

ALL MY RELATIONSHIPS ARE LOVING AND HARMONIOUS

I have such wonderful relationships. I understand that the key to harmony is communication, so I make it a point to communicate effectively and compassionately with everyone I know. I only enter into relationships that are healthy and beneficial to me.

My relationships are full of love because I have caring people in my life. I show my love toward them, too. I have a genuine interest in others and want them to be happy.

At work, I remain professional, but I reach out to others. My clients, co-workers, and boss know that they can trust me. I feel comfortable with all of these people. My work place is loving and harmonious.

At home, I regularly ask myself what I can do to strengthen my relationships. I accept that positive relationships require daily time and effort. It is 100% worth it. Good relationships make life worth living.

With my friends, I strive to be understanding, even when it is challenging. Everyone is different and has his or her own needs and challenges. I am always kind and considerate. My relationships with my friends are very important to me.

Today, I choose to do what I can to make all of my relationships even better. I choose to be open, supportive, compassionate, and loving to everyone in my life.

REFLECTION QUESTIONS

1

What steps can I take to communicate more effectively and compassionately with others?

2

How do I show love and appreciation to the important people in my life?

3

What actions can I take today to strengthen my relationships and make them more harmonious?