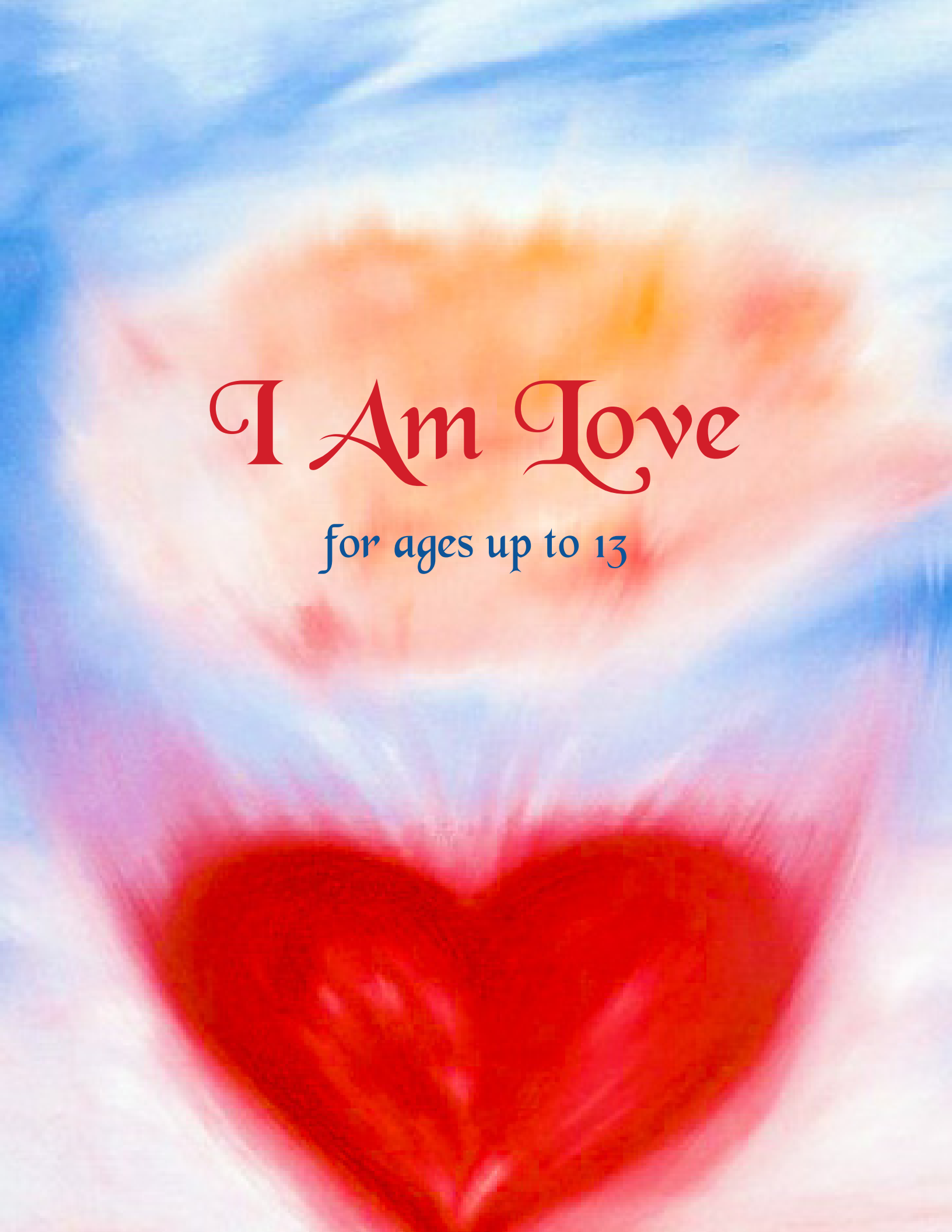




I Am Love

for ages up to 13

Introduction



Love is what is most important. Never doubt that...not even for one moment. Yet, sometimes we do not feel loving or, worse still, we do not feel loved. When this happens, it is something we must pay attention to.

There is a song that says “All we have to do is love”. Well it is true! When we love what we are doing, when we love who we are, when we love who we are with...nothing else matters. Everything is fun, magical and miraculous.

These are the four attributes that can help to become a more loving person.

Listen to our feelings, then listen to what others feel.

Open-heartedness to ourselves and others.

Victory for ourselves and others, always looking for the win-win.

Even-tempered, trying not to react but to respond.

