

## I AM SURROUNDED BY LOVE

I connect deeply with my family and friends. I can always count on them for support and encouragement, just as they can count on me.

I use car trips and movie nights as an opportunity to have thoughtful discussions. I demonstrate my affection with hugs and kisses. I listen closely to what they have to say and validate their perspective even when I disagree.

I enjoy their companionship. I make standing dates to eat lunch or grab coffee. I plan weekend outings and potluck dinners. I turn to them when I want to share my happy experiences or receive comfort when I am going through difficult times.

I collaborate with my coworkers and offer assistance when they need a hand. I listen to other's viewpoints and encourage them to develop their skills. I share credit for group victories and praise others for their accomplishments.

I chat with acquaintances and strangers. I compliment a grocery store employee who creates an attractive display. I strike up a conversation with the woman sitting next to me on a plane. Each individual I meet has something to teach me.

I make spending time with my family and friends a top priority. Building a strong support network increases my courage and confidence.

I love myself too. I accept my strengths and the areas where I need to grow. I know that I am worthy of affection and respect.

Today, I open up my heart. Loving relationships enrich my life. I am grateful for my family and friends, and I enjoy reaching out to others, so I can share my blessings.

## REFLECTION QUESTIONS

**1**

How do I nurture and maintain deep connections with my family and friends?

**2**

What activities can I plan to spend quality time with my loved ones?

**3**

How can I show love and appreciation to the people around me?