

November DIY Exercise

KEY: BE LOVE AND REACH OUT

Journal Prompts:

Do you know your value and what you have to offer the world? In what ways do you need to take back and reclaim your life?

Do you understand and know how to love yourself? What does that look like?

Looking at your life, are you surrounded by toxic people, energy vampires (folks who drain your energy and have a negative outlook), people who are unhappy, miserable, judgmental, and critical, and drag you down with them? Do you see this as a possible barrier to loving yourself, loving others and being in a loving relationship?

Are you willing to release those folks (or hold them at arms distance) to bring in new positive, healthy relationships and people, and if so, what will it take to do this?

Does your home reflect the love, creativeness, energy and positive vibes you want to feel?

BARRIER EXERCISE: WRITE YOUR LOVE AUTOBIOGRAPHY

In order to cultivate, nurture and sustain healthy, loving relationships, with others and ourselves, we need to know what love looks like, what love feels like, what it doesn't look like, what it doesn't feel like.

What is the love you are looking for? How do you want to experience love in your life? What do you want and need to be expressed in the love you give and receive, how to love unconditionally, how to love without attachments, how to give love to others and ourselves, how to receive love from others, how to receive love from yourself, what does it feel like to love yourself, what does it feel like to love someone else, what does it not feel like to love someone else, what does it not feel like to love yourself, what are your boundaries in love when it comes to others or yourself? Have you ever felt vulnerable, consumed, weak, co-dependent, in love? Have you ever felt powerful, strong, and confident, in love?

Do you feel like you lose control when in love? Are you afraid of losing yourself in love? Do you feel, think or believe that love changes you (or someone else) or that you (or someone else) change when you're in love. If so, how and why would the change(s) take place? Have you ever changed when you were in love? Has someone ever changed when you were in a loving relationship with them?

What barriers have you erected around giving or receiving love? Where did these barriers come from? What did you learn about love as a child, from the adults and your environment growing up? Do you have any residual guilt, hurt, shame, pain, anger, unforgiveness, fear around love, giving and receiving love, or being in a relationship? Is it ever a mistake to love or give love to someone? Is it ever a mistake to be in love with someone? Can love ever be a mistake?

Are you willing to accept and be loved? Are you willing to love yourself?

Love, intimacy, connection, passion what do they mean to you?

Love as an emotion vs an action,

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What are the different kinds of love one can experience in their life? Unconditional love, romantic love, platonic love, brotherly love, spiritual love,

Write Your Love Autobiography. Take some time and reflect on your life detailing your journey through love, about love and the key moments, emotions, and experiences that have shaped your love life.

Consider your childhood. How you were loved as a child, how you loved as a child, who loved you and how you saw love expressed. Think about your relationships.

Be honest and authentic. Share your vulnerabilities, challenges, and barriers.

How have you experienced and expressed love? From your childhood and your past experiences in relationships?

How have you experienced and expressed love to yourself in the past?

How do you want to experience and express love in your present and your future?

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Write a love letter, love poem or love song to yourself.

Find an audio (song, poem, affirmation) about loving yourself and listen to it (as often as you can).

Write a letter to someone in your life (whom you would not immediately think of, or desire to write to) and express gratitude/love/appreciation for them and the role they played in your life. This person can be living or deceased.

Write a letter to someone in your life whom you want to express love and gratitude and appreciation for.

Look for ways to reach out and be loving towards others.