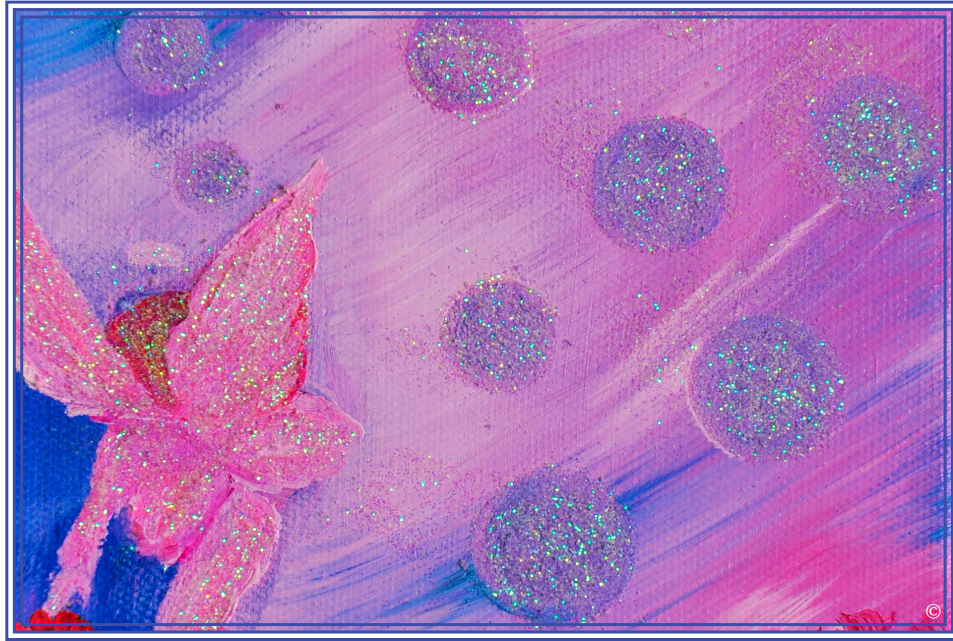
When we listen – we are loving willingly.

When we are open-hearted – we are loving well.

When we are victorious – we are loving winningly.

When we are even-tempered – we are loving wisely.

Family



Make a list of all the people in your family and state what you love the most about each one of them.

Make a list of the family and state how each one loves you well.

Is there anyone in the family you do not feel loved by and why?

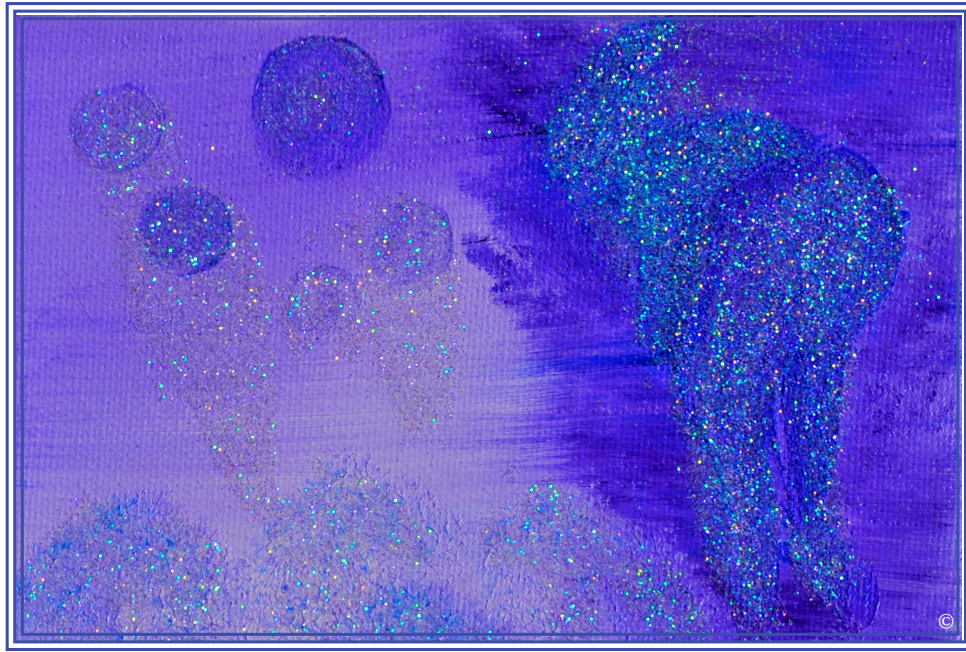
Is there a way you can work this out and feel more loved by them and how? If not, why?

