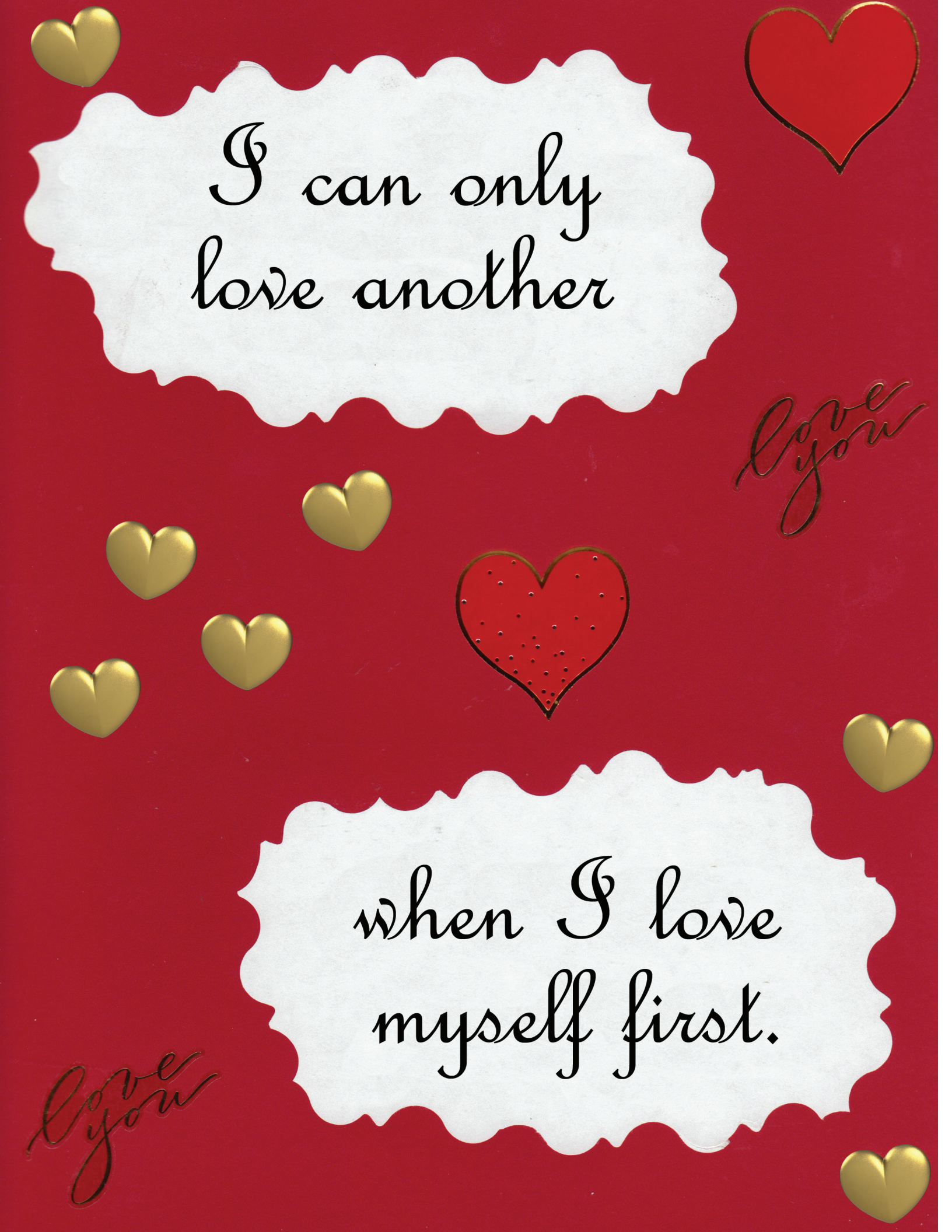


The background is a dark red color with a subtle, mottled texture. Scattered across the entire surface are numerous hearts of various sizes, all in a lighter shade of red. The hearts are cut out, giving them a slight 3D effect as they appear to float above the background. The overall aesthetic is romantic and affectionate.

LEARNING  
TO  
LOVE

*by Crystal*





I can only  
love another

*Love  
you*

when I love  
myself first.

*Love  
you*



*Love, love, love, that is the soul of genius.*

~ Wolfgang Amadeus Mozart

*What if the question is not why am I so infrequently  
the person I really want to be, but why do I so infrequently  
want to be the person I really am?*

~ Oriah Mountain Dreamer


*Affirmation: I AM loving myself all of the time.*

Loving myself means . . .

Today, what I love about me is . . .

When I think about the most loving things about myself, I think about . . .

I am loveable because . . .

A decorative border featuring red roses and hearts. There are two roses on the left and right sides, and a row of five roses in the middle. Small red hearts are scattered throughout the white background.

I can only have  
respect for another

A decorative border featuring red roses and hearts. There are two roses on the left and right sides, and a row of five roses in the middle. Small red hearts are scattered throughout the white background.

when I have  
respect for myself  
first.



*Respect yourself and others will respect you.*

~ Confucius

*Respect your efforts, respect yourself. Self-respect leads to self-discipline.  
When you have both firmly under your belt, that's real power.*

~ Clint Eastwood

*Affirmation:* Today I AM thinking about the qualities that I respect most in the world, and I embody them and I honor myself for becoming them.

What exactly is respect from my perspective?

How does someone show respect?

What characteristics do I most respect about myself?