

# Learning to Love - Day 5 - Activity for the Soul

We know that God created us “in his image” (Genesis 1:27) and that his love for us “endures forever” (1 Chronicles 16:34). At times we can find ourselves in the midst of a heavy battle with negativity flying in from everywhere, it can be extremely difficult to remind yourself about what makes you beautiful, what makes you lovely. It can be extremely difficult to understand why God would love you and how He could have created you, which is exactly why this week YOU are going to identify and list 10 things that you love about yourself.

Consider focusing on your values and soulful characteristics, rather than your physical attributes. If a couple of physical features make the list though, it's okay.

## Consider the patterns:

“I love my \_\_\_\_\_”

“I love that I love \_\_\_\_\_”

“I love that I am \_\_\_\_\_”

## Fill in the blanks below with 10 Things that You Love About You

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It is okay if you are struggling to find 10 things that you love about yourself. Consider writing 2 -3 things today then come back tomorrow, later this week, or over the next couple of weeks to add more.

These will be your positive affirmations.

Consider transferring your list to an index card with the heading “I love...” Then put your affirmations in a place that you frequently visit (bathroom or bedroom mirror). Say them aloud daily, sometimes more if you need a reminder about the beautiful person you are.

When you start saying your affirmations you might not be able to get through the whole list without crying, without sobbing, without getting angry and wanting to hit something. Please resist the urge to rip the card into tiny pieces or crumble it into the trash --- instead, lay it down and walk away for a bit or hit your knees and pray or find a comfortable place to close your eyes and rest. There will come a day when you will be able to say the entire list aloud with a smile on your face and joy in your heart.

Congratulations!! You have done amazing work this week! Next week, we will begin building resources that will help us learn how to ask for help when we need it.