With the family, the activity I love the least is and why....

With the family, the activity I love the most is and why....

I am a love creator in the family because I...

Friends



Make a list of all your friends and state what you love the most about each one of them.

Make a list of your friends and state how each one loves you well.

Is there a friend you do not feel loved by and why?

Is there a way you can work this out and feel more loved by them and how? If not, why?

With my friends, the activity I love the least is and why...

With my friends, the activity I love the most is and why...

I am a love creator with my friends because I...

School Mates



Make a list of all your school mates and state what you love the most about each one of them.

Make a list of your school mates and state how each one loves you well.

Is there a school mate you do not feel loved by and why?

Is there a way you can work this out and feel more loved by them and how? If not, why?

With my school mates, the activity I love the least is and why...

With my school mates, the activity I love the most is and why...

I am a love creator with my school mates because I...

Love Experiences



The color I love the most is _____

The animal I love the most is _____

The food I love the most is _____

The drink I love the most is _____

The music I love the most is _____

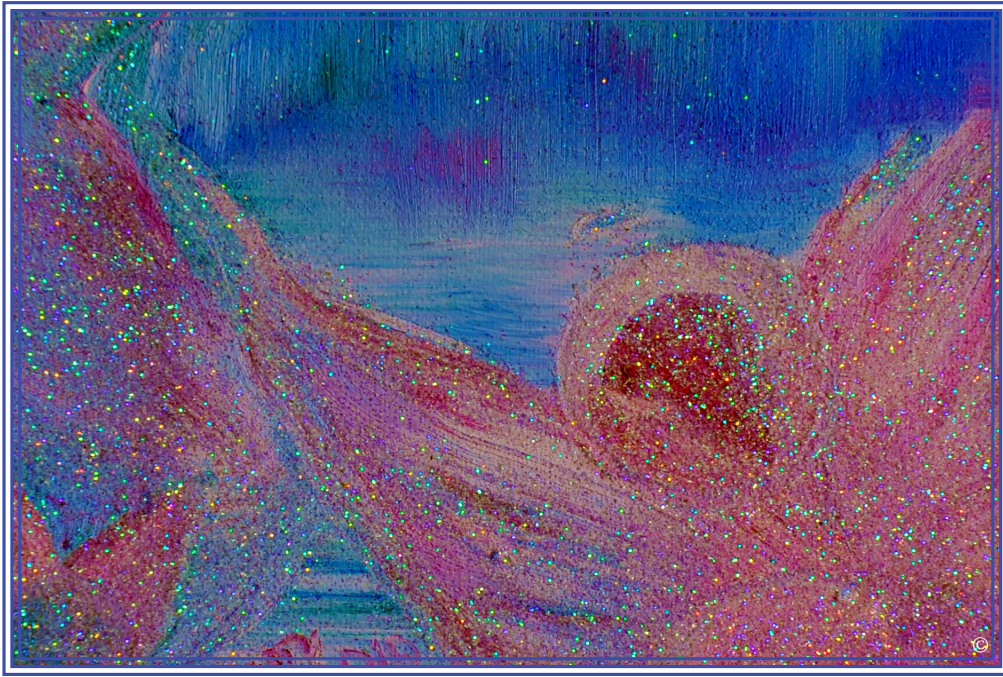
The movie I love the most is, and why _____

The activity I love the most is, and why _____

The cartoon character I love the most is, and why _____

When I grow up I want to create love by _____

I Am Love



I feel the most loving when I and why...

I feel the least loving when I and why...

I will create love everyday by being more listening, openhearted, victorious and even-tempered.
Which of these are the hardest for you and which of these are the easiest for you and why?

Love Poem



Love is all that really counts
Especially when bad things pounce.
We wisely find it in our heart to say
I will look for love in every way.
So that what is dark turns to light
And we handle things without a fight.
Then we go to sleep, feeling so good
Knowing we did what we could
To make the world a better place
Which makes each difficulty easier to face.
We feel content, having learned a new way to love
Giving us freedom to fly like a dove.

The background of the entire page is an abstract artwork. It features a teal or turquoise base color with visible brushstrokes. Overlaid on this are areas of purple and pink, which are heavily textured with fine, multi-colored glitter or sequins. The overall effect is one of depth and shimmer.

The gentleness of this artwork represents love

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