____
10. Talk to your Values Coach about how love and sacrifice are connected. Decide on a sacrifice that you can make for a peer this week and follow through with it. _____
11. _____
_____ _____