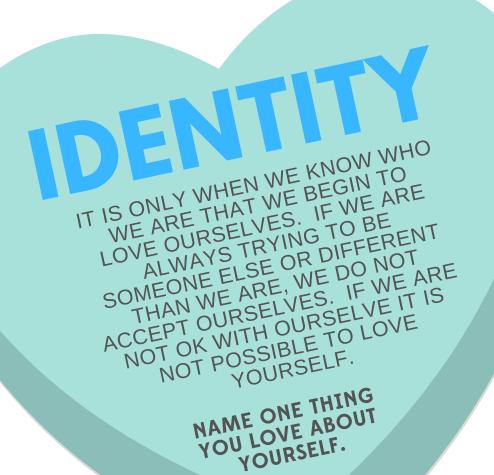
## WHAT IS LOVE?

DID YOU KNOW THAT IN MANY OTHER LANGUAGES THERE ARE MORE THAN ONE WORD THAT MEANS LOVE? IN GREEK THERE ARE ABOUT SEVEN WORDS THAT SHOW US THERE IS MORE THAN ONE TYPE OF LOVE.



## WAYS TO SHOW SELF-LOVE

IT IS IMPORTANT TO LOVE YOURSELF. UNTIL WE LOVE OURSELVES WELL IT IS NOT POSSIBLE TO LOVE OTHERS WELL.





IN ORDER TO SET BOUNDARIES FOR OURSELVES WE MUST FIRST KNOW THE THINGS THAT ARE IMPORTANT TO US. THINGS THAT ARE IMPORTANT TO US.

ONCE WE KNOW THE THINGS THAT ARE
IMPORTANT WE CAN THEN SET LIMITS
ACCEPT IN OUR LIVES.

NAME ONE OF YOUR VALUES.

