



Module 2

Seeing Yourself Through the Eyes of Love



Review of Module 1

What did you learn about how you really see yourself?

How did discovering the way you really see yourself help you?

What steps are you taking to change any negative ways you see yourself into positive?



Seeing YOU through the eyes of LOVE

Think about someone you love, truly love. Allow that love to flow completely through you. How does that feel?

Take time to journal about this.....

Now make yourself the focus of that love. Send that love to YOU. How does that feel? Take time to journal about this.....



Take time this week to see yourself through the eyes of love.

Write down what you discover.....
