

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.

AGAPE

GOOD WILL TO ANOTHER PERSON; CHARITY; LOVE FOR MANKIND.

HOW CAN YOU SHOW AGAPE LOVE?

PHILIA

AFFECTIONATE FRIENDSHIP; BROTHERLY LOVE

WHO DO I HAVE PHILIA LOVE FOR?

STORGE

UNCONDITIONAL LOVE; FAMILIAL

WHAT DOES STORGE LOVE LOOK LIKE IN MY LIFE?

PHILAUTIA

SELF-LOVE; MAKE ONE'S OWN WELL-BEING A PRIORITY

WHAT GRADE WOULD I GIVE MYSELF IN SHOWING PHILAUTIA 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.

IDENTITY

IT IS ONLY WHEN WE KNOW WHO WE ARE THAT WE BEGIN TO LOVE OURSELVES. IF WE ARE ALWAYS TRYING TO BE SOMEONE ELSE OR DIFFERENT THAN WE ARE, WE DO NOT ACCEPT OURSELVES. IF WE ARE NOT OK WITH OURSELVE IT IS NOT POSSIBLE TO LOVE YOURSELF.

NAME ONE THING YOU LOVE ABOUT YOURSELF.

PURPOSE

KNOWING WHAT YOU WERE CREATED FOR IS ALSO IMPORTANT IN OUR JOURNEY OF SELF-LOVE. ONCE YOU UNDERSTAND YOU WERE MADE FOR A SPECIFIC PURPOSE. YOU BEGIN TO KNOW YOURSELF BETTER. THEN WHEN YOU BEGIN TO FILL THAT PURPOSE, YOU LOVE YOURSELF MORE.

WHAT IS ONE SKILL OR TALENT YOU HAVE?

VALUES

IN ORDER TO SET BOUNDARIES FOR OURSELVES WE MUST FIRST KNOW THE THINGS THAT ARE IMPORTANT TO US. ONCE WE KNOW THE THINGS THAT ARE IMPORTANT WE CAN THEN SET LIMITS TO WHAT WE WILL AND WILL NOT ACCEPT IN OUR LIVES.

NAME ONE OF YOUR VALUES.

BOUNDARIES

IT IS IMPORTANT FOR ALL OF US TO SET HEALTHY BOUNDARIES IN OUR LIVES. IF WE DO NOT, WE GET OVERWHELMED AND IT IS EASY FOR OTHER PEOPLE TO TAKE ADVANTAGE OF US.

NAME ONE BOUNDARY YOU CAN SET AND COMMIT TO THIS YEAR?