

My heart can hold more love

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I believe that love is infinite. There is no limit on how much love my heart can hold.

I hand out compliments and praise. I tell my colleagues when they are doing a great job. I pass along a message to the manager when a retail worker goes the extra mile to assist me. I let my spouse know that I think they are fabulous.

I express my gratitude. I thank those who make my life more pleasant and rewarding.

I listen closely. I give others my full attention. I want them to know that I value their well being and respect their opinions.

I share my blessings. I volunteer in my community and support worthy causes. I lend a hand when an elderly neighbor needs yard work or a friend is planning a dinner party.

I perform meaningful work. I use my knowledge and skills to serve my community. I think about how others benefit from my efforts.

I promote healing. **I treat myself and others with compassion.** I resolve conflicts promptly and courteously. I look for solutions that are mutually satisfying. I create a healthy environment by being patient and kind.

I admire nature. I care about the planet and the habitat it provides for me and other creatures. I minimize my footprint.

I make new friends. I widen my circle to include newcomers and acquaintances who I want to get to know better.

Today, I open up my heart. I make room for more love and friendship.

Self-Reflection Questions:

1. What do I like about my favorite love song?
2. What does my faith teach me about universal love?
3. Why do loving thoughts create abundance?