

I LOVE WITHOUT RESERVATIONS

There is nothing my family members can do to earn my love; it is something I give to them freely. There is nothing they can do to lose it either, because I love them for who they are, not for what they do.

The love I share with the people in my life is unconditional. When I express my love, I hold nothing back because I want to live a life without regrets. I give my all to those I love. There is no doubt in my mind that the people whom I love know exactly how I feel about them.

I share my heart openly and honestly, with the people I love. I am unafraid to tell them how much they mean to me. Even if they may be tired of hearing it, I tell them again. Life is too precious to take love for granted.

The love I have for my family and friends is about more than hugs and kisses; it is accepting their personalities, quirks and imperfections. My love is humble, placing the needs of my family before my own.

My love is forgiving. I love freely, without regard to the past. I am strong enough to be vulnerable to pain. My love is strong enough to bypass the warning signs of previous hurts.

My love is powerful enough to transform lives. My family members are inspired to live better simply because they have been changed by the love I show them.

Today, I embrace the divine love given to me and share it with the world.

REFLECTION QUESTIONS

1

How can I express my unconditional love to my family and friends?

2

What are some ways I can show love and appreciation without expecting anything in return?

3

How does forgiving and accepting others' imperfections enhance my relationships?